

CLASSIFICATION: UNCLASSIFIED/
ROUTINE
R 301740Z DEC 25 MID320018439770U
FM CNO WASHINGTON DC
TO NAVADMIN
INFO CNO WASHINGTON DC
BT
UNCLAS
PASS TO OFFICE CODES:
FM CNO WASHINGTON DC//N1//
INFO CNO WASHINGTON DC//N1//

NAVADMIN 264/25

MSGID/GENADMIN/CNO WASHINGTON DC/N1/DEC//

SUBJ/NAVY PHYSICAL READINESS PROGRAM FOR CALENDAR YEAR 2026//

REF/A/DOC/OPNAV/DEC25//
REF/B/DOC/OPNAV/DEC25//
REF/C/DOC/OPNAV/DEC25//
REF/D/DOC/OPNAV/DEC25//
REF/E/DOC/OPNAV/DEC25//
REF/F/DOC/OPNAV/DEC25//
REF/G/DOC/OPNAV/DEC25//
REF/H/DOC/OPNAV/DEC25//
REF/I/DOC/OPNAV/DEC25//
REF/J/DOC/OPNAV/DEC25//
REF/K/DOC/OPNAV/DEC25//
REF/L/DOC/OPNAV/DEC25//
REF/M/DOC/OPNAV/DEC25//
REF/N/DOC/COMNAVPERSCOM/DEC25//
REF/O/DOC/COMNAVPERSCOM/DEC25//

NARR/REF A IS OPNAVINST 6110.1L, PHYSICAL READINESS PROGRAM.
REF B IS NAVY PHYSICAL READINESS PROGRAM (PRP) GUIDE-1, PHYSICAL READINESS PROGRAM POLICIES.
REF C IS NAVY PRP GUIDE-2, COMMAND PHYSICAL READINESS PROGRAM CHECKLISTS.
REF D IS NAVY PRP GUIDE-3, COMMAND/ASSISTANT COMMAND FITNESS LEADERS AND MEMBER RESPONSIBILITY.
REF E IS NAVY PRP GUIDE-4, BODY COMPOSITION ASSESSMENT.
REF F IS NAVY PRP GUIDE-5A, PHYSICAL READINESS TEST.
REF G IS NAVY PRP GUIDE-5B, POLICIES AND FITNESS TESTING FOR COMBAT ARMS OCCUPATIONS.
REF H IS NAVY PRP GUIDE-6, MEDICAL CLEARANCE AND WAIVER MANAGEMENT.
REF I IS NAVY PRP GUIDE-7, PHYSICAL READINESS INFORMATION MANAGEMENT SYSTEM ADMINISTRATION.
REF J IS NAVY PRP GUIDE-8, MANAGING PHYSICAL FITNESS ASSESSMENT RECORDS FOR PREGNANT SAILORS.
REF K IS NAVY PRP GUIDE-9, COMMAND PHYSICAL TRAINING AND FITNESS ENHANCEMENT PROGRAM.
REF L IS NAVY PRP GUIDE-10, NUTRITION RESOURCES
REF M IS NAVY PRP GUIDE-11, PHYSICAL READINESS CONTROL OFFICER
REF N IS MILPERSMAN ARTICLE 1611-010, OFFICER PERFORMANCE AND SEPARATIONS FOR CAUSE.
REF O IS MILPERSMAN ARTICLE 1910-171, SEPARATION BY REASON OF PHYSICAL FITNESS ASSESSMENT.//

RMKS/1. This NAVADMIN announces cycles for the Physical Fitness Assessment (PFA) and Combat Fitness Assessment (CFA) for Calendar Year 2026 (CY2026), a one-time reset to zero for prior PFA failures, and updated policy in references (a) through (o) for the Navy PRP.

The major changes to references (a) through (o) are as follows:

- a. Command requirement for physical training (PT) every workday.
- b. Guidance for PRP assessment and testing for combat arms occupations.
- c. Guidance on PFA and CFA related personnel actions and documentation on Fitness Reports (FITREPs) and Performance Evaluations (EVALs).
- d. Updated guidelines for Sailor participation in the PFA and CFA after a post-pregnancy/postpartum deferment period.
- e. Updated Body Composition Assessment (BCA) policy and procedures.

2. PFA and CFA cycles for CY2026. The Navy will conduct two PFA/CFA cycles in CY2026. Cycle-1 will run from 1 January through 30 June and Cycle-2 will run from 1 July through 31 December.

Active Component (AC) Sailors are required to complete two fitness assessments annually; Reserve Component (RC) Sailors are required to complete at least one fitness assessment annually. Additional details on the PFA and CFA requirements can be found in references (a) through (h). Guidance on documenting PFAs and CFAs is provided in reference (i).

3. PFA failure reset to zero. All AC and RC Sailors will have a one-time reset to zero for PFA failures prior to 1 January 2026 for reenlistment, advancement, promotion, and continuation decisions. Other programs that use PFA failures will continue to consider past failures per standard procedures.

4. Requirement for PT every workday. Commanders/COs/OICs will be responsible for integrating PT into every workday. Reference (a) provides additional policy information; reference (k) provides further PT guidance.

5. PRP assessment and testing for combat arms occupations. Navy combat arms programs have developed a Combat Fitness Test (CFT) with modalities to assess performance characteristics specific to combat arms occupations. Combat arms personnel will complete a CFA once annually. Medical clearance and waiver management for the CFA is forthcoming. Additional details are provided in references (a) and (g).

6. PFA and CFA related personnel actions and documentation. Effective 1 January 2026, Sailors with PFA failures will be subject to administrative actions. Administrative actions related to CFA failures will be forthcoming. FITREPs and EVALs will also include expanded PFA/CFA information. Additional details are provided in references (a), (b), (n), and (o).

7. PFA participation after post-pregnancy/postpartum period. After the 12-month post-pregnancy/postpartum deferment ends, the Sailor is required to participate in the current official PFA cycle, provided they are medically cleared. Additional details are provided in references (a) and (j).

8. Updated BCA policy and procedures. BCA procedures have been revised and now consist of a two-step process. Criteria for the High-Performance BCA Exemption Policy has also been updated. Additional details are provided in references (a) and (e).

9. The point of contact for questions is the Physical Readiness Program Office via MyNavy Career Center at (833) 330-MNCC or askmncc.fct@navy.mil.

10. This NAVADMIN will remain in effect until superseded or canceled, whichever occurs first.

11. Released by Vice Admiral Jeffrey J. Czerewko, Chief of Naval Personnel.//

BT

#0001

NNNN

CLASSIFICATION: UNCLASSIFIED/