



TEXAS MILITARY DEPARTMENT
Texas Army National Guard
136th Regiment, Texas Regional Training Institute
Bldg. 10008, Central Ave.
Fort Hood, Texas 76544-5000

NGTX-TB

(DATE)

MEMORANDUM FOR RECORD

SUBJECT: Height / Weight Certificate

I, the undersigned, certify that the following height and weight information on

_____ is as shown below:

(Soldier's Rank LName, FName MI)

Height: _____

WEIGHT: _____

DOB: _____

AGE: _____

MAXIMUM ALLOWED WEIGHT: _____

GO NO-GO

Note: ALL NO-GO's require a DA Form 5500 or 5501

(Signature)

(Monitor's Rank, LName, FName MI)

WEIGHT CONTROL MONITOR
136th Regiment, TX-RTI