

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N135F – December 2012

How can I use the command score sheet upload function in PRIMS and verify its accuracy?

First, the command must maintain all original written documentation. Official PFA data is entered into the spreadsheet. Once the spreadsheet is completely filled out, the CFL will upload to PRIMS **only** one time. If the spreadsheet fails to upload after first attempt, all data must be entered manually to prevent PRIMS records from being locked. After spreadsheet uploads, the CFL must go into each member's record that required BCA measurements and select the recalculate to complete the BCA entry.

What is the maximum time allowed between BCA and PRT? The first time a BCA is taken during the command PFA, it becomes the official BCA. Once the BCA is taken, active component personnel must complete the PRT, including "bad day" retests, within 10 days. Reserve component personnel must complete the PRT, including "bad day" retests, within 31 days of taking the BCA.

When performing BCA measurements, what steps are required by the CFL? First, one-on-one BCAs are not authorized. Second, the CFL must be accompanied by an observer. Any member failing the weight for height measurements shall have **TWO** sets of measurements, at a minimum. If the two measurements differ greater than 1 inch, a third measurement shall be taken. The two closest measurements will then be averaged and input into the BCA Formula section of the score sheet for calculation.

As a CFL, am I required to perform a specific cardio event? Yes. As a certified CFL, you were required to participate in the run/walk for the PRT in order to complete the 5-day CFL Certification Course. This is the standard for all CFLs and will continue to be the standard for every subsequent PRT thereafter. In the case where a medical condition exists preventing the CFL from participating in the run/walk, the CFL must obtain a medical waiver but must participate in an alternate cardio option if medically cleared to do so.

What criteria must an acclimatization policy include in order to be effective? The CO must, in coordination with the Authorized Medical Department Representative, establish requirements when an acclimatization period is required. No single policy can cover every situation. Considerations shall include but are not be limited to: time of year, temperature, humidity, and elevation. It is up to the CO to determine if and when a policy is required.

General CFL information:

1. The "Less than 10 week" drop down on PRIMS is not a valid option according to current policy. Do not use this option as a non-participation status for any reason. It will be removed with the next PRIMS update.
2. The List of CFL Seminars for 2013 is now posted on the Physical Readiness Program web page.
3. Commands are strongly encouraged to use the sample score sheets provided in OP Guide 13 and in PRIMS under the "help" tab. The standardized forms ensure accurate information is recorded, reported, and acknowledged by members.
4. Please ensure all command page information is up to date in PRIMS. Email addresses found on the PRIMS command page will be used to send to all CFLs upcoming information, E-Grams, and policy issues.

Best Practice

Commands that conduct random BCAs have proven to elevate Sailors' awareness of the importance of maintaining their own day-to-day BCA standards, thus reducing the chance of unexpected BCA results at the next command PFA.

Tip of the Month!

80/20 Rule: If you make healthy food choices 80% of the time, you can eat what you want 20% of the time and still be successful in reaching your nutrition and fitness goals.

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