

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N170 - June 2013

What are the requirements for a tape measure to be used during BCA circumference measurements?

Use a tape measure made of non-stretchable material, preferably fiberglass. Do not use cloth or steel tape measures. The preferred tape is one that is self-retracting, with locking capability, which can accurately measure circumference in both 1/16" inch and millimeter increments.

The tape measure width should be 1/4 inch – 1/2 inch and calibrated (i.e., compared with a yardstick or metal ruler). This is done by aligning the tape measure with the quarter inch markings on the ruler.

How can a member regain eligibility to be frocked/advance/promoted if most recent PFA was DEP/OP and they failed the previous cycle?

Members may participate in a monthly mock PFA to regain eligibility. If not within standards by promotion cycle limiting date, the advancement authority will be withdrawn, per BUPERSINST 1430.16G

Are CFLs/ACFLs authorized to enter their own PFA data?

NO! To protect the integrity of PRIMS, CFLs and ACFLs are not authorized to enter their own data in PRIMS. CFLs will enter data for all ACFLs and an ACFL must enter the CFL's data.

New Events

A new NAVADMIN will be hitting the streets soon to address three areas:

1. To improve compliance, the Deployment Health Assessment (DHA) has been linked to the Periodic Health Assessment (PHA) and Physical Fitness Assessment (PFA) to improve compliance. If the required Post-Deployment Health Assessment (PDHA) and/or Post-Deployment Health Re-assessment PDHRA are not completed, the PHA will not be current, resulting in the Service member's inability to complete the NAVPERS 6110/3 (Physical Activity Risk Factor Questionnaire (PARFQ) in the Physical Readiness Information Management System (PRIMS). If a Physical Readiness Test (PRT) is not completed due to a delinquent DHA/PHA, the commanding officer (CO) has the authority to assign the "UA" participation status in PRIMS.
2. A "yes" response to question one on the PARFQ, "Are you 50 years of age or older?" no longer requires medical clearance prior to participation in the PRT.
3. The time between the official Body Composition Assessment (BCA) and the PRT is changed from 10 days for Active Component and 31 days for Reserve Component to 45 days for both Active and Reserve Components.

Best Practice

If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

Tip of the Month!

Small changes prove to be more effective than any drastic. Decrease/eliminate sugar-sweetened beverages like soda, juice or sweet tea. Also, add one piece fruit each day this week.