



Physical Readiness Program Update for CY25 PFA Fact Sheet

POC: Physical Readiness Program Office/901-874-2210

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BLUF

NAVADMIN 123/24 announces three key changes to the Physical Readiness Program:

1. Removes the requirements for adverse performance evaluations (FITREP/EVAL);
2. Provides commanding officers (COs) discretion when providing reenlistment or retention recommendations for Sailors who fail consecutive PFAs;
3. Directs one Physical Fitness Assessment (PFA) cycle in CY25, which will occur from February 1 – November 30, 2025.

Who needs to know?

- All active and reserve component Sailors
- Command Triads
- Command Fitness Leaders and Assistant Command Fitness Leaders (CFL/ACFLs)

What you need to know – key points

- **Effective immediately:**
 - This NAVADMIN removes the mandatory “Significant Problem” and/or mandatory adverse performance evaluation for Sailors who fail consecutive PFAs.
 - This NAVADMIN allows CO discretion on reenlistment or retention recommendations for Sailors who fail consecutive PFAs.
- **Culture of Excellence (COE) 2.0 Initiatives:**
 - The PFA is a single cycle for CY2025.
 - The PFA cycle commences on February 1 and ends on November 30, 2025.
 - Commands must conduct the PFA cycle and publish the command’s official notification at least 10 weeks before the scheduled command PFA dates.
 - Sailors participating in the PRT must complete the PARFQ via MyNavy Portal (My Records).
 - No excellent or above Physical Readiness Test incentive exemption will occur during the CY25 PFA cycle.
 - Command Triads can use incentive programs and other tools for the physical readiness program (special liberty, award certificates, BCA Spot Checks, Mock PRTs, etc.) to create and foster a Culture of Excellence to build Great People, Leaders, and Teams.

Sample POD/POW Note

PRT CHANGES: NAVADMIN 123/24 removes the requirements for adverse FITREP/EVALs and provides Commanding Officers (COs) discretion when providing reenlistment or retention recommendations for Sailors who fail consecutive PFAs. This NAVADMIN also directs one Physical Fitness Assessment (PFA) cycle in CY25, from February 1 – November 30, 2025. For more information, check out NAVADMIN 123/24 or talk to your CFL!



FAQ

Q: Why was the mandatory “Significant Problem” and/or mandatory adverse FITREP/EVAL for Sailors who fail consecutive PFAs removed?

A: This policy change removes the “mandatory” adverse performance report and allows the CO to retain or advance Sailors.

Q: How do Sailors with two consecutive PFA failures who received an adverse report restore eligibility for retention? How do Sailors regain eligibility for advancement?

A: A Sailor must pass a mock or official PFA and receive a subsequent non-adverse EVAL/FITREP to regain eligibility for retention or advancement.