

## Physical Readiness Program E-GRAM

### UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – February 2015

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#### What height is written on the BCA score sheet and what is entered in PRIMS?

Once a member's height has been obtained, write down the exact height to the closest 1/8 inch on the BCA score sheet. This raw height is used two different ways.

First, the height is rounded up to the nearest whole inch to determine if the member passes the initial weight for height screening (this step is used to reduce the amount of Sailors actually taped).

Second, if the member does not pass the weight for height screening, the raw height measurement is then used to calculate a member's BCA. This is done by rounding the member's height up to the nearest 1/2 inch.

Example: member's raw height is 68 and 1/8 inches. For the WT/HT screening, 69 inches is used to determine if member passes initial screening, which has a max weight of 186 for males and 174 for females. If the member does not pass the WT/HT screening, the height used to calculate the BCA is 68 and 1/2 inches and this measurement shall be entered in PRIMS).

#### What is the CFL NEC?

The tracking NEC for enlisted Sailors is 95PT. When filling out the NAVPERS 1221/6 to request the NEC, the reason for request should read: "To obtain the required NEC upon completing the 5-day CFL Certification course." The form is located at:  
[http://www.public.navy.mil/bupers-npc/reference/forms/NAVPERS/Documents/NAVPERS\\_1221-6\\_Rev09-13.pdf](http://www.public.navy.mil/bupers-npc/reference/forms/NAVPERS/Documents/NAVPERS_1221-6_Rev09-13.pdf)

Reminder: Members must have attended the course since January 2009. Include a copy of your certificate with the NAVPERS 1221/6.

Note for Officer CFLs. The package for the CFL AQD is currently being routed through the chain of command for approval. We expect the approved CFL AQD within a few months.

### **Reminder**

Per NAVADMIN 231/13, once the official BCA is conducted the PRT (to include authorized retests) must be completed within 45 days. This applies to Active Component (AC) and Reserve Component (RC). RC members no longer have until the end of the next month to complete the bad day retest.

However, if approved by the CO, AC personnel must complete bad day retest with 7 days from the original PRT failure.

### **Tip of the Month!**

For tips on supplement use and other dietary information, please visit the Human Performance Resource Center (HPRC) at <http://hprc-online.org/> and the Navy and Marine Corps Public Health Center at  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx>