

**LETTER OF NOTIFICATION
(CFA FAILURE)**

Date: _____

From: Commanding Officer, _____
(Command Title/Name/UIC)

To: _____
(Rank, Last Name, First, MI)

Subj: LETTER OF NOTIFICATION FOR COMBAT FITNESS ASSESSMENT (CFA) FAILURE

Ref: (a) OPNAVINST 6110.1 (series), Physical Readiness Program (PRP)
(b) PRP Guide-1, PRP Policies

1. The following deficiencies in your performance and/or conduct are identified:

- a. This is your (FIRST/SECOND/THIRD or greater) consecutive CFA failure.
- b. Failure to meet Body Composition Assessment (BCA) standards:

BCA Date: _____ Body Fat (%): _____

Height (in): _____ Weight (lbs): _____ Waist/bellybutton (in): _____

- c. Failure to meet Combat Fitness Test (CFT) standards:

CFT Date: _____ Overall Score: _____

800 m Swim: _____ Push-Ups: _____ Pull-Ups: _____ 1-Mile Run: _____

2. The following corrective actions are required upon receipt of this letter:

- a. Actively participate in the Fitness Enhancement Program (FEP), or combat arms equivalent remedial program, monitored by the Command Fitness Leader (CFL). You shall participate until your body fat percentage is at or below Navy BCA standards and you achieve a passing minimum on all non-waived CFT events during an official or mock CFA, with CO/OIC approval.
- b. Review both PRP Guide-9, Command Physical Training and Fitness Enhancement Program, which provides complete details on FEP requirements and PRP Guide-10, Nutrition Resources, which provides best practices for improving physical performance and body composition. Both guides are located at: <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Physical-Readiness/Guides/>
- c. Participate in a minimum of 150 minutes of physical activity each week. Each session shall include cardiovascular, muscular strength, muscular endurance, and flexibility activities. Failure to attend FEP, or combat arms equivalent remedial program, as directed may result in disciplinary action under the Uniform Code of Military Justice (UCMJ).
- d. Select and complete one of the FEP Nutrition Education Options located in PRP Guide-10.

(COMMAND LETTER HEAD)

3. You are aware of the administrative actions for failure of the CFA. These include, but are not limited to, the following:

- a. Documentation of your CFA result(s) on your Fitness Report (FITREP) for the reporting period in which the failure occurred.
- b. Ineligible for promotion until passing the next official CFA. Failure to regain eligibility by the promotion cycle limiting date will result in withdrawal of your promotion in accordance with ref (a).
- c. May be ineligible to transfer to any special duty or school if you do not meet physical readiness standards for that duty or school unless most recent official or special CFA was passed.
- d. May receive the FITREP mark for promotion recommendation of "Significant Problems," which constitutes an "ADVERSE" FITREP.
- e. May be recommended for Administrative Separation (ADSEP).
- f. Other actions as deemed appropriate by your chain of command.

4. This counseling/warning entry is based on known CFA failure(s) and is issued to afford you an opportunity to undertake the recommended corrective actions. As stated above, your failure to meet CFA standards may result in adverse administrative actions.

5. This notification will be forwarded to Navy Personnel Command (NPC) for entry into your Official Military Personnel File (OMPF), to inform NPC of your ineligibility for promotion, and, if applicable, to initiate the ADSEP process. No additional written notification needs to be issued to execute the administrative actions specified in this document.

(Commanding Officer's Signature)

Date: _____

From: _____
(Rank, Last Name, First, MI)
To: Commanding Officer, _____
(Command Title/Name/UIC)

Initial all that apply below:

I acknowledge the above counseling/warning and understand its contents.
 I have been informed of my right to submit a statement in response to this counseling/warning (*initial one below*).
 I intend to submit a statement. I will submit my statement within 10 days of this date.
 I do not intend to submit a statement.

(Officer's Signature)