

# Physical Readiness Program E-GRAM

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

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### **What are the minimum standards a Sailor has to achieve in order to be disenrolled from the Fitness Enhancement Program (FEP)?**

FEP is a command-wide program designed to improve fitness and nutrition. Commanding Officers can always make the requirements for FEP disenrollment more stringent. The minimum requirements are that members remain enrolled in FEP until passing a mock or official Physical Readiness Test (PRT) and be within the Navy's graduated Body Composition Assessment (BCA) standards. Members failing the PRT will remain in FEP until successfully passing a mock or official PRT with an overall PRT performance of "Good" or better in all PRT components. If a member is waived from the BCA and/or the same PRT event for which member failed, he/she will remain on FEP until the member is able to successfully pass the failed event with a good or better during a mock or official PFA.

### **My PRIMS record shows that I have multiple failures in a 3 year period ?**

As of 01JAN16, any member who had completed the requirements for continued Naval service in accordance with NAVADMIN 178/15 or had 2 or less PFA failures was reset to 1 PFA failure. PRIMS will continue to show all PFA data; however, it is the responsibility of members and commands to understand the instruction and accurately count any failing records.

### **How do I measure step 2 of the Body Composition Assessment?**

Step 2 of the BCA is the Single Site Abdominal Circumference (AC) measurement. This measurement is not the same as the step 3 Body Composition (BC) measurement. The CFL will locate the measurement landmark immediately above the right uppermost hip bone (superior border of the iliac crest) at the side of the body vertically in line with the right armpit (mid-axillary line). If desired, the Sailor may assist the CFL in locating the measurement landmark by resting the right hand on the hip, using rearward facing right thumb to locate the iliac crest. The CFL will determine the final horizontal - vertical intersection point for landmark confirmation. The Sailor will stand on a flat surface with feet no more than shoulder width apart. The head should be horizontal, looking directly forward with the chin parallel to the floor. The Sailor may use one hand to initially assist the CFL in anchoring the tape measure to the body, but must remove the hand from the tape measure before the official measurement is recorded. Measurement will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders. The Sailor will remain stationary while the CFL conducts the measurement by initially moving around the Sailor to place the tape in a horizontal plane around the abdomen. The CFL will ensure tape is parallel to the floor at the level of the landmark (bottom edge of the tape just contacts landmark), is snug, but does not compress the bare skin. The CFL will take the measurement at the end of the Sailor's normal respiration. If redness and lines in the skin are observed, turn the member away for 72 hours.

#### **Reminder**

*The command physical fitness program is the command's action plan to maintain and/or improve the health and fitness of the crew.*

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

Watch those liquid calories! Make water your go-to-sipper throughout the day.