Major Ahmad Purdy was born and raised in Miami, Florida, on 8 October 1979. He graduated from American Senior High School in 1997.

Major Purdy enlisted in the Marine Corps in March 2004 and attended recruit training at Marine Corps Recruit Depot (MCRD) Parris Island, South Carolina. He graduated from recruit training on May 2004 and attended Marine Combat Training on Camp Geiger. He then moved on to attend his MOS-producing school at Utilities Instructions Company in Camp Lejeune. He graduated and was assigned the MOS 1171, Basic Hygiene Equipment Operator.

In October of 2004, Private First Class (PFC) Purdy reported to 3d Material Readiness Battalion in Okinawa, Japan, and was assigned to Engineer Maintenance Company, utilities platoon. During this tour, he was attached to CLR-25 out of Camp Lejeune, deployed to Al Taqaddum, Iraq, in support of Operation Iraqi Freedom, and was meritoriously promoted to Corporal. After the deployment, he returned to his home station in Okinawa, Japan, where he served as the BEQ Manager, and upon his promotion to Sergeant, he served as the utilities floor chief and platoon sergeant. He received orders to report to Quantico, Virginia, for Marine Security Guard (MSG) School in August 2009. Upon completing MSG school, he was assigned to the U.S. Embassy in Pristina, Kosovo, as a watchstander.

In May 2010, Sergeant Purdy was selected for the Marine Enlisted Commissioning Education Program (MECEP). He reported to the Naval Reserve Officer Training Corps at The Citadel Military College in South Carolina. He attended Officer Candidate School from July to August 2011. In May 2012, he graduated from The Citadel, earned his Bachelor of Science in Business Administration, and was commissioned as a Second Lieutenant. In September 2012, he reported to the Basic School for Officers.

After completing The Basic School and the Basic Communications Officers Course in December 2013, 2nd Lieutenant Purdy was assigned to Headquarters Regiment, 1st Marine Logistics Group, aboard Camp Pendleton, CA. While there, he served as the transmissions platoon commander. In August 2014, First Lieutenant Purdy was assigned to 1st Transportation Support Battalion as the battalion communications officer. He deployed to Duqm, Oman, for exercise Native Fury 16.

In June 2016, he reported to Marine Corps Embassy Security Group Region 2, Middle East and Asia, at the U.S. Embassy in Abu Dhabi, United Arab Emirates, where he served as an Inspecting Officer, Operations Officer, and Executive Officer. He was promoted to the rank of Captain in 2017.

In August 2019, Captain Purdy was assigned to 3d Light Armored Reconnaissance Battalion (3d LAR Bn) as the battalion communications officer. While assigned to 3d LAR, he deployed to the Pacific. He served as the 1st Marine Division Expeditionary Advanced Base Operations Detachment Officer In Charge on the island of Tinian in support of exercise Freedom Banner 21. While with 3d LAR Bn, he was selected on the Commandant's Professional Intermediate-Level Education Board to attend Marine Corps Command and Staff Command College (CSC) in Quantico, Virginia.

Major Purdy reported to his current assignment as the battalion executive officer for 7th Communication Battalion on 13 Jul 2023.

Major Purdy's personal awards include the Navy and Marine Corps Commendation Medal, Navy and Marine Corps Achievement Medal with gold star in lieu of second award, and Good Conduct Medal. He is single with no children.