Army Ht/wt Standards

Army HT/WT Standards: A Comprehensive Guide to Military Height and Weight Regulations Understanding the **army ht/wt standards** is essential for prospective and current soldiers to ensure they meet the physical requirements necessary for service. These standards are designed to promote overall health, readiness, and optimal performance within the U.S. Army. Whether you are preparing for enlistment, undergoing periodic physical assessments, or seeking to understand the regulations, this article provides an in-depth overview of army height and weight standards, including how they are measured, exceptions, and tips for maintaining compliance.

What Are Army HT/WT Standards?

The **army ht/wt standards** refer to the set of guidelines that specify acceptable height and weight ranges for soldiers at various ages and genders. These standards are established to ensure that soldiers maintain a healthy body composition, which is critical for physical readiness, injury prevention, and overall well-being. The standards are primarily used during the Army's Annual Height and Weight Screening Program, also known as the Army Body Composition Program (ABCP). Soldiers who do not meet these standards may be subject to additional

assessments, counseling, or corrective actions.

How Are Height and Weight Measured?

Measuring Height

- Conducted using a stadiometer or a wall-mounted measuring device. - The soldier stands straight with heels together, back straight, and looking forward. - Height is recorded in inches or centimeters, depending on the measurement system used.

Measuring Weight

- Performed on a calibrated digital or mechanical scale. - The soldier should wear minimal clothing and no shoes. - Weight is recorded in pounds or kilograms.

Frequency of Measurements

- During enlistment processing. - Annually, as part of routine physical assessments. - When a soldier's appearance, weight, or health status changes significantly.

Understanding the Body Composition Standards

While height and weight are straightforward measurements, the Army emphasizes body composition—the proportion of fat to lean mass—as a key component of fitness.

Army Body Composition Program (ABCP)

- Designed to ensure soldiers maintain a healthy body fat percentage. - Soldiers who exceed weight standards undergo additional assessments, such as the tape test. - Failure to meet standards can result in administrative actions, including separation or reassignment.

Body Fat Percentage Limits

- For males: typically 20% or less. - For females: typically 30% or less. - These limits vary depending on age and specific circumstances.

Army Height and Weight Standards Charts

The Army provides standardized charts that outline acceptable weight ranges for soldiers based on their

height and age. These charts help determine whether a soldier falls within the acceptable parameters or needs further assessment.

Sample Height and Weight Chart (for reference)

| Height (inches) | Max Weight (pounds) | Min Weight (pounds) | |||| | 60 | 114 | 91 | | 62 | 121 | 96 | | 64 | 128 | 102 | | 66 | 136 | 108 | | 68 | 144 | 115 | | 70 | 154 | 122 | | 72 | 164 | 130 | Note: The above chart is illustrative; actual standards can vary based on age and other factors.

Exceptions and Special Considerations

While the standards are generally strict, there are certain cases where exceptions or accommodations are made.

Temporary Height or Weight Deviations

- Soldiers recovering from injury or illness may receive temporary waivers. - Medical evaluations determine if adjustments are appropriate.

Special Populations

- Soldiers with certain disabilities or medical conditions may have modified standards. - These modifications are determined on a case-by-case basis.

Age-Related Variations

- As soldiers age, acceptable weight ranges may adjust slightly. - The standards aim to balance health with age-related physiological changes.

How to Stay Within Army HT/WT Standards

Maintaining compliance with army height and weight standards is vital for career progression and personal health.

Healthy Nutrition

- Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. - Limit processed foods, sugars, and saturated fats.

Regular Physical Activity

- Engage in cardiovascular exercises such as running, cycling, or swimming. - Incorporate strength training to

build muscle and improve body composition.

Monitoring and Self-Assessment

- Regularly track weight and body measurements. - Use the Army’s Body Composition Program tools or consult with medical staff.

Seeking Professional Guidance

- Consult dietitians or fitness trainers familiar with military standards. - Participate in Army-sponsored fitness programs.

Adjusting Your Body Composition to Meet Standards

If you find yourself exceeding the standards, consider these strategies:

Implement a Structured Fitness Program

- Focus on consistent cardio workouts. - Incorporate high-intensity interval training (HIIT).

Optimize Nutrition

- Create a calorie deficit to reduce body fat. - Prioritize

nutrient-dense foods over calorie-dense, low-nutrition options.

Monitor Progress

- Keep a journal of workouts and dietary intake. - Reassess body measurements periodically.

Medical and Counseling Support

- Utilize Army health services for personalized plans. - Seek counseling or motivation from peers and commanders.

Consequences of Not Meeting Army HT/WT Standards

Failing to meet the standards can lead to several administrative and career-related consequences, including: 1. Placement in the Body Composition Program (ABCP): Soldiers exceeding standards are enrolled and monitored. 2. Additional Training: May require participation in fitness or weight management programs. 3. Administrative Actions: - Reassignment. - Non-promotability. - Potential separation from service if standards are not met within specified timeframes. 4. Impact on Deployability: Soldiers who do not meet standards may be deemed non-deployable until corrective measures are taken.

Resources for Soldiers and Recruiters

The Army provides various resources to help soldiers understand and meet height and weight standards: - The Army Body Composition Program (ABCP) Handbook - Fitness Assessment Tools - Nutrition and Wellness Programs - Consultation with Medical and Fitness Professionals - Online Standards Charts and Guidelines

Conclusion

Maintaining proper **army ht/wt standards** is fundamental for soldiers' health, readiness, and career progression. Understanding the standards, how they are measured, and the steps to stay compliant can help soldiers perform at their best and serve effectively. Regular monitoring, healthy lifestyle choices, and seeking support when needed are the keys to meeting and exceeding the Army's physical standards. Remember, these standards are not just regulatory requirements but also a commitment to personal and collective military excellence. By staying informed and proactive, soldiers can ensure they meet the Army's height and weight standards, contributing to their health, career success, and overall mission readiness.

Army Height and Weight Standards: An In-Depth Expert

Analysis When it comes to military readiness, discipline, and uniformity, the Army height and weight standards play a crucial role. They are not merely arbitrary figures but are carefully designed benchmarks that ensure soldiers maintain physical fitness, health, and operational effectiveness. Whether you're a prospective recruit, a current service member, or simply an enthusiast wanting to understand military protocols, this comprehensive review aims to shed light on the nuances of Army height and weight standards, their significance, measurement protocols, and implications.

Understanding the Importance of Army Height and Weight Standards

The Army's height and weight standards are more than just numbers—they are vital indicators of a soldier's health, fitness, and suitability for service. These standards serve several key purposes: - Health and Well-being: Maintaining appropriate weight relative to height reduces the risk of health issues such as cardiovascular disease, diabetes, and musculoskeletal problems. - Operational Readiness: Physically fit soldiers can perform demanding tasks efficiently, which is critical during deployments or combat situations. - Discipline and Uniformity: Consistent standards foster a sense of discipline and ensure all

personnel meet baseline physical requirements. - Legal and Administrative Compliance: Standards provide a uniform criterion for medical evaluations, promotions, and disciplinary actions.

Historical Context and Evolution of Standards

The Army's height and weight standards have evolved over decades, reflecting advances in medical science, fitness assessments, and the changing demands of military operations. - Early Standards: Historically, physical standards were minimal, emphasizing basic fitness. Over time, the recognition of obesity-related health issues prompted stricter guidelines. - Modern Developments: Today, standards incorporate Body Mass Index (BMI), body composition measurements, and age-adjusted criteria to ensure holistic health assessment. - Policy Revisions: The Army periodically reviews and updates standards to align with current health data, operational needs, and scientific research.

Components of Army Height and Weight Standards

Understanding the standards involves grasping their core components:

Height Standards

- Measurement Protocol: Soldiers are measured while standing barefoot, with heels together, back straight, and eyes forward. - Height Range: The Army typically requires recruits to be between 58 inches (4 feet 10 inches) and 80 inches (6 feet 8 inches). For active duty, height is generally not a limiting factor unless related to equipment fit or medical considerations. - Variations: Some specialized roles or units may have specific height requirements, especially for parachuting, aviation, or specialized combat positions.

Weight Standards

- Measurement Protocol: Weight is assessed with minimal clothing, without shoes or accessories. Measurements are recorded to the nearest pound or kilogram. - Standard Tables: The Army provides weight-for-height tables that specify acceptable weight ranges for each height, adjusted for age and gender. - Body Composition: Beyond raw weight, the Army emphasizes body fat percentage as a more accurate health indicator.

Body Composition and the Role of BMI

While traditional weight standards rely on fixed ranges, modern assessments incorporate body composition

analysis:

Body Fat Percentage

- Measurement Methods: Often measured via skinfold calipers, bioelectrical impedance, or more advanced tools like DEXA scans. - Standards: The Army generally considers the following acceptable body fat percentages: - Male Soldiers: Up to 20% body fat - Female Soldiers: Up to 30% body fat - Implications: Soldiers exceeding these limits may be flagged for remedial training or medical evaluation.

Body Mass Index (BMI)

- Definition: BMI is calculated by dividing weight in kilograms by height in meters squared. - Application: Though not the sole criterion, BMI provides a quick health assessment; BMI over 30 is classified as obese, prompting further evaluation. - Limitations: BMI does not distinguish between muscle and fat, which is why body composition assessments are crucial.

Assessment Procedures and Standards Enforcement

The Army employs structured procedures to evaluate height and weight:

Initial Screening

- Conducted during recruitment or medical processing. - Measures height and weight. - Compares against standardized tables to determine if within acceptable ranges.

Follow-up and Body Composition Evaluation

- Soldiers exceeding weight standards undergo additional assessments. - May include body fat measurements, medical examinations, and fitness tests. - The goal is to determine if weight issues are due to excess fat or muscle mass.

Consequences of Non-Compliance

- Remedial Training: Soldiers may be placed in weight control programs. - Administrative Actions: Reclassification, disciplinary measures, or medical discharge may occur if standards are not met consistently. - Waivers: In rare cases, waivers can be granted for medical reasons, but these require extensive documentation and approval.

Special Considerations and

Variations

While general standards apply broadly, certain factors influence assessments:

Age and Gender Adjustments

- Older soldiers may have slightly different acceptable weight ranges. - Female soldiers often have different standards due to physiological differences.

Role-Specific Standards

- Soldiers in specialized roles (e.g., airborne, special forces) may have stricter or different standards for height and weight. - Equipment fitting and operational demands influence these criteria.

Medical Conditions and Exceptions

- Medical conditions like osteoporosis, muscular hypertrophy, or injuries can impact assessments. - Exceptions are considered on a case-by-case basis, often requiring medical documentation.

Training and Maintaining

Standards

Achieving and maintaining Army standards involve comprehensive fitness programs: - Physical Training (PT): Regular, structured exercise routines focusing on cardiovascular health, strength, and flexibility. - Nutritional Guidance: Emphasis on balanced diets to sustain healthy weight and body composition. - Monitoring: Periodic weigh-ins and assessments to ensure ongoing compliance. - Support Programs: Counseling, dietitian consultations, and fitness coaching are available to soldiers struggling to meet standards.

Implications for Soldiers and Prospective Recruits

Understanding the standards is essential for those considering military service or currently in service: - Preparation: Prospective recruits should focus on physical conditioning to meet height and weight criteria. - Career Progression: Maintaining standards is vital for promotions, assignments, and career longevity. - Health Benefits: Adhering to standards promotes overall health, reducing future medical issues.

Conclusion

The Army height and weight standards are integral components of military discipline, health, and operational readiness. They are thoughtfully crafted benchmarks that balance the need for a physically capable force with the recognition of individual differences and medical considerations. With evolving science and operational demands, these standards continue to be refined, emphasizing body composition and overall health rather than simple weight and height metrics alone. For soldiers, recruits, and enthusiasts alike, understanding these standards offers insight into the rigorous physical expectations of military service and underscores the importance of maintaining optimal health and fitness—attributes that are vital both within and beyond the ranks of the Army.

Discovering *Army Ht/wt Standards* often begins with a need: a topic to understand, a problem to solve, or a skill to improve. What happens next depends on access. When information is available instantly, learning flows naturally instead of being delayed or abandoned.

Having *Army Ht/wt Standards* available in PDF format creates a sense of readiness. The material is there when questions arise, when deadlines approach, or when curiosity strikes unexpectedly. This immediate availability removes friction and keeps momentum alive.

Readers no longer have to plan extensively just to begin. There is no waiting, no searching through physical shelves, and no concern about availability. With a few clicks, the content becomes part of the reader’s environment, ready to be explored at their own pace.

Flexibility plays a central role in this experience. Whether opened on a laptop during focused study or on a mobile device during brief moments of reflection, the content adapts to the reader’s routine. Learning becomes something that fits into life, not something that competes with it.

The structure of a well-prepared PDF supports clarity. Chapters are easy to navigate, sections remain consistent, and visual elements reinforce understanding. This stability is especially valuable for educational and professional materials where precision matters.

Interaction deepens engagement. Highlighting important ideas, adding personal notes, and bookmarking key sections allow readers to shape the material according to their goals. Over time, *Army Ht/wt Standards* becomes more than a document; it turns into a personalized reference.

Efficiency matters in a world filled with distractions. Search tools allow readers to locate exact terms or

concepts within seconds. This makes the book useful not only for reading from start to finish, but also for quick consultation whenever specific information is needed.

Accessing *Army Ht/wt Standards* through trusted platforms ensures confidence. Legal sources protect both readers and creators, offering peace of mind alongside quality content. Knowing that the material is reliable allows full focus on comprehension rather than concern.

Affordability expands opportunity. When high-quality resources are available without excessive cost, readers feel encouraged to explore more freely. Learning becomes driven by interest rather than limitation.

Students benefit from this openness. Study sessions can happen anywhere, notes remain organized, and revision becomes less stressful. The ability to revisit content repeatedly supports long-term retention rather than short-term memorization.

For professionals, *Army Ht/wt Standards* becomes a practical asset. It can be consulted during projects, referenced during decision-making, and revisited as experience grows. This ongoing usefulness transforms reading into a long-term investment.

Independent learners often value autonomy. Being able to

choose when, how, and how deeply to engage with a subject strengthens motivation. Learning feels self-directed rather than imposed.

Accessibility features extend inclusion. Adjustable display settings and compatibility with assistive tools allow more readers to engage comfortably, reinforcing equal access to information.

Organization enhances continuity. Digital storage keeps the material safe, searchable, and easy to retrieve. Even after long breaks, readers can return without losing context or progress.

Global access creates shared understanding. Readers from different regions encounter the same material, often bringing unique perspectives that enrich interpretation. This shared access supports collaboration and collective growth.

Revisiting familiar sections often reveals new insights. As experience grows, the same content can feel different, more relevant, or more nuanced. This layered understanding is a sign of meaningful learning.

With *Army Ht/wt Standards* always within reach, learning becomes less about completion and more about engagement. The material remains available whenever

attention returns to it.

This availability supports calm, thoughtful exploration. There is no urgency to finish quickly. Progress happens naturally, guided by curiosity and purpose.

Rather than feeling like a one-time download, *Army Ht/wt Standards* becomes a companion resource. It waits patiently, adapts to changing needs, and continues to offer value over time.

Choosing to access *Army Ht/wt Standards* in this way reflects a commitment to growth, clarity, and informed decision-making. The journey does not end with the final page; it continues through reflection, application, and renewed understanding whenever the material is revisited.

Questions & Answers About army ht/wt standards

No	Question	Answer

1	What are the current Army height and weight standards for soldiers?	The Army height and weight standards vary based on age, gender, and military occupational specialty. They are designed to ensure soldiers maintain health and readiness, with specific charts used to determine if a soldier meets the required standards for their age and gender.
2	How often are Army height and weight standards updated?	Army height and weight standards are reviewed periodically and updated as needed to reflect current health guidelines and research. The most recent updates are typically published in Army regulations and policy memos, with changes communicated through official channels.
3	What happens if a soldier does not meet the Army height and weight standards?	Soldiers who do not meet Army height and weight standards may be subject to a Body Composition Program, which includes additional fitness assessments and counseling. If non-compliance persists, it could lead to administrative actions or separation from service.

4	Are there waivers available for soldiers who do not meet the height and weight standards?	Yes, waivers can sometimes be granted on a case-by-case basis if a soldier demonstrates exceptional performance, meets specific health criteria, or is in a critical occupational specialty. Requests for waivers are reviewed by command and medical personnel.
5	What are the tools or methods used to measure Army height and weight standards?	Height is measured using a stadiometer, and weight is measured with a calibrated scale. These measurements are usually taken during routine physical fitness assessments or medical examinations, and are compared against Army standards charts.
6	How do Army height and weight standards impact a soldier's career advancement?	Meeting height and weight standards is essential for maintaining good standing and eligibility for promotions. Failing to meet standards can delay career progression, require participation in remedial programs, or impact eligibility for certain assignments or roles.

army ht/wt standards, military height weight requirements, army body composition standards, soldier height weight chart, army fitness standards, military ht wt guidelines, army body fat percentage, soldier weight standards, army physical fitness criteria, military height weight assessment

Army Ht/wt Standards eBook Resource

Army Ht/wt Standards eBooks provide structured digital knowledge.

Core Discussion

Digital books help readers maintain productivity.

Practical Use

Army Ht/wt Standards eBooks support consistent study routines.

Conclusion

Digital reading improves access to information.

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Logical sequencing reduces cognitive overload.

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Logical sequencing reduces cognitive overload.

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Army Ht/wt Standards eBooks allow readers to engage deeply with subjects.

Students often find Army Ht/wt Standards eBooks easier to integrate into academic routines because they can be accessed across multiple devices.

Digital materials eliminate printing and logistics expenses.

This emphasis encourages thoughtful understanding.

Army Ht/wt Standards eBooks help bridge the gap between theory and practice through structured explanations.

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Ultimately, Army Ht/wt Standards eBooks offer an efficient, scalable, and flexible approach to continuous learning.

Army Ht/wt Standards eBooks allow readers to highlight, annotate, and save important sections, improving retention and long-term understanding.

They adapt to changing consumption patterns.

Learning with Army Ht/wt Standards

Learning with Army Ht/wt Standards offers a flexible and structured approach to acquiring knowledge in the digital age. Students, educators, and self-learners can use Army Ht/wt Standards as a primary reference material or as a supplementary resource to support deeper understanding. Its digital format allows learners to study efficiently, organize information, and revisit content whenever necessary.

One of the key advantages of learning with Army Ht/wt Standards is the ability to annotate directly within the document. Highlighting important passages, adding margin notes, and bookmarking chapters help learners actively engage with the material. Active reading techniques like these improve comprehension and long-term retention compared to passive reading alone.

Summarizing chapters is another effective learning strategy when using Army Ht/wt Standards. Learners can create concise summaries or outlines based on highlighted sections and notes. These summaries can be stored separately or within the PDF itself, making revision faster and more organized. Digital note-taking reduces clutter and allows easy updates as understanding improves.

Cross-referencing is also simplified with digital Army Ht/wt

Standards. Learners can open multiple documents simultaneously, search for keywords, and compare concepts across different sources. Hyperlinks within PDFs or external references further enhance research efficiency. This capability is especially valuable for academic study, exam preparation, and research-based learning.

For educators, Army Ht/wt Standards provides a consistent and shareable learning resource. Teachers can recommend specific sections, distribute annotated materials, or integrate PDFs into digital classrooms. The standardized format ensures that all students view the same content regardless of device or platform.

Study strategies using Army Ht/wt Standards

Effective learning with Army Ht/wt Standards involves more than just reading. Creating a structured study routine improves outcomes. Breaking content into manageable sections prevents cognitive overload and encourages regular study habits. Setting specific goals for each reading session helps maintain focus and motivation.

Using bookmarks strategically allows learners to mark key chapters, definitions, or examples. Combined with searchable text, bookmarks make revision sessions faster and more efficient. Many PDF readers also provide history or recent activity features, helping learners resume study

where they left off.

Collaborative learning is another benefit of digital formats. Students can share notes, discuss annotations, and exchange summaries while keeping the original Army Ht/wt Standards intact. This promotes discussion and deeper understanding without altering source material.

Accessibility

Accessibility is a major strength of Army Ht/wt Standards in digital form. PDFs are widely compatible with screen readers, enabling visually impaired users to access content through text-to-speech technology. Properly structured PDFs with selectable text, headings, and alt text improve accessibility and usability.

In addition to PDFs, alternative formats such as ePub and audiobooks further expand accessibility. ePub files allow users to adjust font size, spacing, and background color, making reading more comfortable for individuals with visual or reading difficulties. Audiobooks provide an option for auditory learners or users who prefer listening over reading.

Many reading applications include accessibility features such as night mode, contrast adjustments, and dyslexia-friendly fonts. These tools reduce eye strain and improve comprehension, allowing users to tailor the learning

experience to their individual needs.

Accessibility also includes language and learning flexibility. Digital Army Ht/wt Standards can be translated, read aloud, or combined with assistive tools such as dictionaries and note-taking apps. This inclusivity ensures that a wider audience can benefit from the content regardless of physical or cognitive limitations.

Inclusive learning environments

Educational institutions increasingly rely on digital materials like Army Ht/wt Standards to create inclusive learning environments. Providing content in multiple formats ensures that learners with different needs can access the same information. This approach supports equal opportunity and encourages independent learning.

Legal Download Sources

Obtaining Army Ht/wt Standards from legal and trustworthy sources is essential for both ethical and practical reasons. Legal sources ensure content accuracy, device safety, and respect for intellectual property rights. Using authorized platforms also reduces the risk of malware or corrupted files.

Project Gutenberg is a well-known source for public domain books, offering thousands of free and legally available titles. Open Library provides access to a vast

collection of digital books, including borrowing options for copyrighted works. Official publishers often offer free samples, trial versions, or open-access publications that can be downloaded legally.

Educational platforms and institutional libraries may also provide access to Army Ht/wt Standards through subscriptions or academic licenses. Students and faculty should take advantage of these resources, which often include high-quality, verified content.

When downloading Army Ht/wt Standards, users should verify the legitimacy of the website and check licensing information. Avoiding pirated copies protects creators and ensures continued availability of quality educational materials.

Benefits of legal access

Legal copies often include better formatting, complete content, and reliable metadata. They may also receive updates or corrections from publishers. Supporting legal sources contributes to sustainable publishing and encourages the creation of new learning materials.

Device Compatibility

One of the reasons Army Ht/wt Standards is widely used is its broad compatibility with modern devices. Most computers, tablets, and smartphones support PDF readers

by default or through free applications. This universal compatibility ensures that learners can access content regardless of hardware or operating system.

ePub formats are commonly supported on tablets, smartphones, and dedicated eReaders. They offer flexible layouts that adapt to different screen sizes, improving readability. Audiobook formats are supported by a wide range of media players and mobile apps, allowing learning on the go.

Kindle and other eReaders may require format conversion for certain files. Many tools exist to convert PDFs or ePub files into compatible formats while preserving readability. Before converting, users should ensure that formatting and navigation remain intact for an optimal reading experience.

Synchronizing reading progress across devices further enhances usability. Many platforms allow users to resume reading, access bookmarks, and view annotations on multiple devices. This seamless experience supports flexible learning across different environments.

Optimizing learning across devices

To maximize compatibility, users should keep reading apps and operating systems updated. Updated software ensures better performance, security, and support for

accessibility features. Regular updates also improve compatibility with newer file formats and interactive elements.

Combining Army Ht/wt Standards with other learning resources

Army Ht/wt Standards works best when combined with complementary learning resources. Videos, lectures, discussion forums, and practice exercises can reinforce concepts introduced in the text. Digital formats make it easy to integrate multiple resources into a cohesive learning workflow.

Learners can link notes from Army Ht/wt Standards to external references or embed links to online materials. This interconnected approach supports deeper exploration and contextual understanding. Using digital tools effectively transforms Army Ht/wt Standards into a central hub for learning rather than a standalone resource.

Developing long-term learning habits

Consistent use of Army Ht/wt Standards encourages disciplined study habits. Digital libraries promote organization, while annotations and summaries support active learning. Over time, these practices help learners build a personalized knowledge base that can be revisited and expanded as needed.

Final thoughts on learning with Army Ht/wt Standards

Learning with Army Ht/wt Standards offers flexibility, accessibility, and efficiency for modern learners. By using effective study strategies, leveraging accessibility features, downloading content from legal sources, and ensuring device compatibility, users can maximize the educational value of Army Ht/wt Standards. When combined with thoughtful organization and complementary resources, Army Ht/wt Standards becomes a powerful tool for lifelong learning and knowledge development.