

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N135F - May 2013

What can I do if I have been designated as a CFL and cannot get the 5-day CFL course completed with 90 days?

First, every effort must be made to ensure the command is in compliance with the OPNAVINST 6110.1J by having the CFL 5-day Certification Course completed within 90 days of designation. Second, if an uncertified command designated CFL has not received the 5-day CFL course within 90 days, the CO must remove the CFL's designation. If no other member of the command meets the requirements for CFL, the CO must have an alternate command's CFL perform the duties and responsibilities for their command. A memorandum of agreement is the best way for a CO to ensure the PFA is conducted in accordance with policy.

If a Sailor fails the 3rd PFA in a 4 year period, can the command initiate the ADSEP process if the member is in a LIMDU status?

YES! The only process that will prevent a command from not being able to ADSEP a Sailor is if the member has an outstanding PEB currently being processed. If this is the case then the ADSEP would be delayed until the medical board action is resolved. All other cases note including a PEB, the command should process the administrative separation for PFA and direct the member to the VA for follow-on medical treatment.

New Events

The Physical Readiness Program has launched an online monthly newsletter that highlights commands from around the fleet that are going above and beyond regarding Sailors' health and well being. Please click on the link below for more information:

<http://www.public.navy.mil/bupers-npc/support/physical/Documents/April%202013%20Newsletter.pdf>

There is a new Nutrition webpage located on NPC's command website. On this site you will find tools that help assess the eating environment of your command and local dining facility. Proper nutrition is the first step in a healthier lifestyle. Everything we do starts with a well balanced diet. For more information, please visit the Navy Nutrition webpage at:

<http://www.public.navy.mil/bupers-npc/support/navynutrition/Pages/default2.aspx>

Best Practice

Completing all medical screening prior to the beginning of the command PFA will allow CFLs to focus their attention on conducting a safe and effective Physical Fitness Assessment. CFLs must know the medical status of every command member prior to the PFA to ensure all members are medically cleared to participate.

Tip of the Month!

Train your body to eat breakfast every day. Hungry later? That is your metabolism kicking into high gear. Make sure you have a lean protein at breakfast or have a healthy midmorning snack.