

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – August 2016

What are the reasons a Sailor will be enrolled in the Fitness Enhancement Program (FEP)?

A member must be enrolled in FEP for any of the following:

Failing any portion of the official physical fitness assessment (PFA);

Failing to maintain age adjusted standards (AAS) for body fat, this could be during the official PFA or during a command spot check; and

Scoring probationary on any one event during the official PFA.

Can I participate in the bike or elliptical alternate cardio events if I have a body composition assessment (BCA) waiver?

No, members who have an approved BCA waiver are not authorized to participate in the bike or elliptical alternate cardio events. The reason is that in order to convert the caloric burn to a corresponding run time the member must have an official weight and the weight must be entered into PRIMS. With a BCA waiver members do not participate in the step (1) height/weight, step, (2) abdominal circumference measurement (ACM), or step (3) body circumference measurement (BCM), thus making the bike and elliptical invalid. Those members receiving a BCA waiver must in turn participate in the 1.5 mile run /walk or if approved by the CO swim event.

Did any of the pregnancy/post partum policy changes effect the physical readiness policy?

No, pregnancy status is defined from the time the pregnancy is confirmed by a military health care provider (HCP) or civilian HCP, where a Military Treatment Facility is not accessible, until the end of 6 months following the initial 42 days of maternity (convalescent) leave. If additional time is required then a medical waiver is required.

During the pregnancy period, servicewomen are to follow exercise guidance provided from their HCP. At the conclusion of the pregnancy/postpartum period the CO has the authority to enroll the member in FEP to assist in preparation for the next scheduled PFA. Medical clearance is required before participation in FEP (starting with a PARFQ). See Operating Guide 8 for an easy to follow chart on “pregnancy status” expiration and PFA participation.

Reminder

Commanding Officers are only authorized to allow one retest of a failed PRT. That retest must be done within 7 days of the official PRT, not exceeding 45 days from the BCA and during the cycle for which the failure occurred!!

Tip of the Month!

A good rule of thumb is to replace your running shoes every 300 – 400 miles.