

# Physical Readiness Program E-GRAM

## UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170 - October 2013

*With the recent release of NAVADMIN 231/13, what is the intent behind the 45 days between BCA and PRT?*

The intent is to give COs greater flexibility to complete the official PFA.

Once the command establishes their PFA cycle dates for BCA and PRT, the command has up to 45 days to complete the PRT once the official BCA is conducted. Commands should continue complete in the PFA in a reasonable timeframe to reduce the administrative burden on the CFL and the command.

COs still have the authority over the schedule, conduct, safety, and medical waivers for the PFA. It is not the Sailor's decision when to take the PRT, which would be a serious burden on CFLs and commands. The intent is if a person, for some reason, cannot participate when command directed, they can participate at a later timeframe within the 45 days windows.

*If a member is authorized a "Bad Day" retest with the new timeframe between BCA and PRT, when must the "Bad Day" be conducted?*

(Updated from E-Gram 11/12 and 12/12) Once a member is approved for a "Bad Day" the retest must occur no less than 24 hours and no more than 7 days from the initial PRT failure. If the retest occurs outside the 7 day requirement, the initial test scores will remain in PRIMIS and reflect a failure.

### **NOTE:**

Be sure to visit the Physical Readiness Program Newsletters located at the PRP webpage by utilizing the link below. Each monthly newsletter will showcase a different command and how they promote a culture of fitness. You will also find a new workout routine for your fitness toolbox.

[http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST\\_CENTURY\\_SAILOR/PHYSICAL/Pages/Newsletter.aspx](http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/PHYSICAL/Pages/Newsletter.aspx)

### **Best Practice**

Walk instead of drive, whenever you can. Replace a Sunday drive with a Sunday walk, and go up hills instead of around them

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

Eat before grocery shopping and try the following:

1. Make a grocery list before you shop.
2. Choose a checkout line without a candy display.
3. Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)