



Physical Readiness Program Update for CY24 PFA Fact Sheet

POC : Physical Readiness Program Office, (901) 874-4220

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BLUF

NAVADMIN 258/23 announces one Physical Fitness Assessment (PFA) cycle in Calendar Year (CY) 2024 will occur from February 1 - November 30, 2024.

Additionally, NAVADMIN 258/23 cancels the postpartum wellness PFA requirement and extends Command Fitness Leader re-certification from three to five years.

Who needs to know?

- All Active and Reserve Component Sailors
- Command Triads
- Command Fitness Leaders and Assistant Command Fitness Leaders (CFLs/ACFLs)

What you need to know – key points

- The PFA is a single cycle for CY24.
 - The PFA cycle commences on February 1, 2024, and ends on November 30.
 - Commands must conduct their 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 CY24 PFA cycle.
 - Command Triads can use incentive programs for the physical readiness program (special liberty, award certificates, etc.).
- This NAVADMIN extends the Command Fitness Leader re-certification period from three to five years, and it cancels the Wellness PFA for postpartum Sailors.
 - After delivery, Sailors should participate in a progressive and appropriate exercise program, to return to pre-pregnancy fitness levels as soon as medically authorized.
- CFL/ACFLs will transfer Sailors in PRIMIS-2 prior to detaching from the command. This will assist with the check-in process at the gaining command.
- The [U.S. Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook](#) provides Service members with guidance on physical fitness and nutrition during pregnancy and postpartum periods. The guide is available on the Navy Physical Readiness Program webpage and the Navy Official PFA App.
- Major improvements with PRIMIS-2 system access and development continue across the enterprise and commands are to ensure designated CFL/ACFLs have PRIMIS-2 access.





Sample POD/POW Note

ATTENTION – NAVADMIN 258/23 announces one Physical Fitness Assessment cycle in CY24, from February 1 – November 30, 2024. Additionally, this NAVADMIN cancels the postpartum wellness PFA requirement and extends the Command Fitness Leader re-certification requirement from three to five years. Have questions? Contact your Command Fitness Leader.

FAQ

Q. Why is the PFA cycle ten months long?

A. The cycle is 10 months long to allow as many commands as possible to complete the PFA, especially those commands that deploy throughout the year.

Q. Will the Navy utilize PFA scores from the CY24 cycle for validation in the CY25 PFA cycle?

A. The Navy's decision to conduct one or two PFA cycles in 2025 will determine the use of a PFA validation incentive. If the decision is to perform one cycle in CY25, there will be no PFA validation incentive.

Q. When can a Commanding Officer conduct unofficial BCAs or PRTs?

A. [OPNAVINST 6110.1K](#) authorizes Commanding Officers to assess their command's fitness via Body Composition Assessment (BCA) spot checks at their discretion, anytime outside of their command PFA cycle. A 10-week notice establishes the command PFA cycle.

Q. How long does a Sailor remain in a pregnancy status?

A. Sailors will remain in a pregnancy status when a military Health Care Provider (HCP) or civilian HCP confirms the pregnancy until the end of the 12 months following a qualifying birth event (QBE). Sailors will participate in the next regularly scheduled official PFA no earlier than 12 months postpartum.

Q. What resources are available for pregnant and postpartum Sailors?

A. The [U.S. Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook](#) provides Service members with guidance on physical fitness and nutrition during pregnancy and postpartum periods. The guide is available on the Navy Physical Readiness Program webpage and the Navy Official PFA App.

Q. Does PRIMS-2 require documentation to gain access?

A. To gain access to PRIMS-2, provide the following documents via email to the PRP Office via PRIMS@navy.mil:

- CFLs: CFL Certification Course Certificate, CFL PRIMS Access Letter and SAAR-N Form
- ACFLs: ACFL Designation Letter and SAAR-N Form

Q. Why did I lose access to PRIMS?

A. PRIMS requires CFL/ACFLs to log in every 30 days or risk losing their access to the system. Loss of access could result in the CFL/ACFLs submitting a new SAAR-N Form.

Q. How does a CFL use the data load widget?

A. CFL and ACFLs should use the Data Load Widget (csv file) when uploading Physical Fitness Assessment (PFA) data in PRIMS-2. Under the Files tab in PRIM-2, select Libraries, PRIMS-2 Document Library, then Data Load Widget to get the csv file and step by step directions