

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N135F - November 2012

What are the PFA requirements for a service woman who is currently undergoing In-Vitro Fertilization (IVF) but not yet confirmed as pregnant? During the actual IVF cycles, servicewomen will be exempt from participating in the PFA, to include both the BCA and PRT, to better ensure IVF success. A medical waiver must be approved prior to the command's PFA cycle. If the IVF treatment results in a successful pregnancy, the provisions of the pregnancy policy will pertain. If the IVF treatment is unsuccessful, the servicewoman will be expected to participate fully in the PFA in 30 days. (See OPNAVINST 6000.1C for full details.)

How do I get my PFA scores from the NOSC where I conducted the PFA back to my parent command? Members that complete a PFA at another command/UIC (usually applies to Reserve Component personnel) are required to inform both their parent command and the command administering the PFA. The CFL conducting the PFA will administer and gather the BCA and PRT data and send it to the parent command CFL via encrypted email. CFL information can be identified and accessed through PRIMIS. Only CFLs can handle and transfer PRIMIS data between different commands.

If a member requests a "Bad Day" PRT and is granted a retest by the Commanding Officer, what is the time frame in which it must be completed? An individual must request a "Bad Day" within 24 hours of completing the PRT. If a CO authorizes a "bad day" re-test for the PRT portion, the re-test must be administered no earlier than 24 hours after the initial PRT and within 10 days (for Active Component) and 31 days (for Reserve Component) of the official BCA date and within the same PFA cycle for which the "Bad Day" was requested. The member must retake all components of the PRT and is authorized to retest on an alternate cardio event if authorized by the CO.

What is the maximum amount of time allowed from when the official BCA is taken to the time the PRT (to include "bad day") must be completed? For Active Component personnel, members must complete the PRT (to include a CO authorized retest) within 10 days from the official BCA. For Reserve Component personnel, members must complete the PRT (to include a CO authorized retest) within 31 days from the official BCA. There is no retest of the BCA when using the "bad day" option.

What is a PRCO? A Physical Readiness Control Officer (PRCO) assists Echelon II and III commanders by ensuring commands within their respective Areas of Responsibility (AOR) are effectively managing a robust Physical Fitness Program. This position will assist both Active Component and Reserve Component personnel in maintaining the level of physical fitness required to support mission readiness. The PRCO is responsible in assisting the Physical Readiness Program Office (OPNAV N135F) in providing expert advice to CFLs on all matters relating to the Physical Readiness Program Policy.

Best Practice

If a member reports to a command with 2 failures in a 4-year period with the most recent PFA as passing, enrolling the member into FEP has proven to increase their chances of passing the next PFA.

Tip of the Month!

Drinking water before meals is good, but research shows eating water-rich foods is even better*. Want to fill up more on less food? Try a broth-based soup, fruit or vegetables as an appetizer.

* "The Ultimate Volumetrics Diet", by Cynthia rolls

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