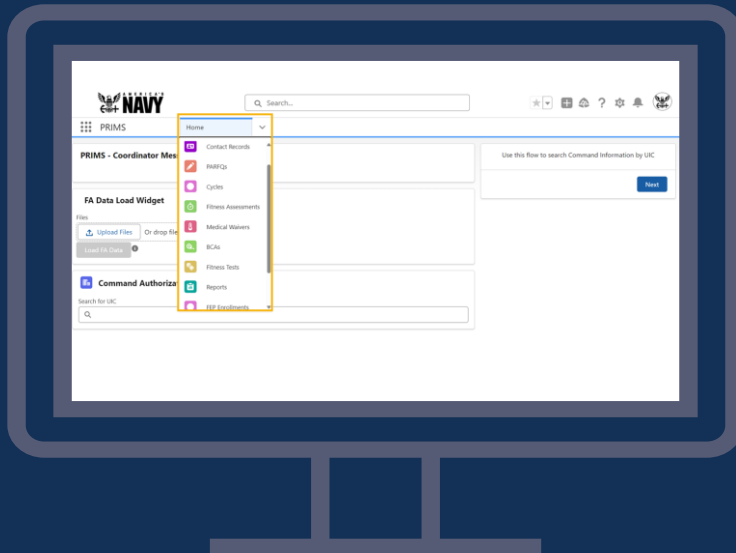




Combat Fitness Assessment (CFA) *Service Console Display*



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CFA Quick
Tips



New! Combat Fitness Assessment (CFA)

In accordance with **OPNAVINST 6110.1 (series)**, Combat Arms personnel must participate in scheduled CFA cycles unless medically waived, in a pregnancy or postpartum status, or prohibited by operational requirements. Combat Arms personnel include:

- ✓ Naval Special Warfare (NSW; SEAL and Special Warfare Combat Crewman (SWCC))
- ✓ Explosive Ordnance Disposal (EOD)
- ✓ Fleet Diving (Navy Divers and Diving Officers (Chief Warrant Officer Designator 720X))



CFAs must be administered by a qualified Command Fitness Leader (CFL) and/or Assistant Command Fitness Leader (ACFLs).

How It Works



CFL/ACFL administers the CFA as outlined in the OPNAVINST 6110.1 (Series) and PRP Guides.



Combat arms personnel participate in the scheduled CFA.



CFL/ACFL records CFA results on the appropriate score sheets and enters data into PRIMS.



How to Use This Tutorial

Tip: Use your **Mouse or Tab** to move between interactive elements and **Enter** to activate a selection.

- Use the **Navigation panel** on the left to move between lesson sections.
- Select the **Home** icon at any time to return to the course start page.

Tutorial Sections



Policy Insights

Review tips and important notes about PRIMS.



Step-By-Step Instructions

Follow step-by-step instructions with screenshots of PRIMS.



Learning Targets

Understand what task you will learn to perform in PRIMS.



CFA Quick Tips

Job Aid to the CFA that you can print & reference.



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CFA Quick
Tips





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CFA Quick
Tips



CFA key takeaways:

- ☐ Active Component (AC) personnel are required to participate in the PFA and CFA every 12 months
- ☐ Reserve component (RC) personnel on Active-Duty orders for 1 year or more, to include TAR personnel, are required to participate in the PFA and CFA every 12 months.
- ☐ Navy Physical Readiness Test (PRT) will take place in alignment with the Navy PFA Cycle-1.
- ☐ Combat Fitness Test (CFT) will take place in alignment with the official PFA Cycle-2.



For additional guidance, see **PRP Guide-5B** within the Guides section of the **MyNavy HR Physical Readiness** site.

New! CFA Functionality

CFA Quick Tips



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CFA Quick
Tips



1

Fitness Assessment (FA): Tile named in lieu of PFA for Combat Arms personnel and shows the FA cycle and dates.

2

Fitness Test (FT): Tile named in lieu of CFT for Combat Arms personnel. Provides a link to view the FT and additional details.

3

FT Record Type: Record type is a new field that indicates this is a CFT record FT.

4

FA Record Details: Provides Sailor details associated with the select FA.



Additional new features are highlighted in individual lessons.


Fitness Assessments (3+)



[FA-1214156](#)

Navy Cycle Name: Cycle 2 2026
Navy Cycle Start Date: 7/1/2026
Navy Cycle End Date: 12/31/2026


Fitness Tests (1)


FT Name: [FT-0006686135](#)



FT Date: 7/8/2026
Final Category: EXCELLENT MEDIUM


Fitness Test
Cycle 2 2026

Record Type	Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
CFT	7/1/2026	12/31/2026	Paul Sailor


Fitness Assessment Details



Member Full Name	Navy Cycle Name
Paul Sailor	Cycle 2 2026
DODID	Navy Cycle Start Date
1234567890	7/1/2026
Assigned UIC	Navy Cycle End Date
82650	12/31/2026



Select a learning target below to begin the Step-by-Step walkthrough.

This tutorial outlines the step-by-step process to:

1

CFA Medical Waiver

2

CFA BCA

3

CFA Combat Fitness Test (CFT)



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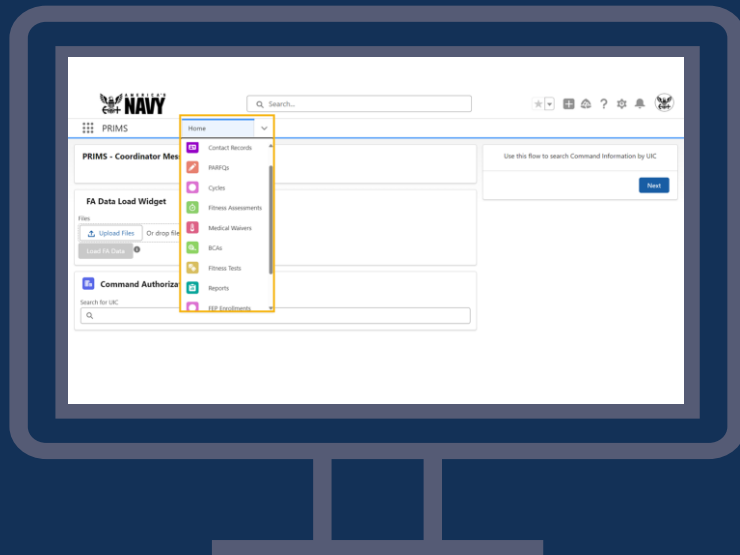


CFA Quick
Tips





Medical Waiver for CFA *Service Console Display*



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Overview of Medical Waiver

Med Waiver Guidance

Medical waivers are authorized for Sailors with an injury or illness, or for Sailors recovering from a surgical or medical procedure that prevents them from participating in the Official Navy FA before the end of the Official Navy FA cycle.

You can create and edit medical waivers in PRIMS for your Sailors to:

- ✓ Properly track who received a waiver.
- ✓ Ensure Sailors are meeting the conditions and restrictions outlined in their waiver.
- ✓ Maintain accurate records to determine Sailor eligibility to participate in the FA and under which specific conditions.



For additional guidance, see **PRP Guide-6** within the Guides section of the **MyNavy HR Physical Readiness** site.

How It Works



The Sailor is not physically cleared for one or more events during medical screening.



The CO/OIC endorses the medical waiver.



The CFL/ACFL adds the medical waiver in PRIMS.



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How to Use This Tutorial

Tip: Use your **Mouse or Tab** to move between interactive elements and **Enter** to activate a selection.

- Use the **Navigation panel** on the left to move between lesson sections.
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Tutorial Sections



Policy Insights

Review tips and important notes about PRIMS.



Step-By-Step Instructions

Follow step-by-step instructions with screenshots of PRIMS.



Learning Targets

Understand what task you will learn to perform in PRIMS.



Quick Steps

Job Aid to create a Medical Waiver that you can print & reference.



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The Commanding Officer (CO)/Officer in Charge (OIC), Authorized Medical Department Representative (AMDR), Command Fitness Leader (CFL), Assistant Command Fitness Leaders (ACFLs), and individual Sailors have responsibilities regarding medical waivers.



CO/OIC

- Designate an AMDR in writing to make recommendations on the FA medical waivers.
- Approve or Disapprove all command FA Waivers.
- Refer Sailors who receive medical waivers for a Medical Record Review (MRR) via the Medical Evaluation Board (MEB) process.



AMDR

- Must be appointed in writing by the CO/OIC.
- Review all positive PARFQs and recommend medical waivers.
- Facilitate uploading a copy of the NAVMED 6110/5 and/or PARFQ into the Electronic Health Record.
- Make PFA medical recommendations to the CO via NAVMED 6110/5.



CFL/ACFL

- Ensure all Sailors have proper medical screening/clearance prior to CFA participation.
- Ensure Sailors requiring medical evaluation & clearance based on PARFQ responses report to medical.
- Review medical waiver recommendations and documents.
- Ensure CO/OIC approved FA Waivers for the current cycle are documented in PRIMS.
- PRIMS calculations require the medical waiver be entered prior to the BCA and PRT/CFT data. Failure to do so will cause the Sailor's PRT to reflect "Incomplete," and an LOC will be required for correction.



Sailor

- The member is responsible to seek medical attention for medical issues that limit or affect their physical readiness prior to the official CFA.
- The PARFQ must be completed in MNP for each official CFA cycle prior to participation in the CFT.

How to Create a Medical Waiver

PRIMS Quick Steps



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Learning Targets



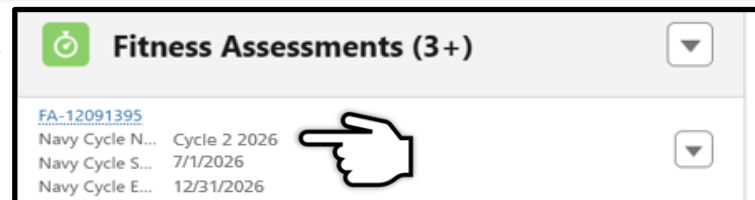
Step-By-Step
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Quick Steps



- 1 In the [Sailor's Contact Record](#), select the [Fitness Assessment \(FA\)](#) hyperlink.



Fitness Assessments (3+)

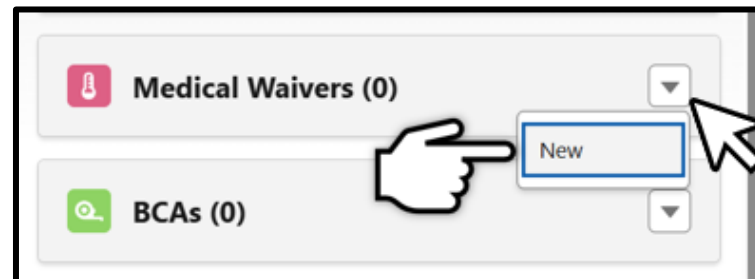
[FA-12091395](#)

Navy Cycle N... Cycle 2 2026

Navy Cycle S... 7/1/2026

Navy Cycle E... 12/31/2026

- 2 Select the [Medical Waiver](#) drop-down list and select [New](#).

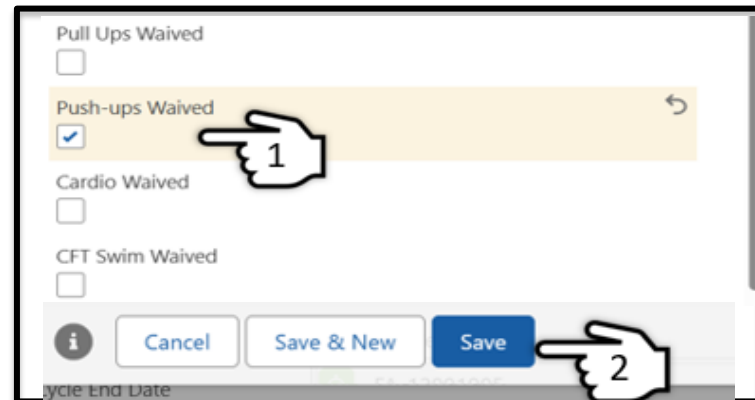


Medical Waivers (0)

[New](#)

BCAs (0)

- 3 Select the applicable Medical Waiver and select [Save](#).



Pull Ups Waived ☐

Push-ups Waived ☒ 1

Cardio Waived ☐

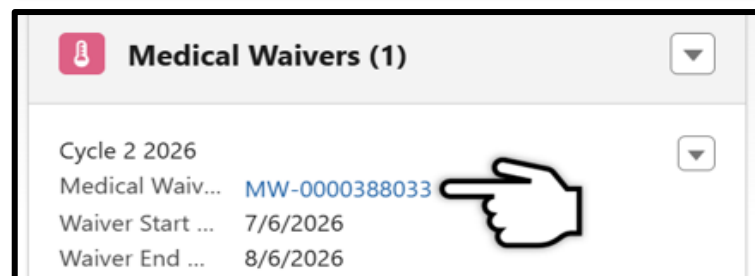
CFT Swim Waived ☐

[Cancel](#) [Save & New](#) [Save](#) 2

Cycle End Date

- After selecting [Save](#), the Medical Waiver is created.

- 4 Select the [Medical Waiver](#) hyperlink to review.



Medical Waivers (1)

Cycle 2 2026

Medical Waiv... [MW-0000388033](#)

Waiver Start ... 7/6/2026

Waiver End ... 8/6/2026



Select a learning target below to begin the Step-by-Step walkthrough.



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This tutorial outlines the step-by-step process to:

1

View a Medical Waiver

2

Create a Medical Waiver

3

Edit a Medical Waiver

How To View a Medical Waiver

Step-By-Step Instructions



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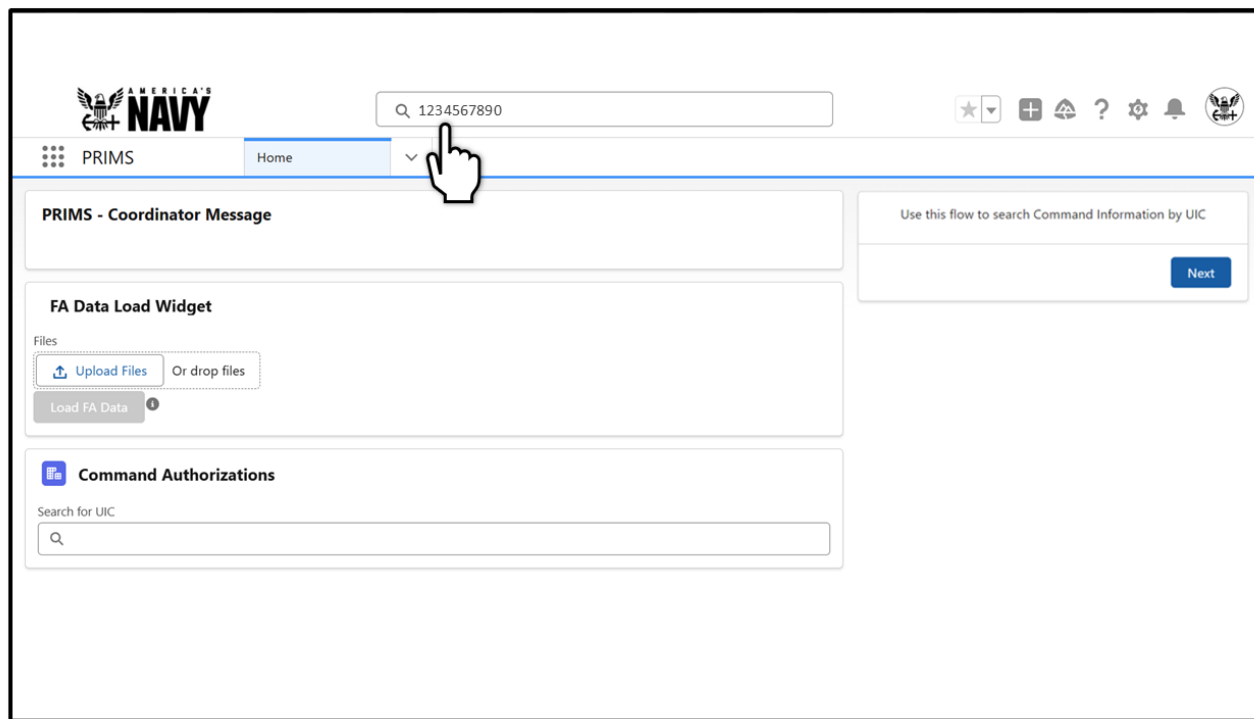
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 1 of 5: In the **Search** field, type the **DODID**, then press the **Enter** key.

How To View a Medical Waiver

Step-By-Step Instructions



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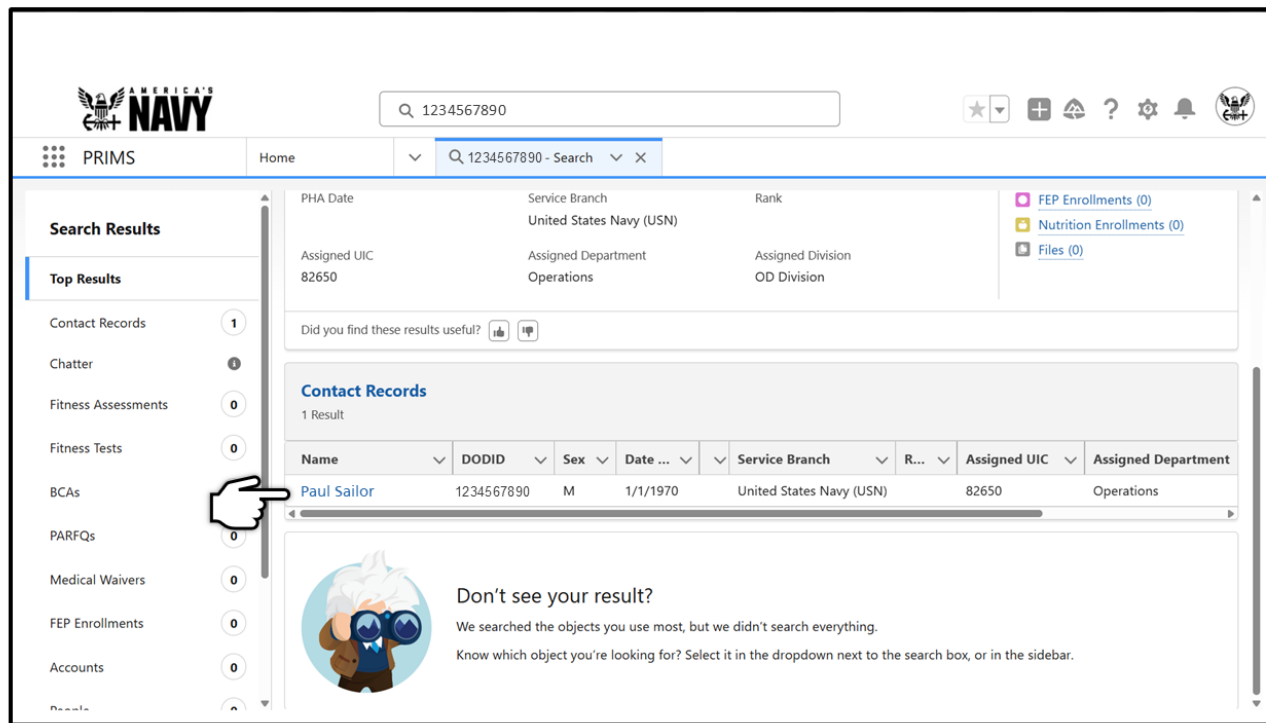
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar with the query '1234567890'. Below the search bar, the 'Search Results' section is active. On the left sidebar, 'Contact Records' is selected, showing 1 result. The main content area displays a table with one row for 'Paul Sailor'. A hand icon points to the 'Name' column header. Below the table, there's a 'Contact Records' tile with a '1 Result' count. At the bottom, a message says 'Don't see your result?' with a cartoon character and instructions to refine the search.

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations



Step 2 of 5: On the **Contact Records** tile, select the Sailor's **Name**.

How To View a Medical Waiver

Step-By-Step Instructions



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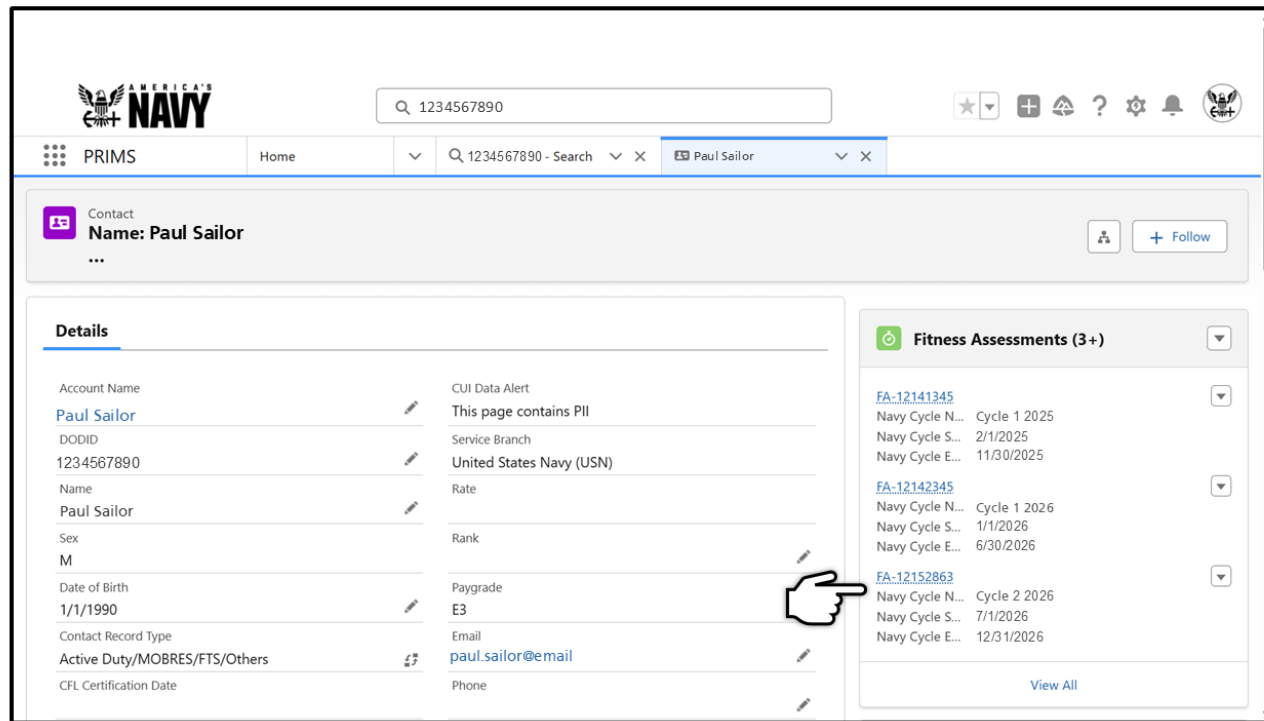
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home Search: 1234567890 - Search Paul Sailor

Contact
Name: Paul Sailor

Details

Account Name	CUI Data Alert
Paul Sailor	This page contains PII
DODID	Service Branch
1234567890	United States Navy (USN)
Name	Rate
Paul Sailor	
Sex	Rank
M	
Date of Birth	Paygrade
1/1/1990	E3
Contact Record Type	Email
Active Duty/MOBRES/FTS/Others	paul.sailor@email
CFL Certification Date	Phone

Fitness Assessments (3+)

- [FA-12141345](#)
Navy Cycle N... Cycle 1 2025
Navy Cycle S... 2/1/2025
Navy Cycle E... 11/30/2025
- [FA-12142345](#)
Navy Cycle N... Cycle 1 2026
Navy Cycle S... 1/1/2026
Navy Cycle E... 6/30/2026
- [FA-12152863](#)
Navy Cycle N... Cycle 2 2026
Navy Cycle S... 7/1/2026
Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 5: Select the current **Fitness Assessment (FA)**.

How To View a Medical Waiver

Step-By-Step Instructions



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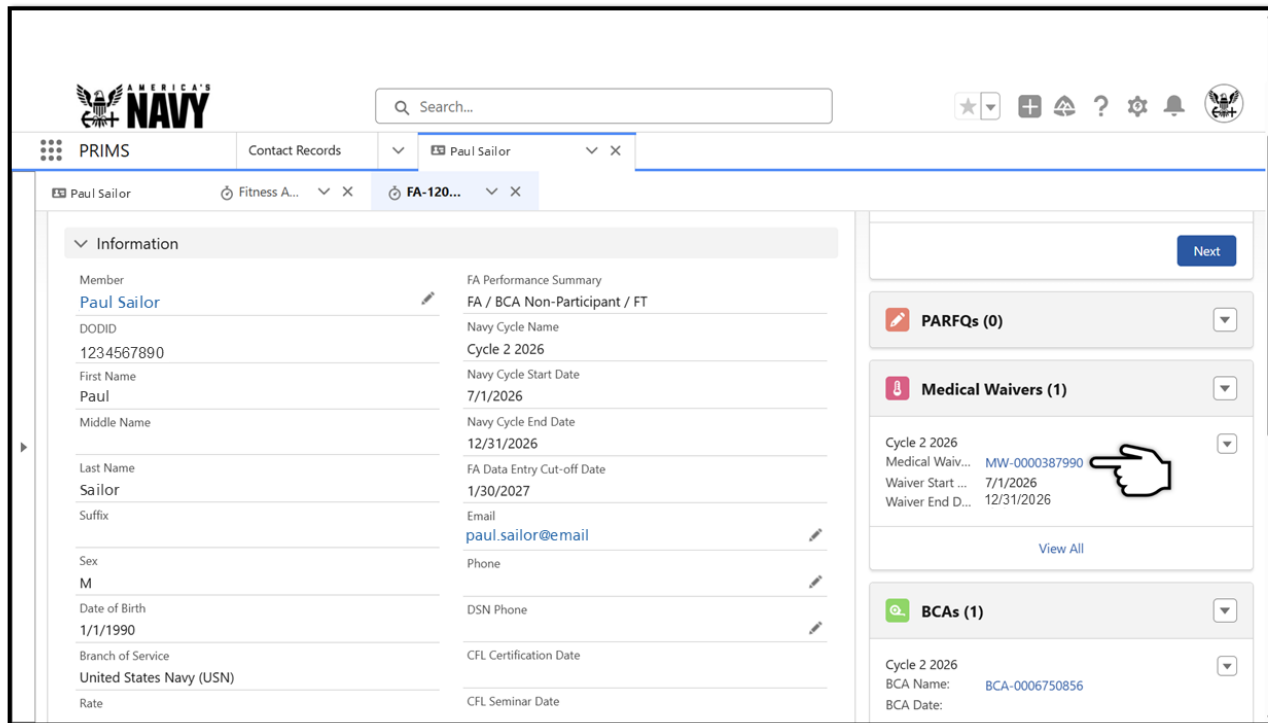
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the NAVY logo, a search bar, and various utility icons. The main content area is divided into sections. On the left, there's a sidebar with navigation options. The central part of the screen shows the 'FA-120...' page for 'Paul Sailor'. This page has a tabbed interface with 'FA-120...' selected. The 'Information' tab is active, displaying a table of member details. On the right side of the page, there are three summary tiles: 'PARFQs (0)', 'Medical Waivers (1)', and 'BCAs (1)'. The 'Medical Waivers (1)' tile is highlighted, and a hand icon points to the 'Medical Waiver' link within the 'Cycle 2 2026' section of this tile. Below the tiles, there's a 'View All' link.

Step 4 of 5: From the FA page, scroll to the **Medical Waiver** tile, then select the **Medical Waiver** hyperlink.

How To View a Medical Waiver

Step-By-Step Instructions



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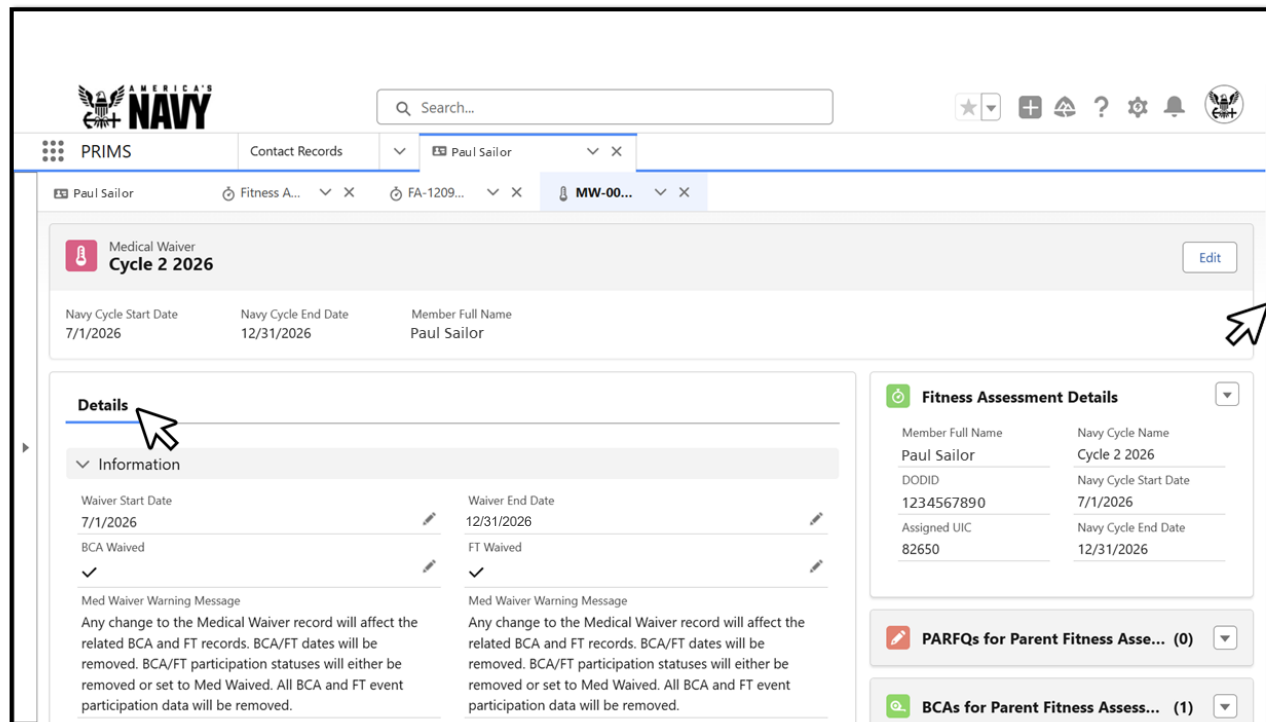
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



The screenshot shows the Navy PRIMS interface. At the top, there's a search bar and navigation tabs for PRIMS, Contact Records, and a dropdown menu showing 'Paul Sailor'. Below this, there's a tab for 'MW-00...'. The main content area displays 'Medical Waiver Cycle 2 2026' with an 'Edit' button. A table shows 'Navy Cycle Start Date' (7/1/2026), 'Navy Cycle End Date' (12/31/2026), and 'Member Full Name' (Paul Sailor). Below this, the 'Details' section is expanded, showing 'Information' with fields for 'Waiver Start Date' (7/1/2026), 'Waiver End Date' (12/31/2026), 'BCA Waived' (checked), and 'FT Waived' (checked). A 'Med Waiver Warning Message' is displayed below these fields. To the right, the 'Fitness Assessment Details' section shows 'Member Full Name' (Paul Sailor), 'Navy Cycle Name' (Cycle 2 2026), 'DODID' (1234567890), 'Navy Cycle Start Date' (7/1/2026), 'Assigned UIC' (82650), and 'Navy Cycle End Date' (12/31/2026). At the bottom, there are dropdown menus for 'PARFs for Parent Fitness Asse...' (0) and 'BCAs for Parent Fitness Assess...' (1).

Step 5 of 5: View the Medical Waiver details. Scroll to view additional Medical Waiver data.

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Step-By-Step Instructions



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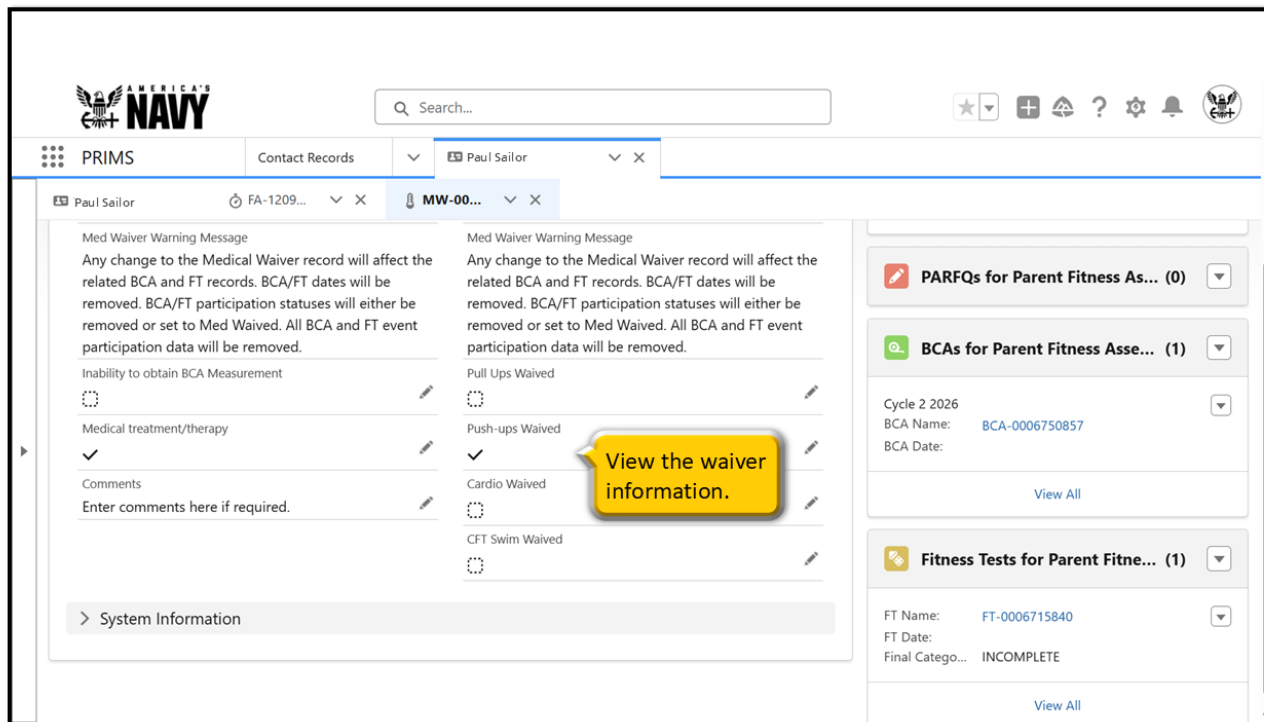
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS system interface. At the top, there is a search bar and navigation tabs for PRIMS, Contact Records, and Paul Sailor. Below the tabs, there is a list of medical waiver events. A yellow callout box points to the 'View the waiver information' link.

Event	Status	Action
Med Waiver Warning Message		
Any change to the Medical Waiver record will affect the related BCA and FT records. BCA/FT dates will be removed. BCA/FT participation statuses will either be removed or set to Med Waived. All BCA and FT event participation data will be removed.		
Inability to obtain BCA Measurement		
Medical treatment/therapy	✓	
Comments		
Enter comments here if required.		
Pull Ups Waived		
Push-ups Waived	✓	
Cardio Waived		
CFT Swim Waived		

View the waiver information.

Review the BCA and FT Events waived information.

How To View a Medical Waiver

Step-By-Step Instructions



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



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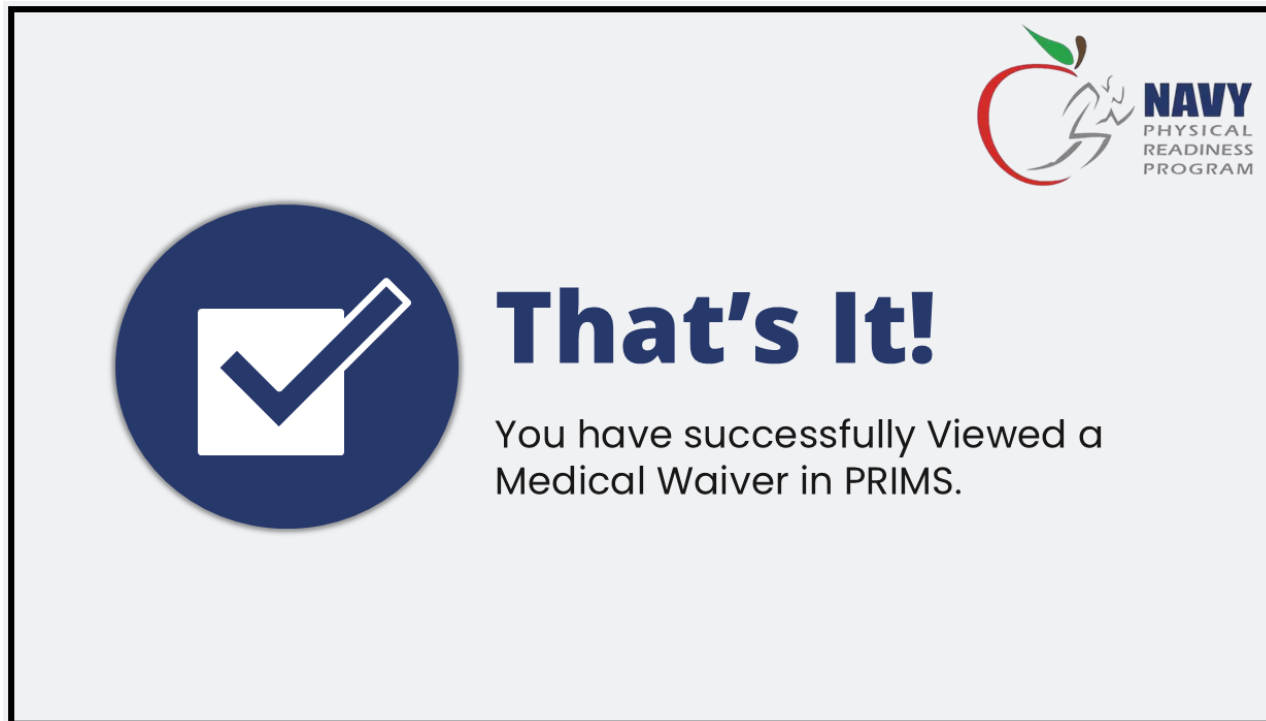
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Continue to Create a Medical Waiver

How To Create a Medical Waiver

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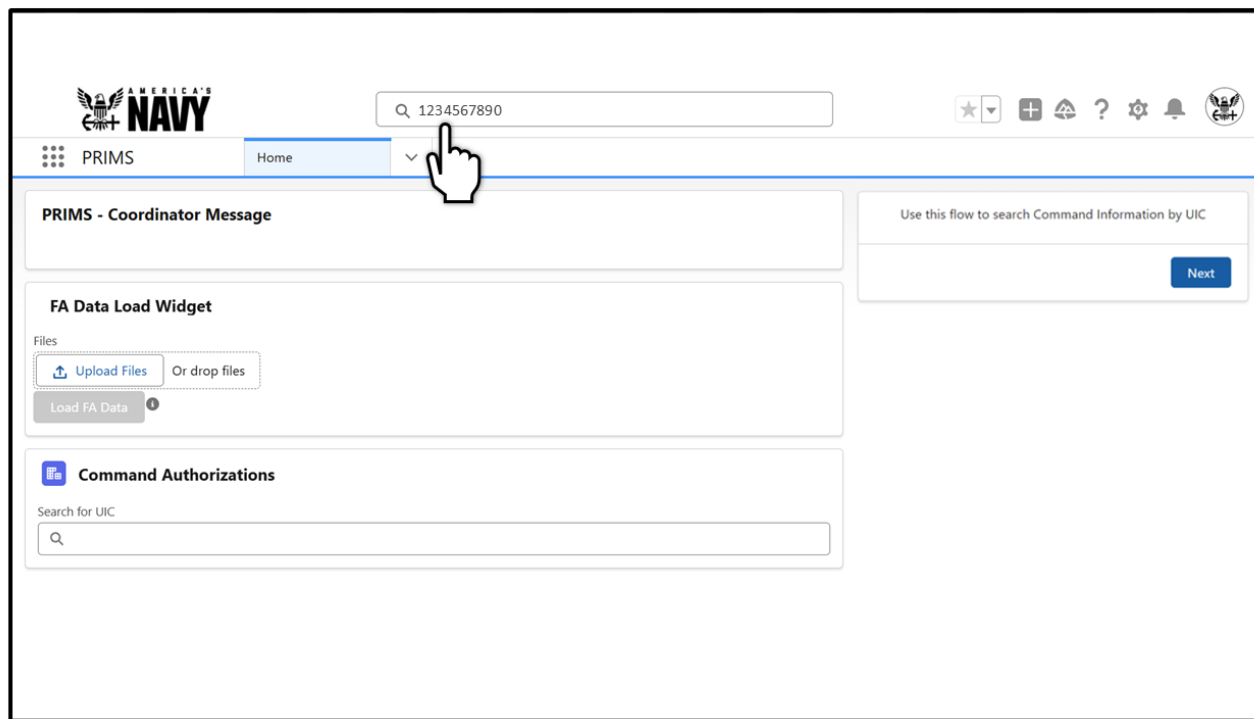
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Step 1 of 8: In the **Search** field, type the **DODID**, then press the **Enter** key.



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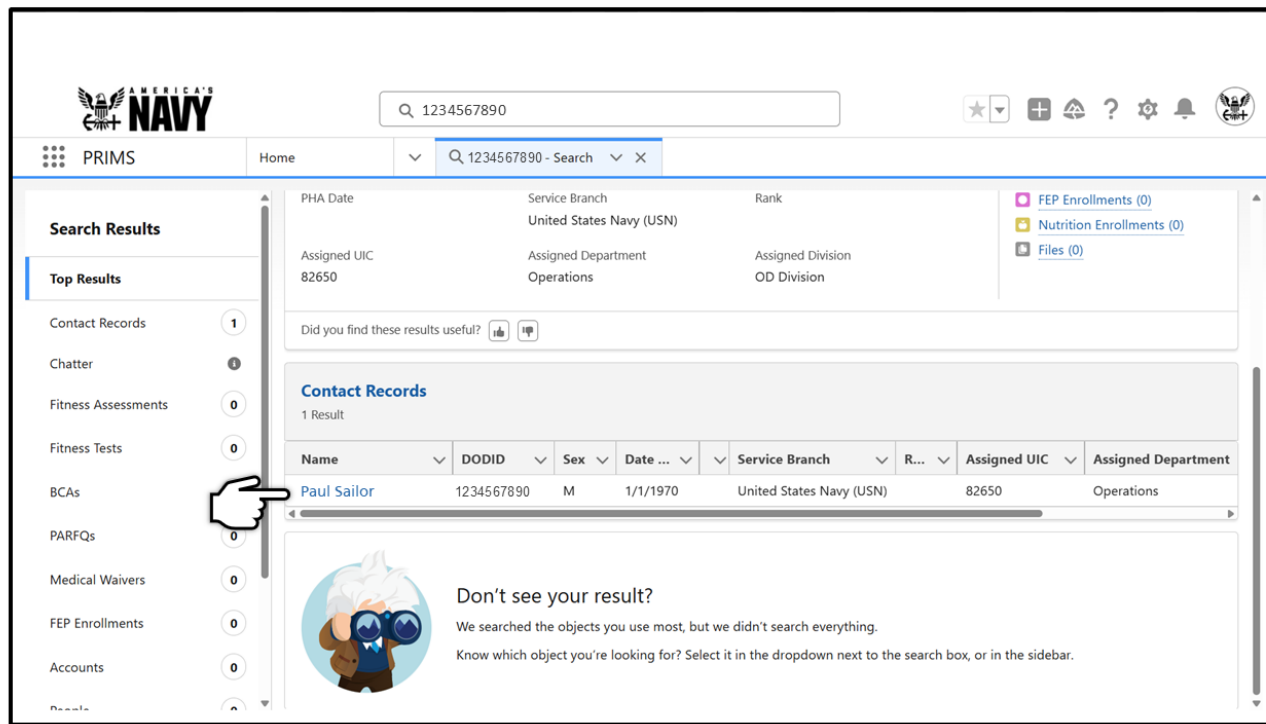
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The search bar at the top contains the text '1234567890'. The search results are displayed under the 'Contact Records' tab, showing one result for 'Paul Sailor'. The result table includes columns for Name, DODID, Sex, Date, Service Branch, Rank, Assigned UIC, and Assigned Department. The 'Name' column is highlighted, and a hand icon points to the 'Paul Sailor' entry. Below the table, there is a message: 'Don't see your result? We searched the objects you use most, but we didn't search everything. Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.'

Name	DODID	Sex	Date	Service Branch	Rank	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Step 2 of 8: On the **Contact Records** tile, select the Sailor's **Name**.



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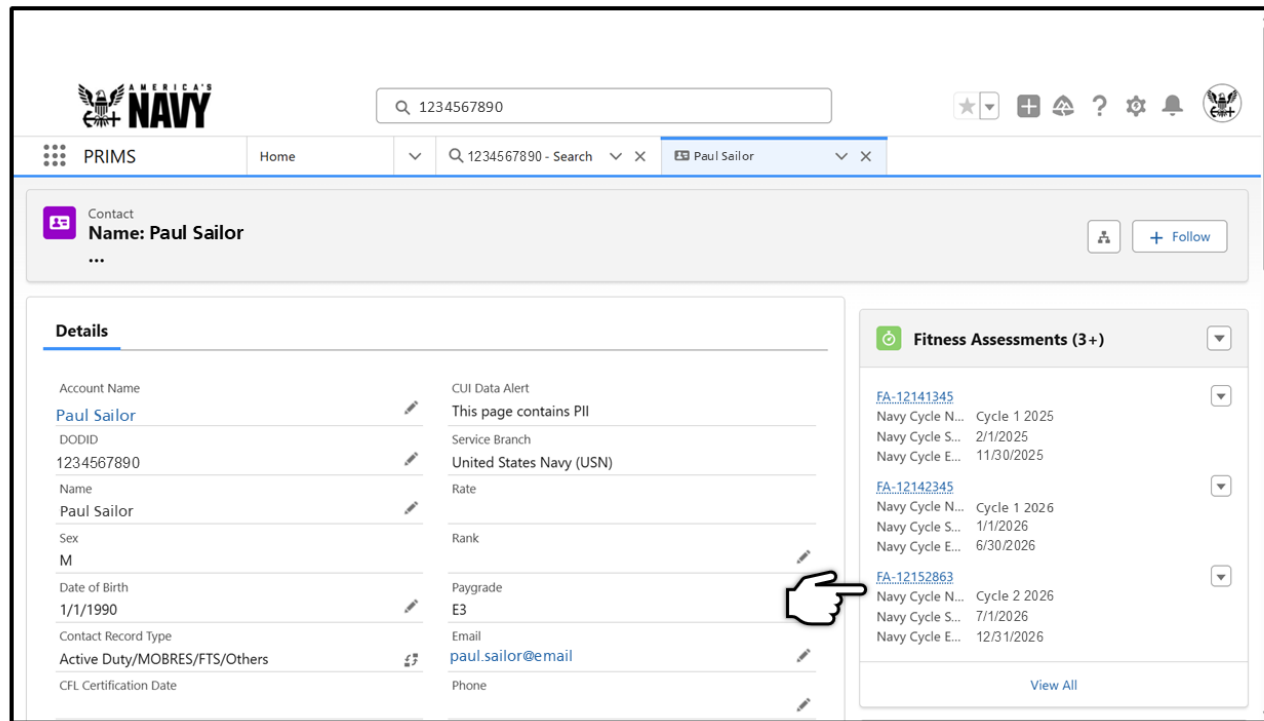
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Details

Account Name	Paul Sailor	CUI Data Alert	This page contains PII
DODID	1234567890	Service Branch	United States Navy (USN)
Name	Paul Sailor	Rate	
Sex	M	Rank	
Date of Birth	1/1/1990	Paygrade	E3
Contact Record Type	Active Duty/MOBRES/FTS/Others	Email	paul.sailor@email
CFL Certification Date		Phone	

Fitness Assessments (3+)

- [FA-12141345](#)
Navy Cycle N... Cycle 1 2025
Navy Cycle S... 2/1/2025
Navy Cycle E... 11/30/2025
- [FA-12142345](#)
Navy Cycle N... Cycle 1 2026
Navy Cycle S... 1/1/2026
Navy Cycle E... 6/30/2026
- [FA-12152863](#)
Navy Cycle N... Cycle 2 2026
Navy Cycle S... 7/1/2026
Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 8: Select the current **Fitness Assessment (FA)**.

How To Create a Medical Waiver

Step-By-Step Instructions



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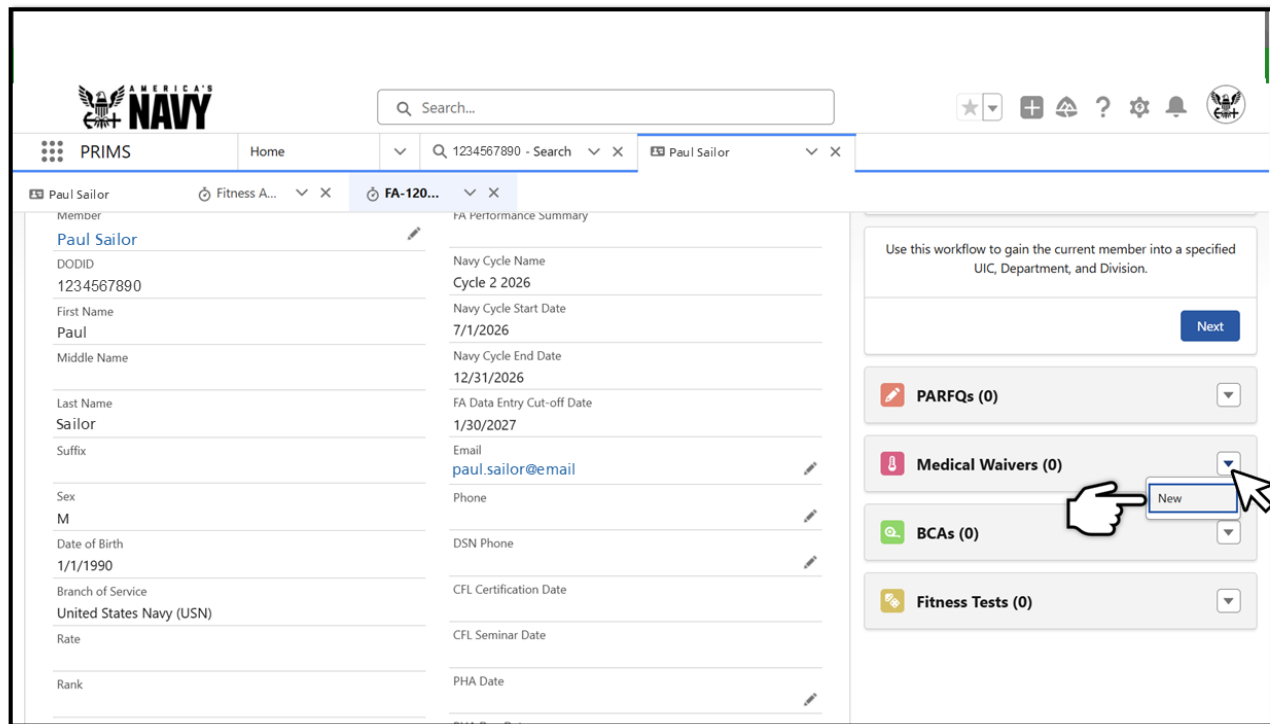
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the Navy PRIMS interface. On the left, a member profile for 'Paul Sailor' is displayed with fields for DODID, First Name, Middle Name, Last Name, Suffix, Sex, Date of Birth, Branch of Service, Rate, and Rank. On the right, the 'FA Performance Summary' is shown. Below these, there are several tiles: 'PARFQs (0)', 'Medical Waivers (0)', 'BCAs (0)', and 'Fitness Tests (0)'. A hand icon points to the 'New' button in the 'Medical Waivers (0)' tile's drop-down menu.

Step 4 of 8: From the Medical Waivers tile, select the **Medical Waivers** drop-down list, then select **New**.

How To Create a Medical Waiver

Step-By-Step Instructions



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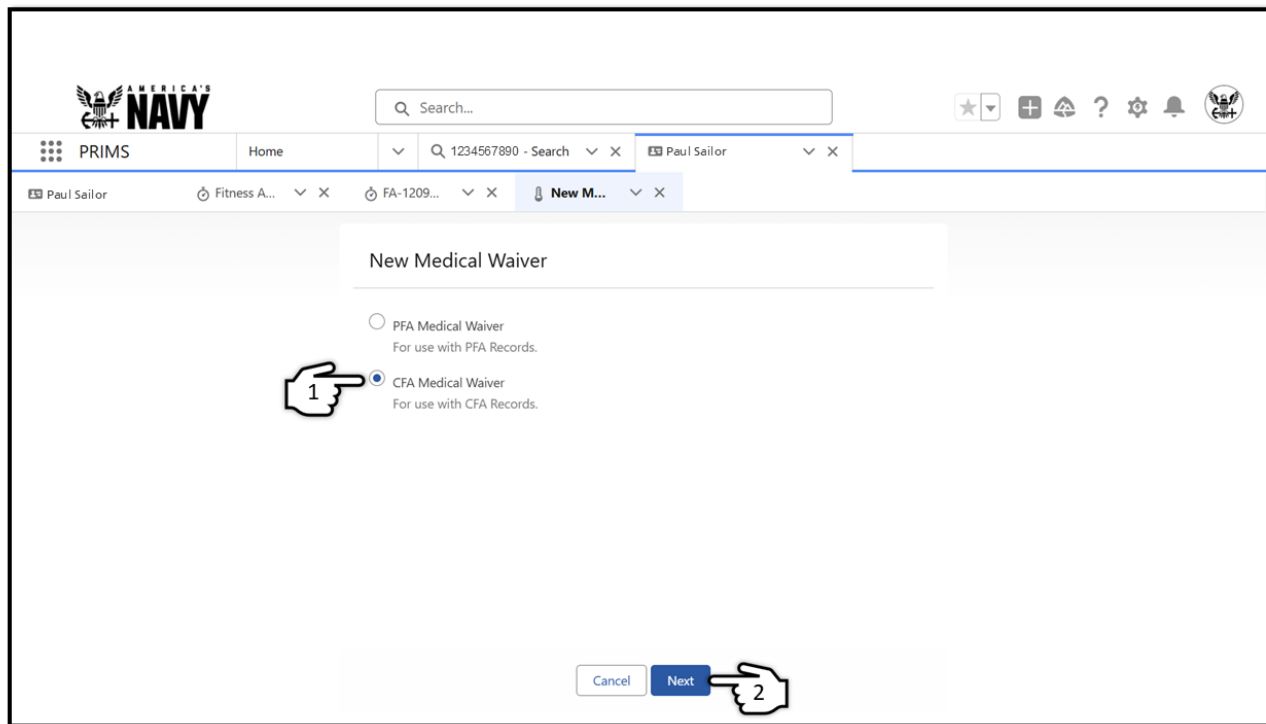
Step-By-Step
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Step 5 of 8: From the New Medical Waiver page, select the **CFA Medical Waiver** radio button, then select **New**.

How To Create a Medical Waiver

Step-By-Step Instructions



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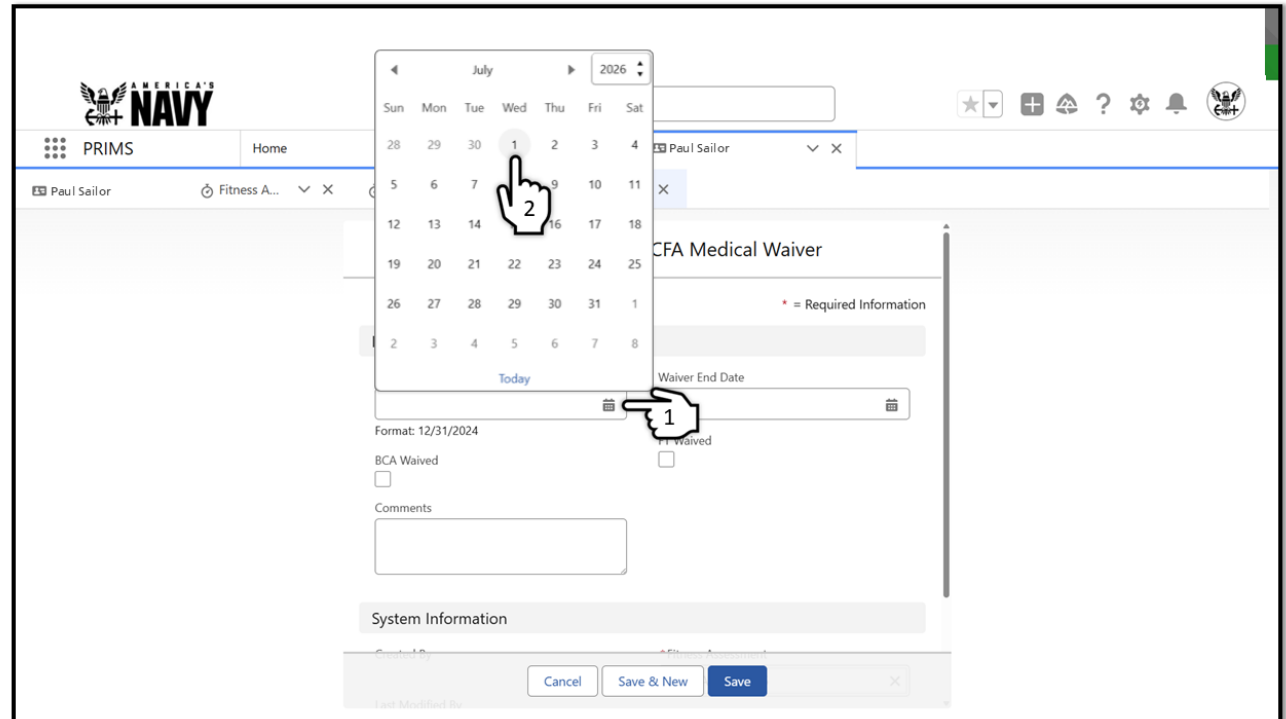
Step-By-Step
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the 'CFA Medical Waiver' form. A calendar overlay is displayed, showing the month of July 2026. A hand icon points to the '1' in the calendar, and another hand icon points to the '2' in the calendar. The form includes fields for 'Waiver End Date', 'Format: 12/31/2024', 'BCA Waived' (checkbox), and 'Comments'. The 'Save' button is highlighted.



Step 6 of 8: Select the **Waiver Start Date Calendar** icon, then select **Date**.



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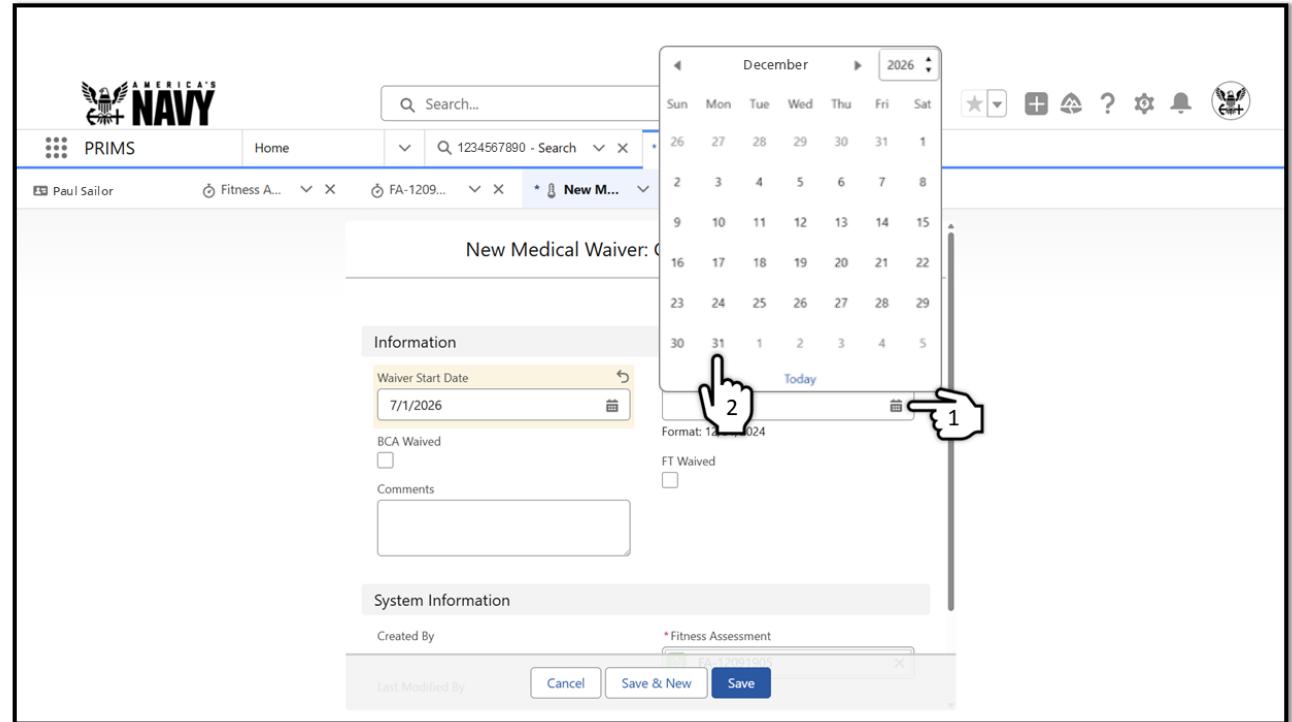
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the 'New Medical Waiver' form. The 'Waiver Start Date' is set to 7/1/2026. A calendar overlay is visible, showing December 2026. A hand icon labeled '2' points to the date '7/1/2026' in the 'Waiver Start Date' field. Another hand icon labeled '1' points to the calendar icon next to the 'Waiver End Date' field.



Step 7 of 8: Select the **Waiver End Date Calendar** icon, then select a **Date**.



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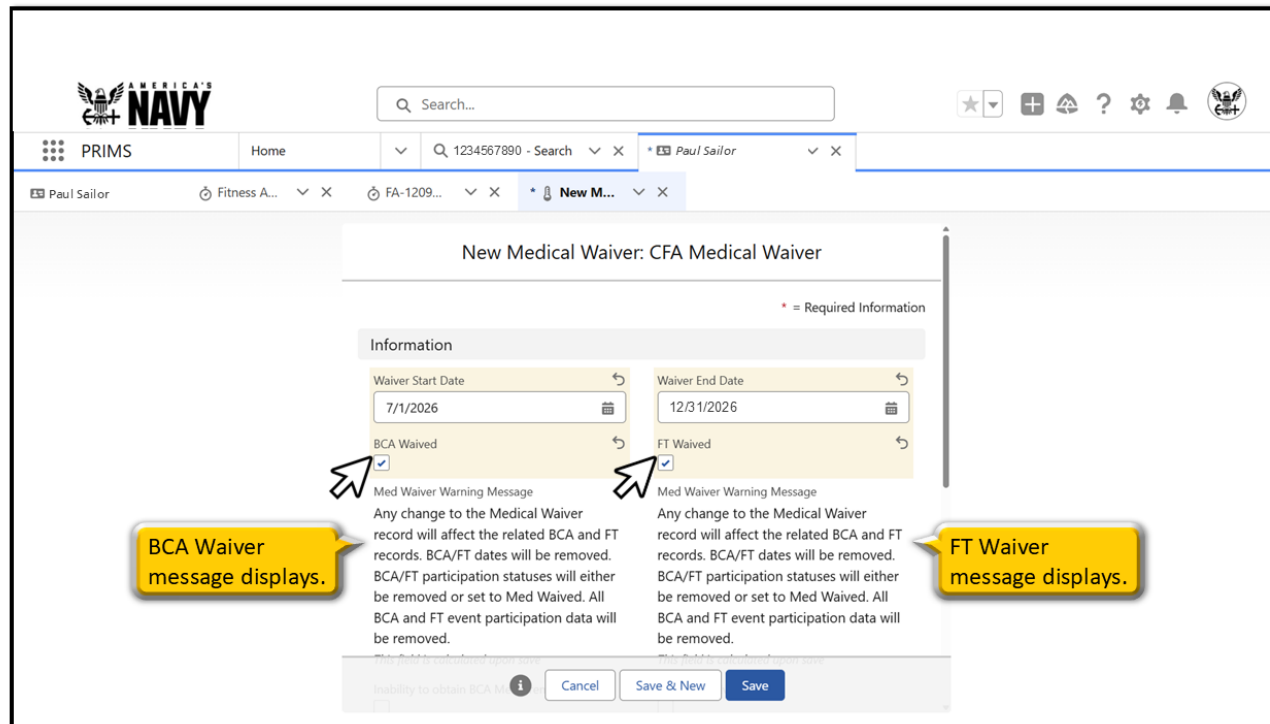
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



If either the BCA or PRT, or both are waived, a waiver warning message displays.



Overview



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Learning Targets



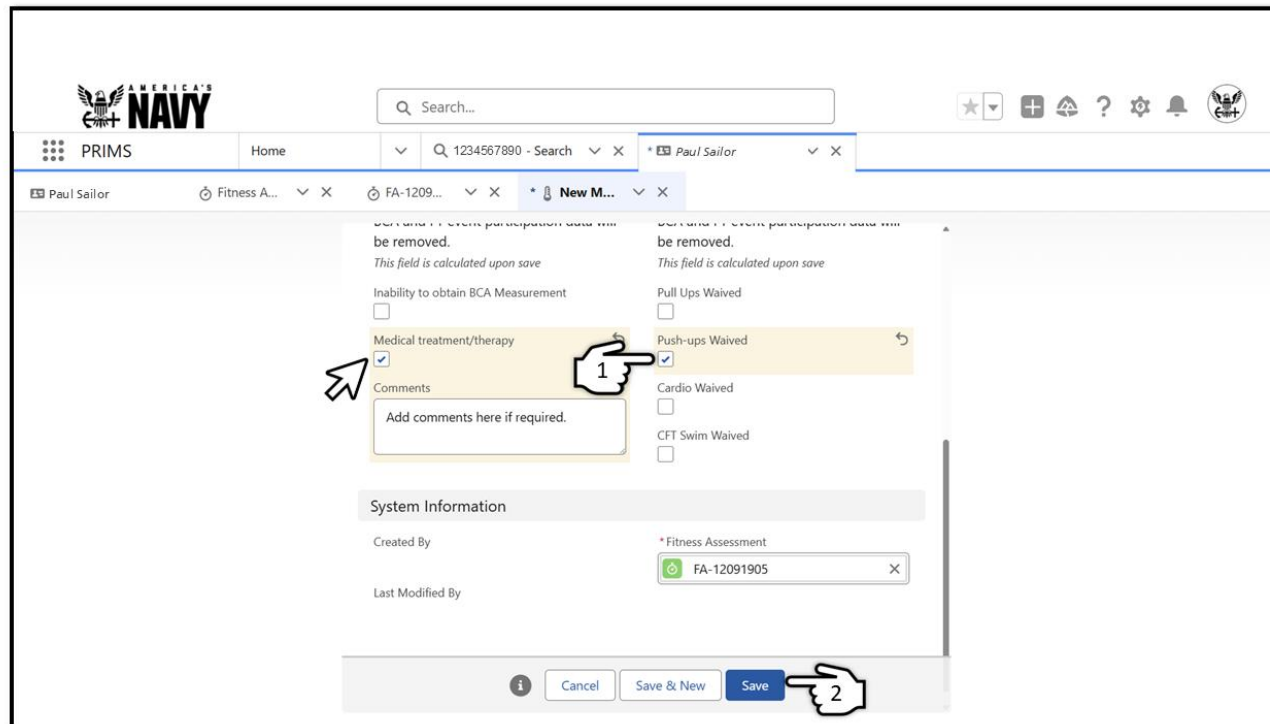
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS interface for a user named Paul Sailor. The form is titled 'New M...' and includes a search bar at the top. The main content area has a 'Medical treatment/therapy' section with a checkbox that is checked. Below this is a 'Comments' field with a placeholder text 'Add comments here if required.' To the right of the 'Medical treatment/therapy' section is a 'Push-ups Waived' section with a checkbox that is checked. Below the 'Comments' field is a 'System Information' section with fields for 'Created By' and 'Last Modified By'. At the bottom right of the form is a 'Fitness Assessment' dropdown menu showing 'FA-12091905'. At the bottom of the form are three buttons: 'Cancel', 'Save & New', and 'Save'. A hand icon with the number 1 points to the 'Medical treatment/therapy' checkbox, and a hand icon with the number 2 points to the 'Save' button.



Step 8 of 8: Select the applicable **Waiver Category** checkbox(es) for this FA. In the **Comments** field, type your comments. Select **Save** when complete.

Note: Select all that apply.



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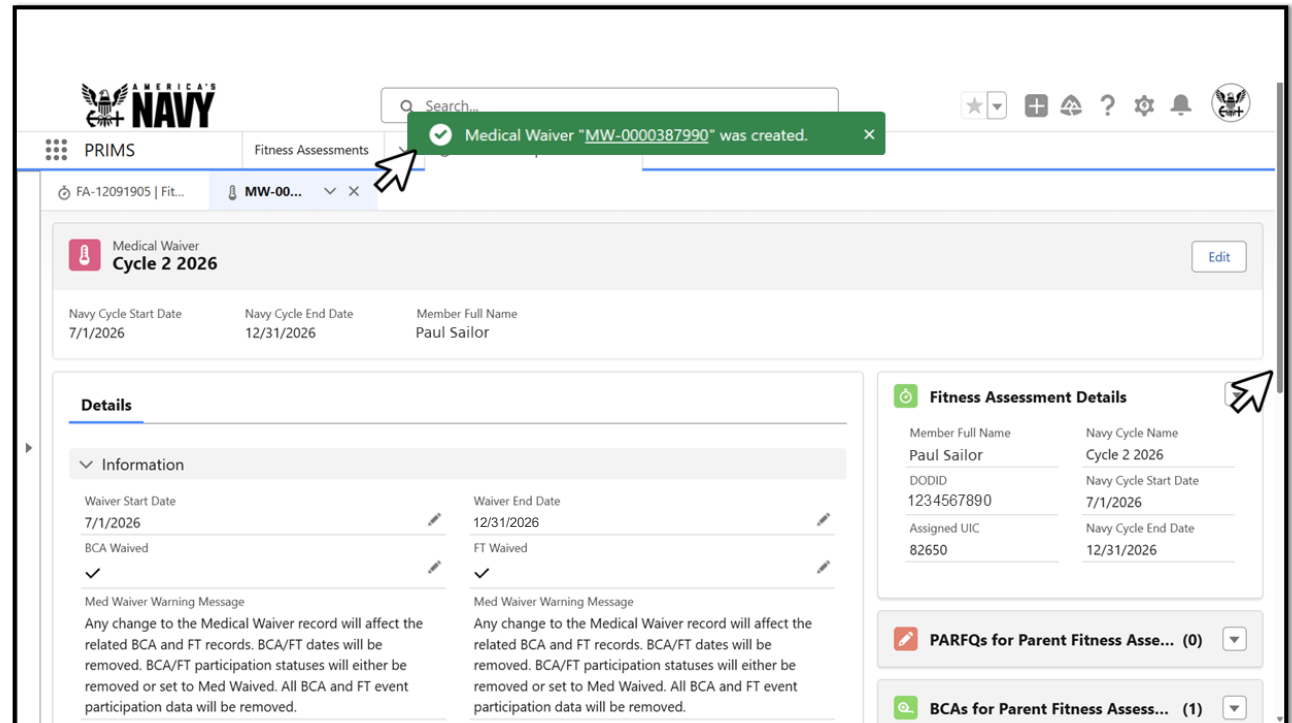
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Medical Waiver "MW-0000387990" was created.

PRIMS Fitness Assessments

FA-12091905 | Fit... MW-00...

Medical Waiver Cycle 2 2026

Navy Cycle Start Date: 7/1/2026 Navy Cycle End Date: 12/31/2026 Member Full Name: Paul Sailor

Details

Information

Waiver Start Date	7/1/2026	Waiver End Date	12/31/2026
BCA Waived	✓	FT Waived	✓

Med Waiver Warning Message: Any change to the Medical Waiver record will affect the related BCA and FT records. BCA/FT dates will be removed. BCA/FT participation statuses will either be removed or set to Med Waived. All BCA and FT event participation data will be removed.

Fitness Assessment Details

Member Full Name	Paul Sailor	Navy Cycle Name	Cycle 2 2026
DODID	1234567890	Navy Cycle Start Date	7/1/2026
Assigned UIC	82650	Navy Cycle End Date	12/31/2026

PARFs for Parent Fitness Asse... (0)

BCAs for Parent Fitness Assess... (1)

A banner displays confirming the medical waiver was created. You can scroll down to view all waiver information.

How To Create a Medical Waiver

Step-By-Step Instructions



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



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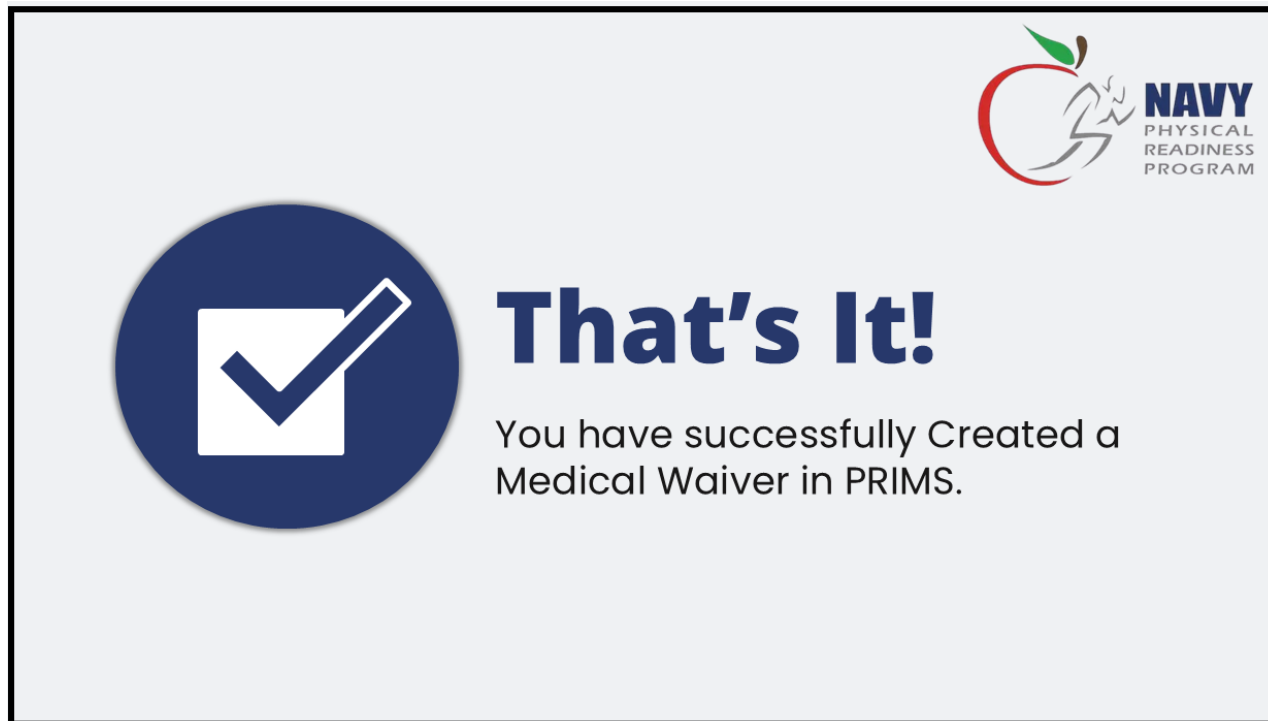
Learning Targets



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[Continue to Edit a Medical Waiver](#)

How To Edit a Medical Waiver

Step-By-Step Instructions



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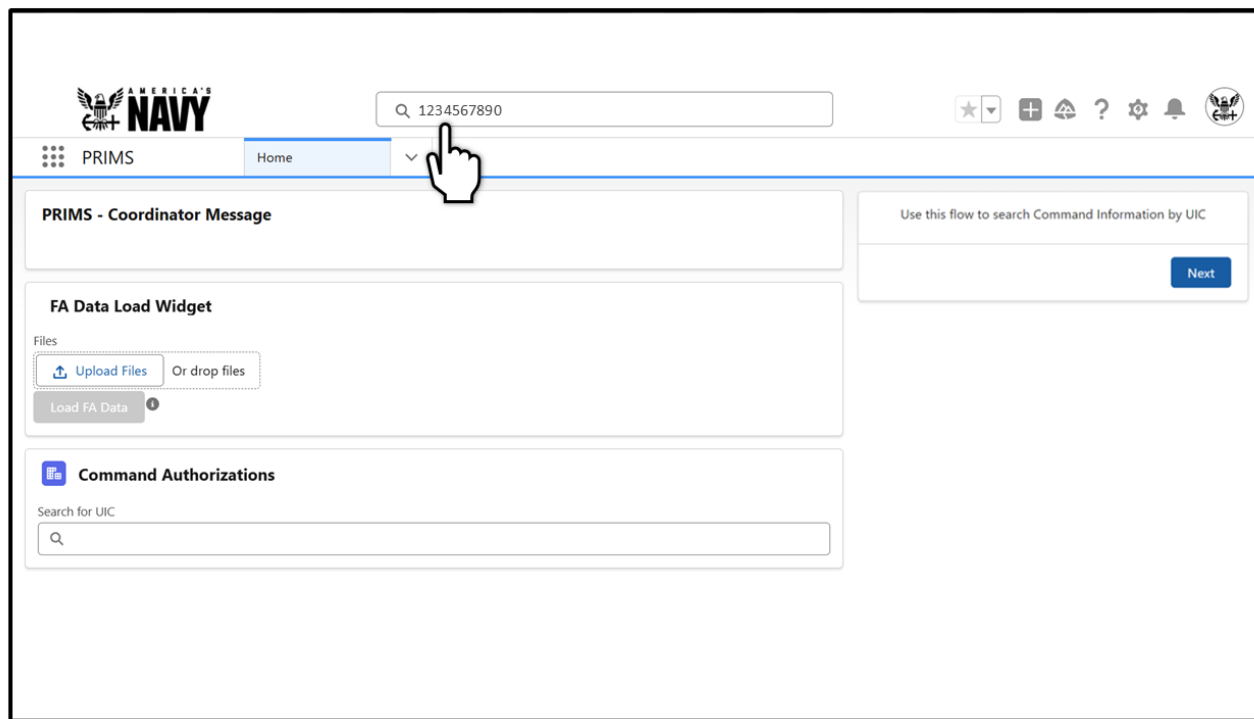
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 1 of 6: In the **Search** field, type the **DODID**, then press the **Enter** key.

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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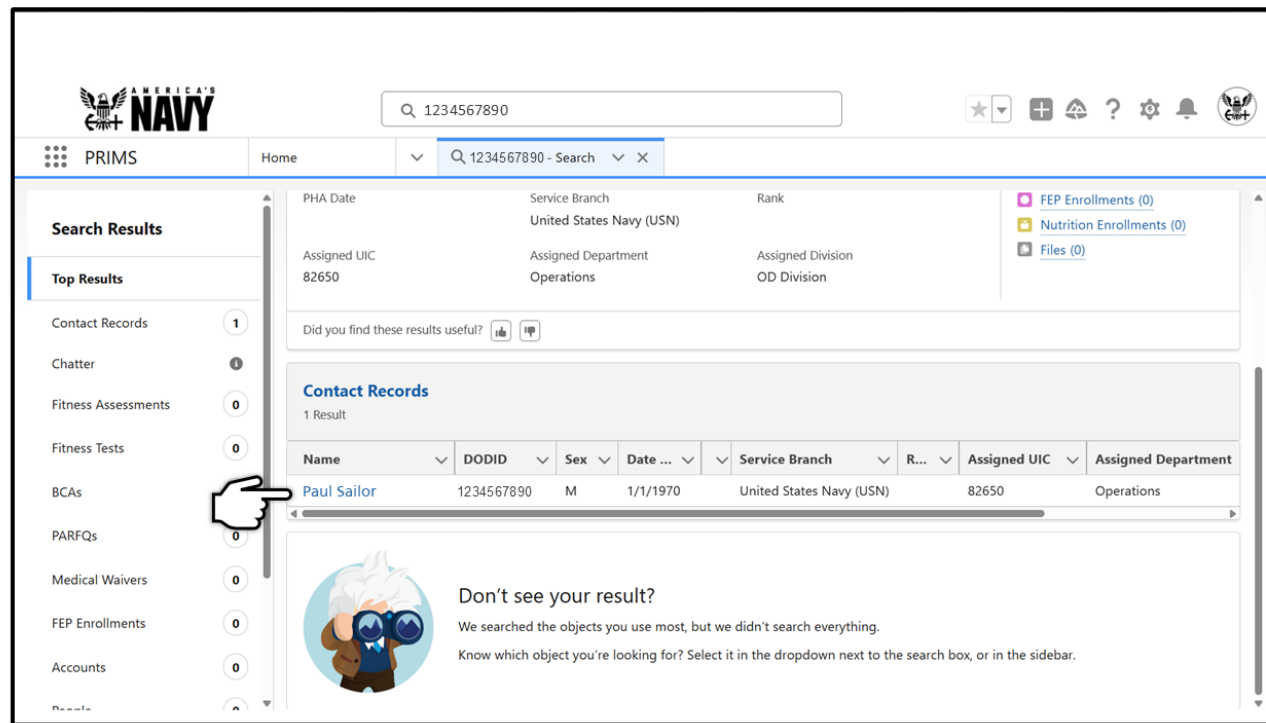
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar with the query '1234567890'. Below the search bar, the 'Search Results' section is active. On the left sidebar, 'Top Results' is selected, and 'Contact Records' has a count of 1. The main content area displays 'Contact Records' with 1 result. A table lists the details for 'Paul Sailor'.

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Below the table, there's a message: 'Don't see your result? We searched the objects you use most, but we didn't search everything. Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.'

Step 2 of 6: On the **Contact Records** tile, select the Sailor's **Name**.

3 How To Edit a Medical Waiver

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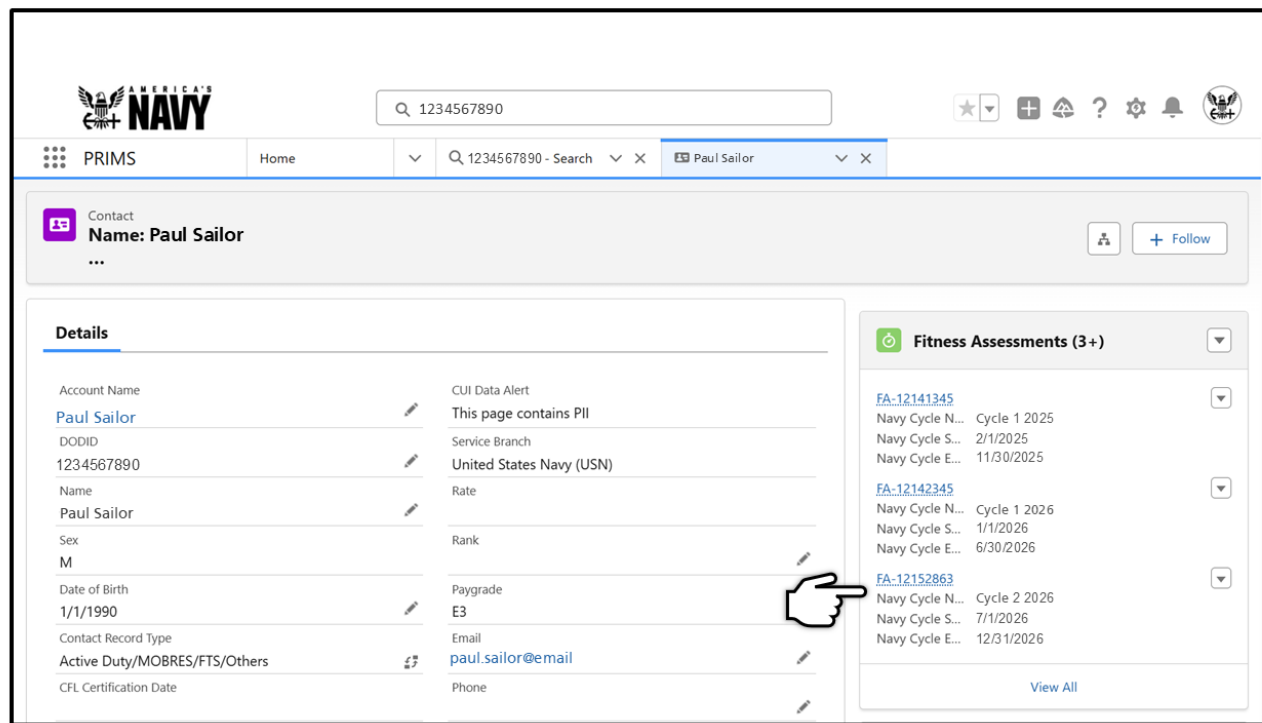
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

Search: 1234567890

PRIMS Home Search: 1234567890 - Search Paul Sailor

Contact
Name: Paul Sailor

Details

Account Name	CUI Data Alert
Paul Sailor	This page contains PII
DODID	Service Branch
1234567890	United States Navy (USN)
Name	Rate
Paul Sailor	
Sex	Rank
M	
Date of Birth	Paygrade
1/1/1990	E3
Contact Record Type	Email
Active Duty/MOBRES/FTS/Others	paul.sailor@email
CFL Certification Date	Phone

Fitness Assessments (3+)

- [FA-12141345](#)
Navy Cycle N... Cycle 1 2025
Navy Cycle S... 2/1/2025
Navy Cycle E... 11/30/2025
- [FA-12142345](#)
Navy Cycle N... Cycle 1 2026
Navy Cycle S... 1/1/2026
Navy Cycle E... 6/30/2026
- [FA-12152863](#)
Navy Cycle N... Cycle 2 2026
Navy Cycle S... 7/1/2026
Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 6: Select the current **Fitness Assessment (FA)**.

3 How To Edit a Medical Waiver

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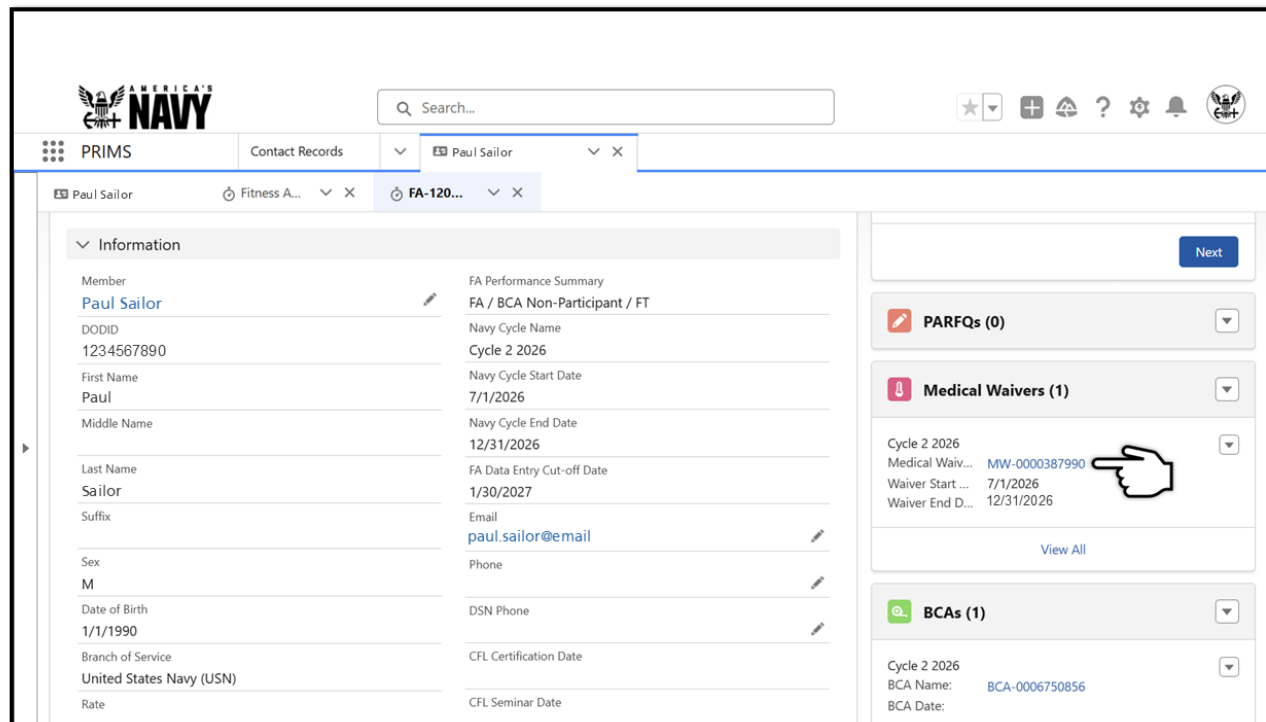
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the 'NAVY' logo, a search bar, and various utility icons. The main content area is divided into several sections:

- Member Information:** Displays details for 'Paul Sailor', including DODID (1234567890), First Name (Paul), Middle Name, Last Name (Sailor), Suffix, Sex (M), Date of Birth (1/1/1990), Branch of Service (United States Navy (USN)), and Rate.
- FA Performance Summary:** Shows 'FA / BCA Non-Participant / FT', 'Navy Cycle Name' (Cycle 2 2026), 'Navy Cycle Start Date' (7/1/2026), 'Navy Cycle End Date' (12/31/2026), 'FA Data Entry Cut-off Date' (1/30/2027), 'Email' (paul.sailor@email), 'Phone', 'DSN Phone', 'CFL Certification Date', and 'CFL Seminar Date'.
- Medical Waivers (1):** A list of medical waivers for the current cycle. The first entry is 'Cycle 2 2026 Medical Waiv...' with a hyperlink 'MW-0000387990'. A hand icon points to this link. Below the list is a 'View All' button.
- BCAs (1):** A list of Body Composition Assessments for the current cycle. The first entry is 'Cycle 2 2026 BCA Name: BCA-0006750856'.

Navigation arrows are visible on the left and right sides of the interface, and a series of dots at the bottom indicates the current step in the tutorial.

Step 4 of 6: From the Medical Waivers tile, select the **Medical Waiver** hyperlink.

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



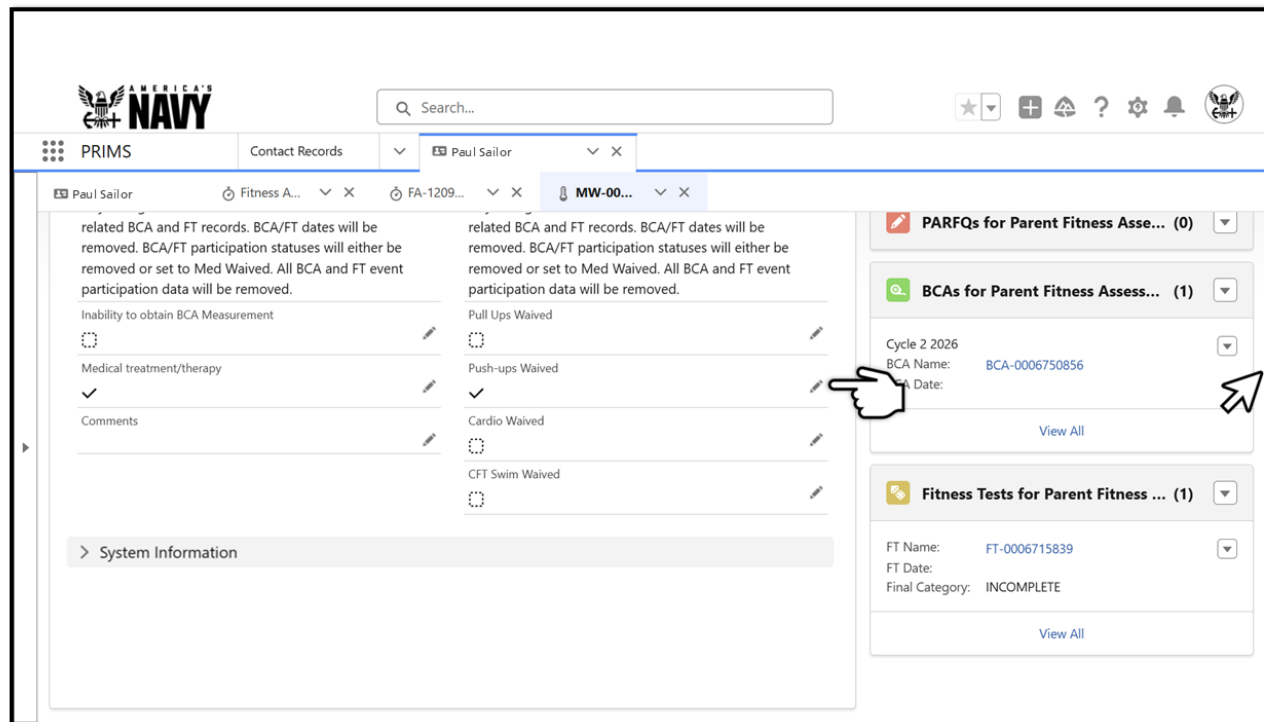
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS system interface. The top navigation bar includes the Navy logo, a search bar, and various icons. The main content area displays a medical waiver form for Paul Sailor. The form is divided into several sections: 'related BCA and FT records', 'Fitness A...', 'FA-1209...', and 'MW-00...'. The 'MW-00...' section contains a list of fitness tests with checkboxes for 'Waived' or 'Not Waived'. A hand icon points to the 'Push-ups Waived' field. Another hand icon points to the 'Edit' icon in the 'BCAs for Parent Fitness Assessment' section. The 'BCAs for Parent Fitness Assessment' section shows details for Cycle 2 2026, including the BCA Name (BCA-0006750856) and the Date. The 'Fitness Tests for Parent Fitness Assessment' section shows details for FT Name (FT-0006715839), FT Date, and Final Category (INCOMPLETE).

Step 5 of 6: Scroll down to the applicable fields, then select the **Edit** icon.

*Note: For this lesson, edit the **Push-Ups Waived** field from waived to not waived, and the **Pull-Ups Waived** field to waived.*

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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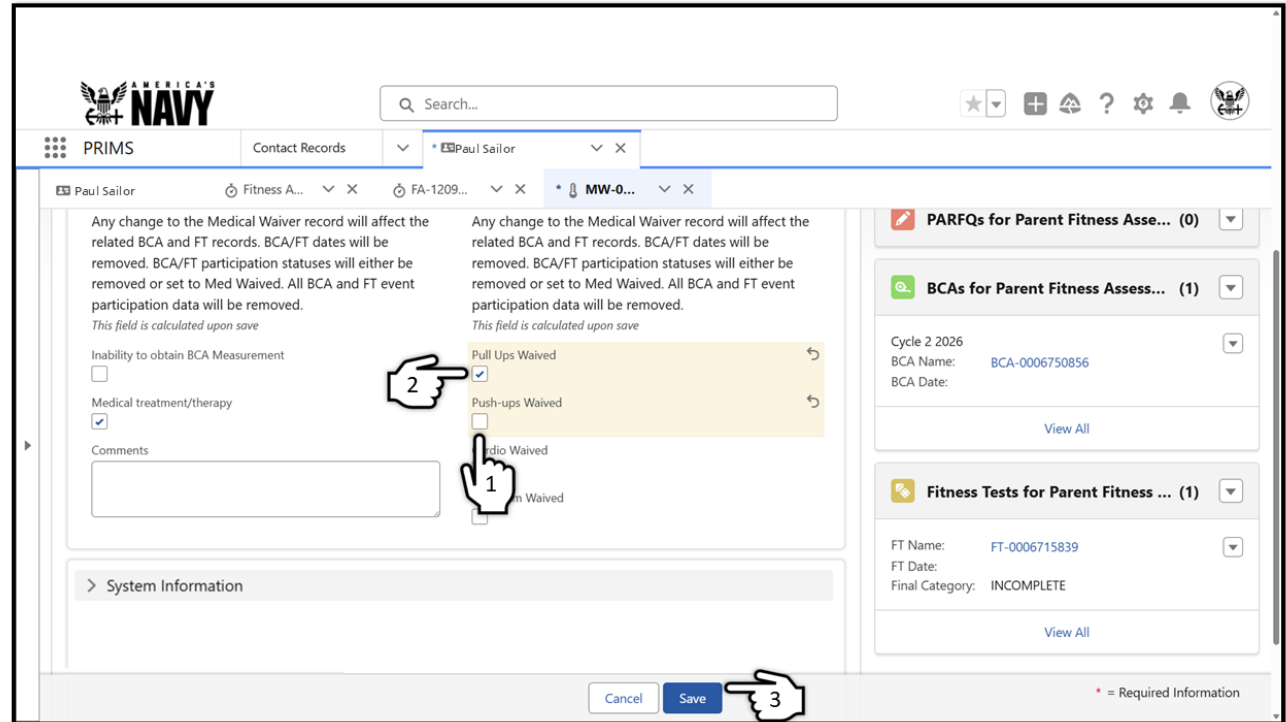
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS

Contact Records

Paul Sailor

Paul Sailor

Fitness A...

FA-1209...

MW-0...

Any change to the Medical Waiver record will affect the related BCA and FT records. BCA/FT dates will be removed. BCA/FT participation statuses will either be removed or set to Med Waived. All BCA and FT event participation data will be removed. This field is calculated upon save

Inability to obtain BCA Measurement

Medical treatment/therapy

Comments

System Information

Pull-Ups Waived

Push-Ups Waived

Radio Waived

h Waived

Cancel

Save

PARFQs for Parent Fitness Asse... (0)

BCAs for Parent Fitness Assess... (1)

Cycle 2 2026

BCA Name: BCA-0006750856

BCA Date:

View All

Fitness Tests for Parent Fitness ... (1)

FT Name: FT-0006715839

FT Date:

Final Category: INCOMPLETE

View All

* = Required Information

Step 6 of 6: To deselect the Push-Ups Waiver, select the **Push-Ups Waived** check-box to remove the check mark, then select the **Pull-Ups Waived** check-box to waive the pull-ups event. Select **Save** when complete.

How To Edit a Medical Waiver

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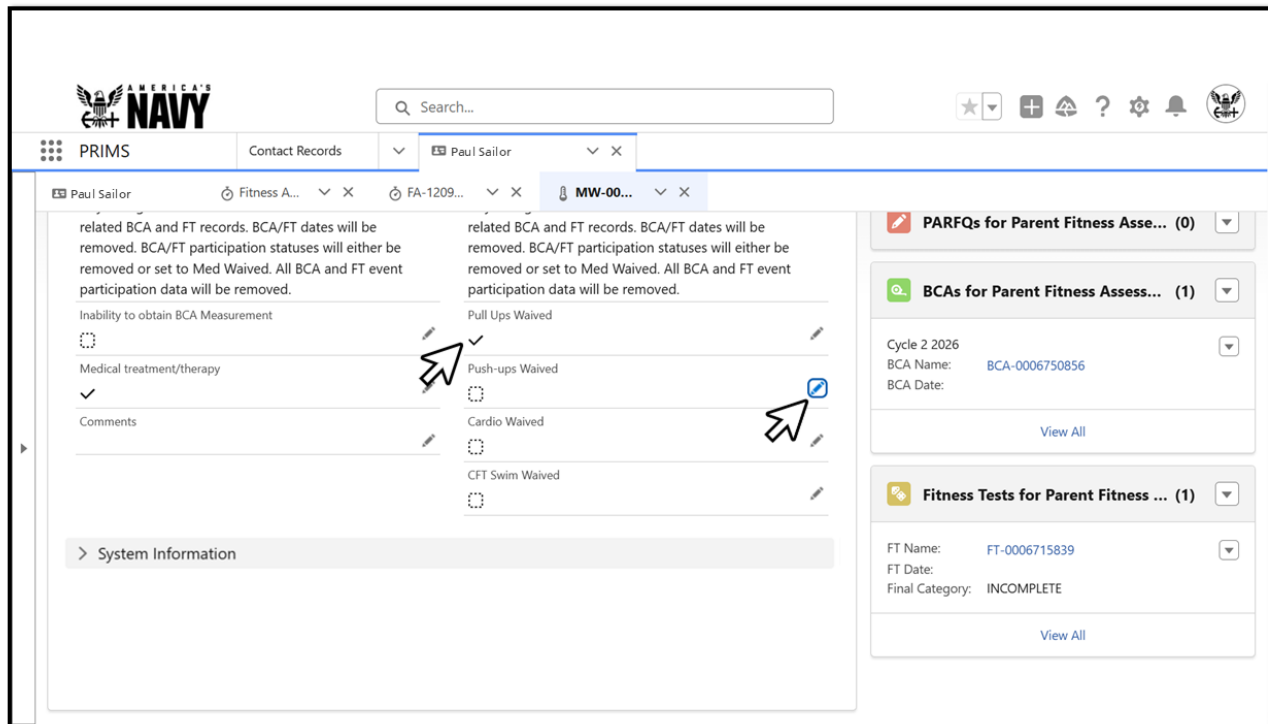
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar and a user profile for Paul Sailor. Below this, there are tabs for 'Contact Records' and 'MW-00...'. The main content area displays a list of waiver items with checkboxes and edit icons. The items include: 'related BCA and FT records. BCA/FT dates will be removed. BCA/FT participation statuses will either be removed or set to Med Waived. All BCA and FT event participation data will be removed.', 'Inability to obtain BCA Measurement', 'Medical treatment/therapy', 'Comments', 'Pull Ups Waived', 'Push-ups Waived', 'Cardio Waived', and 'CFT Swim Waived'. A right sidebar shows related records: 'PARFQs for Parent Fitness Asse... (0)', 'BCAs for Parent Fitness Assess... (1)', and 'Fitness Tests for Parent Fitness ... (1)'. Each sidebar item has a 'View All' link.

The waiver is updated and edit mode is closed.

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.

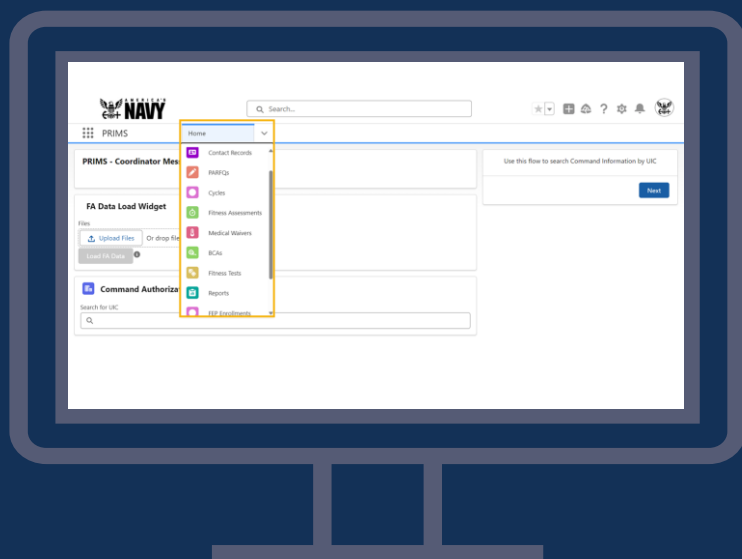


Continue to the BCA Lesson

Continue to the CFT lesson



BCA for CFA *Service Console Display*



[Start Tutorial](#)



Body Composition Assessment (BCA)



Overview



Tutorial Navigation



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Quick Steps



Maintaining Physical Readiness

Maintaining physical readiness affects your Sailors' and the command's overall health and mission readiness. Not meeting PRP standards may have significant consequences on a Sailor's career, including but not limited to:

- ✓ Inability to apply for certain job assignments
- ✓ Inability to advance or promote
- ✓ Retention eligibility

How It Works



CFL drafts and publishes the official 10 Week Notice.



CFL/ACFL conducts BCA in accordance with policy and ensures the Official BCA Score Sheet is filled out completely.



CFL/ACFL reviews and retains original written documentation and enters BCA data in PRIMS.



How to Use This Tutorial

Tip: Use your **Mouse or Tab** to move between interactive elements and **Enter** to activate a selection.

- Use the **Navigation panel** on the left to move between lesson sections.
- Select the **Home** icon at any time to return to the course start page.

Tutorial Sections



Policy Insights

Review tips and important notes about PRIMS.



Step-By-Step Instructions

Follow step-by-step instructions with screenshots of PRIMS.



Learning Targets

Understand what task you will learn to perform in PRIMS.



Quick Steps

Job Aid to create a BCA that you can print & reference.



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BCA Policy Reminders



CFL/ACFLs have a **45-day window** to test a Sailor who is fully participating in the CFA. The testing window begins on the date that the Sailor's BCA was performed (Day 1), and the Sailor's CFT must be completed before Day 46.



For instances where a Sailor has a medical waiver on any portion of the CFA, the medical waiver must be entered into PRIMS before adding the BCA and/or CFT.



The official BCA is the first and only BCA authorized once the command CFA cycle has begun. Once the official BCA has been completed, BCA retests are not authorized.

Editing a BCA in PRIMS

Command CFL/ACFL roles are allowed a limited number of edits to correct CFA data that is entered incorrectly, such as:

- ✓ Data entry errors
- ✓ Editing Medical Waivers

How to Create a BCA

PRIMS Quick Steps



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1 In the **Sailor's Contact Record**, select the **Fitness Assessment (FA)** hyperlink.

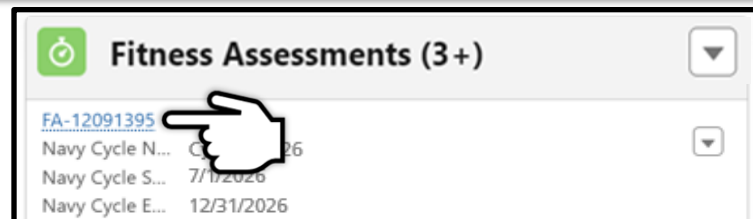
2 Select the **BCAs** drop-down list and select **New**.

3 Select the new **BCA date** and scroll to the **Measurements**.

4 Type the raw scores for **Waist in Inches**, **Height in Inches**, and **Weight in Pounds**, then select **Save**.



After selecting **Save**, the BCA is created.



Fitness Assessments (3+)

[FA-12091395](#)

Navy Cycle N... 7/1/2026

Navy Cycle S... 7/1/2026

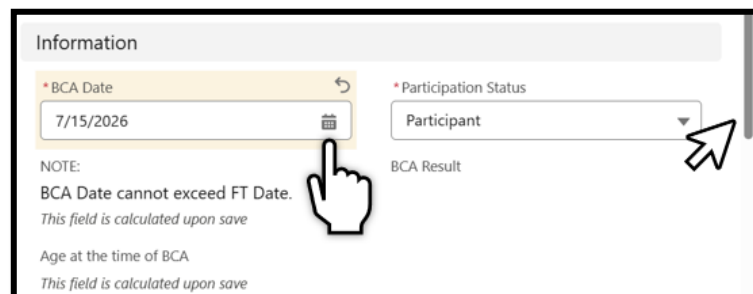
Navy Cycle E... 12/31/2026



BCAs (0)

Fitness Tests (0)

New



Information

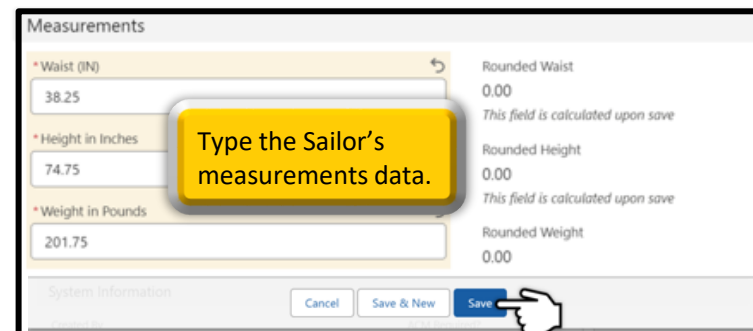
* BCA Date: 7/15/2026

* Participation Status: Participant

NOTE:
BCA Date cannot exceed FT Date.
This field is calculated upon save

Age at the time of BCA
This field is calculated upon save

BCA Result



Measurements

* Waist (IN): 38.25

* Height in Inches: 74.75

* Weight in Pounds: 201.75

Rounded Waist: 0.00
This field is calculated upon save

Rounded Height: 0.00
This field is calculated upon save

Rounded Weight: 0.00

System Information

Cancel Save & New Save

Type the Sailor's measurements data.



Select a learning target below to begin the Step-by-Step walkthrough.



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Quick Steps



This tutorial outlines the step-by-step process to:

1

View a BCA

2

Create a BCA

3

Edit a BCA

How To View a BCA

Step-By-Step Instructions



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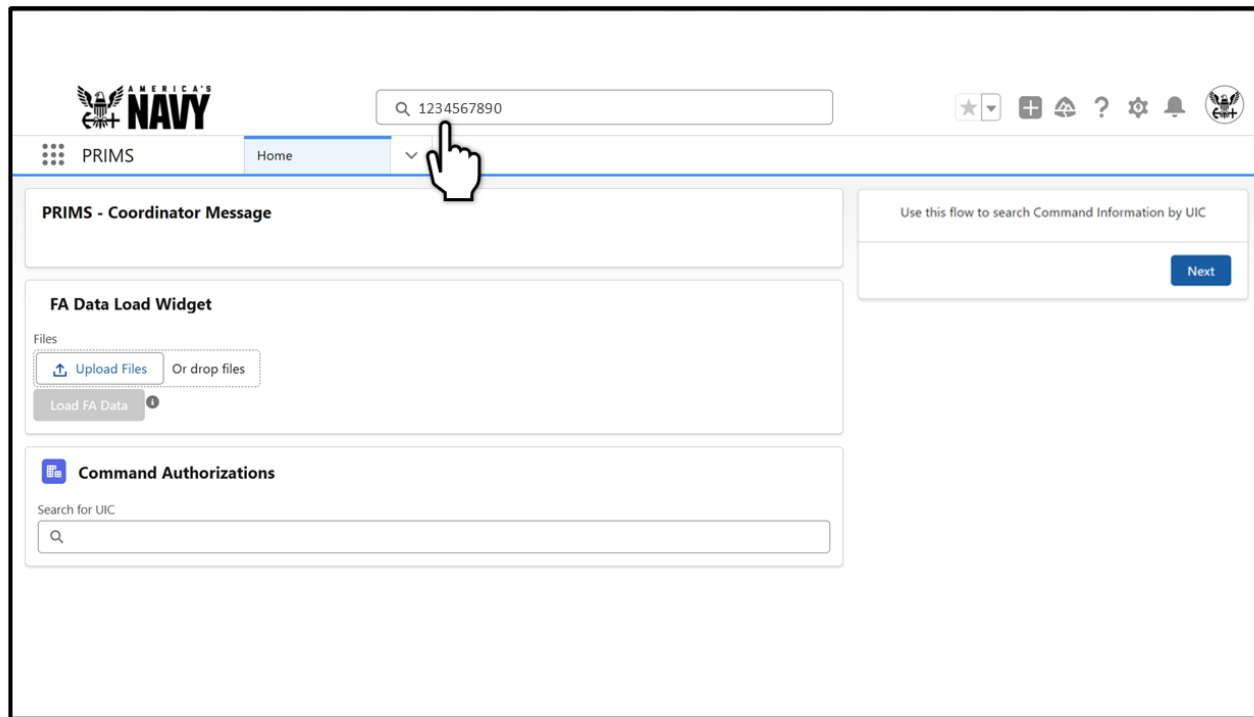
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 1 of 5: In the **Search** field, type the **DODID**, then press the **Enter** key.

How To View a BCA

Step-By-Step Instructions



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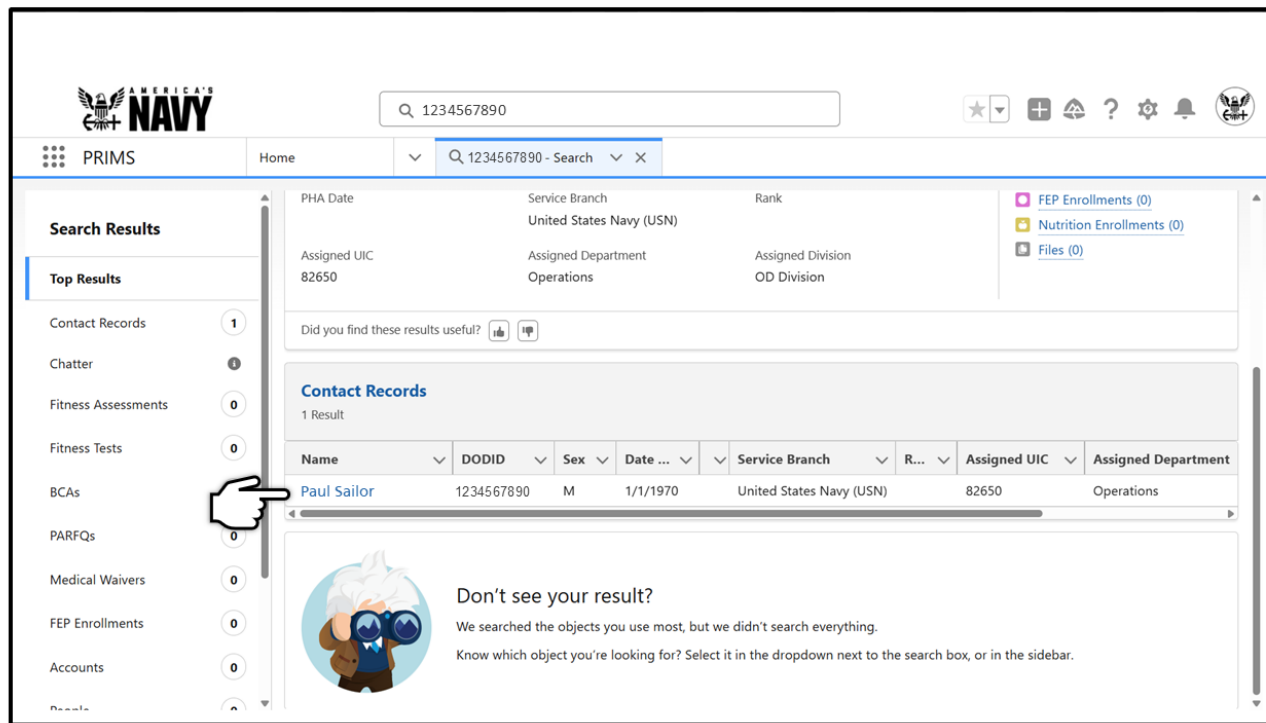
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Search Results

Top Results

- Contact Records 1
- Chatter 0
- Fitness Assessments 0
- Fitness Tests 0
- BCAs 0
- PARFQs 0
- Medical Waivers 0
- FEP Enrollments 0
- Accounts 0

Contact Records

1 Result

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Don't see your result?

We searched the objects you use most, but we didn't search everything. Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.

Step 2 of 5: On the **Contact Records** tile, select the Sailor's **Name**.

How To View a BCA

Step-By-Step Instructions



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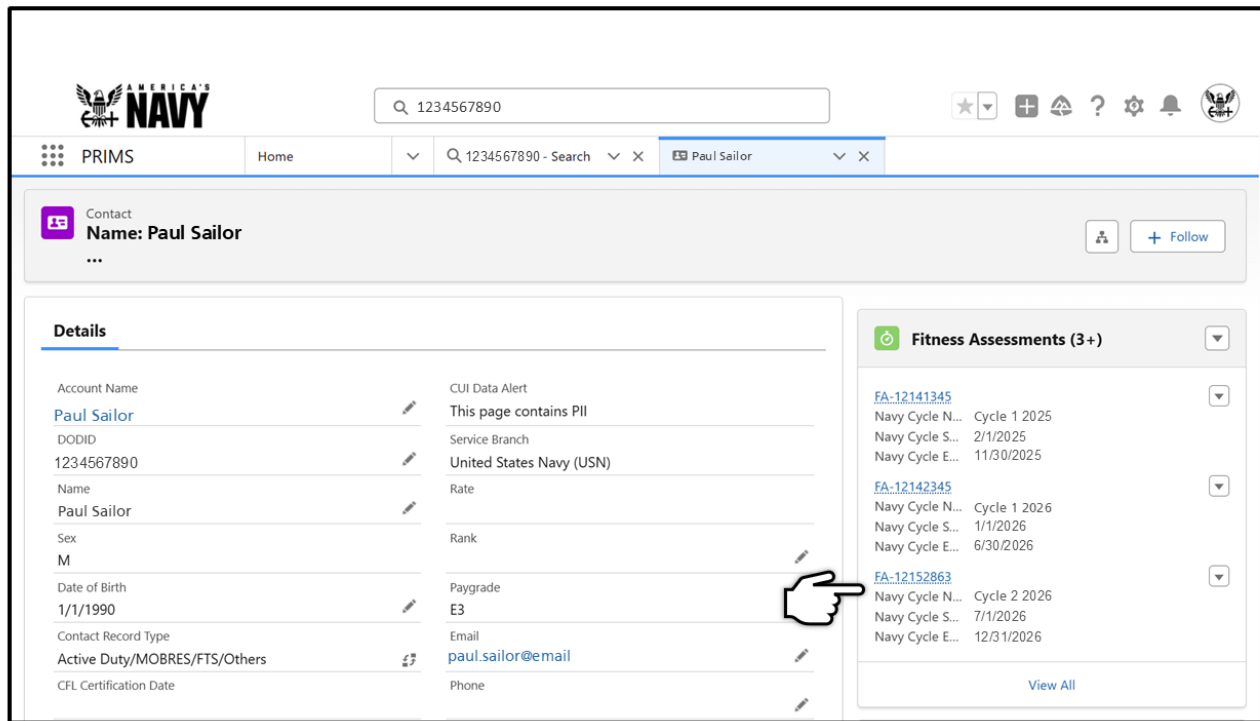
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.




Step 3 of 5: Select the current **Fitness Assessment (FA)**.

How To View a BCA

Step-By-Step Instructions



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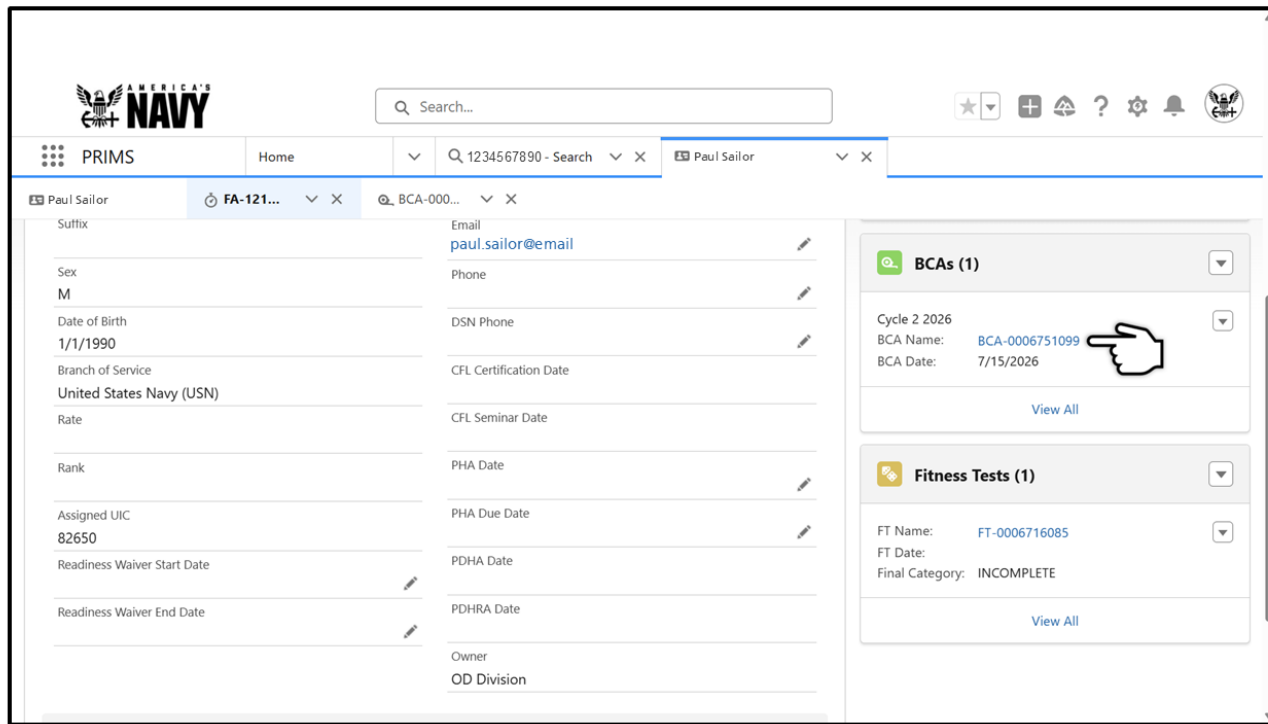
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes a search bar and tabs for 'PRIMS', 'Home', and 'Paul Sailor'. The main content area displays a user profile for 'Paul Sailor' with various fields like Suffix, Sex, Date of Birth, Branch of Service, Rank, and Readiness Waiver dates. On the right side, there are two sections: 'BCAs (1)' and 'Fitness Tests (1)'. In the 'BCAs (1)' section, a hand icon points to the 'BCA Name' hyperlink, which is 'BCA-0006751099'. Below the BCAs section is a 'View All' link. The 'Fitness Tests (1)' section shows 'FT Name: FT-0006716085' and 'Final Category: INCOMPLETE', with a 'View All' link at the bottom.

Step 4 of 5: Scroll to the **BCAs**, then select the **BCA Name** hyperlink.

How To View a BCA

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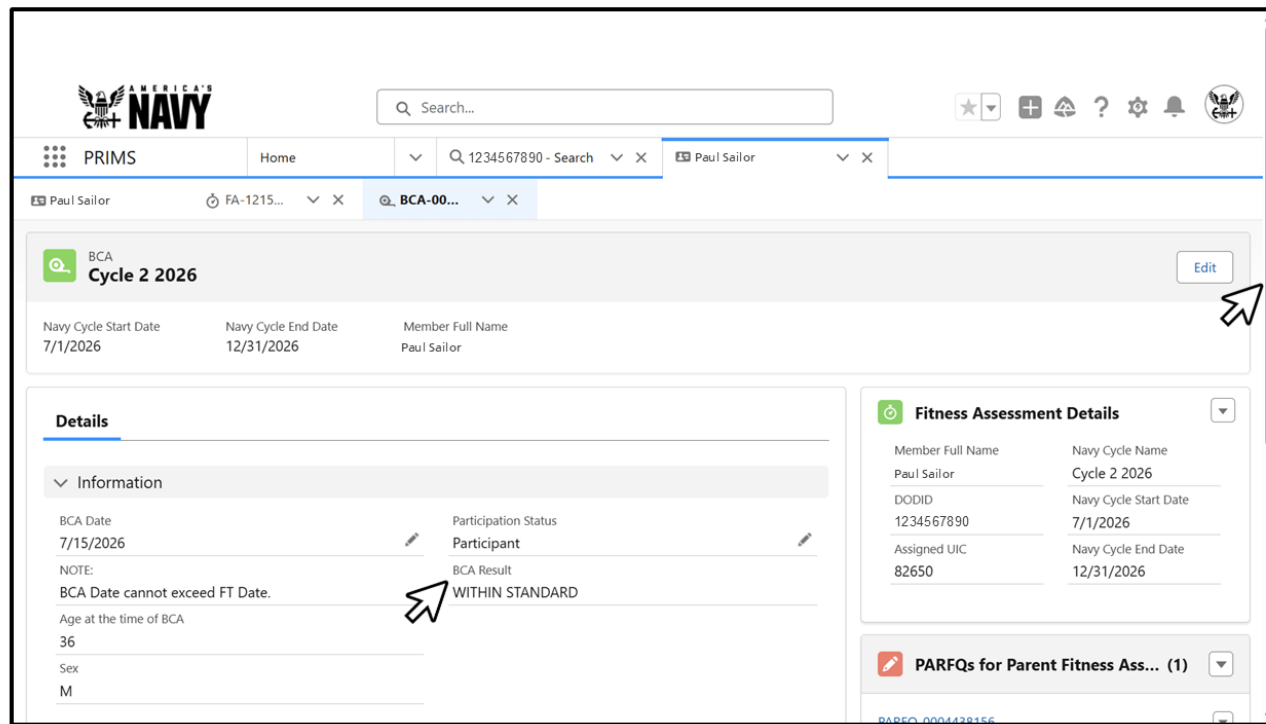
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

Search...

PRIMS Home 1234567890 - Search Paul Sailor

Paul Sailor FA-1215... BCA-00...

BCA Cycle 2 2026 Edit

Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
7/1/2026	12/31/2026	Paul Sailor

Details

Information

BCA Date 7/15/2026	Participation Status Participant
NOTE: BCA Date cannot exceed FT Date.	BCA Result WITHIN STANDARD
Age at the time of BCA 36	
Sex M	

Fitness Assessment Details

Member Full Name Paul Sailor	Navy Cycle Name Cycle 2 2026
DODID 1234567890	Navy Cycle Start Date 7/1/2026
Assigned UIC 82650	Navy Cycle End Date 12/31/2026

PARFQs for Parent Fitness Ass... (1)

PARFQ: 0004420156

Step 5 of 5: From the **BCA** page, scroll to view the BCA and Measurement data.

How To View a BCA

Step-By-Step Instructions



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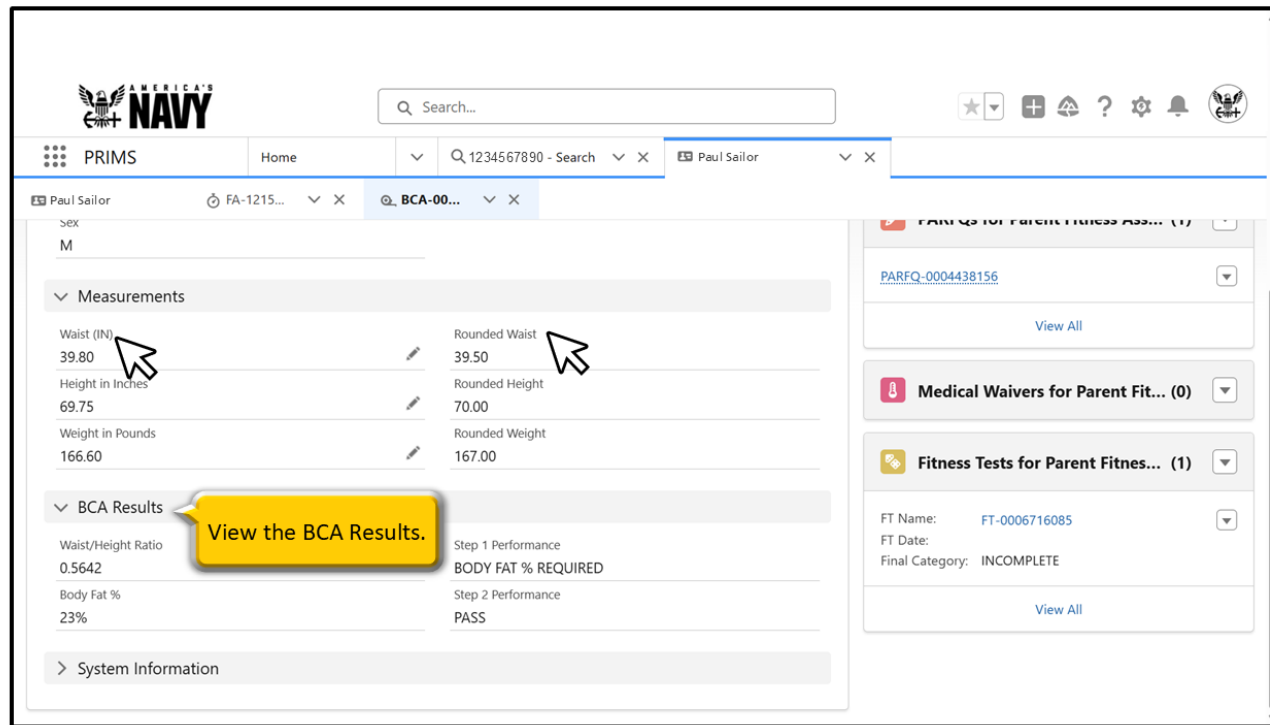
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the Navy Physical Readiness Program interface for a user named Paul Sailor. The interface includes a search bar, a navigation menu, and a main content area. The main content area displays the user's profile, including sex (M), and a section for Measurements. The Measurements section shows raw and rounded data for Waist (IN), Height in Inches, Weight in Pounds, and Weight. Below the Measurements section is the BCA Results section, which shows the Waist/Height Ratio (0.5642), Body Fat % (23%), and Step 1 and Step 2 Performance (BODY FAT % REQUIRED and PASS). A yellow callout box points to the BCA Results section with the text "View the BCA Results." The interface also includes a sidebar with links to PARFQ-0004438156, Medical Waivers for Parent Fit... (0), and Fitness Tests for Parent Fitness... (1).

View the BCA raw and rounded measurement data.

How To View a BCA

Step-By-Step Instructions



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Overview



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Policy Insights



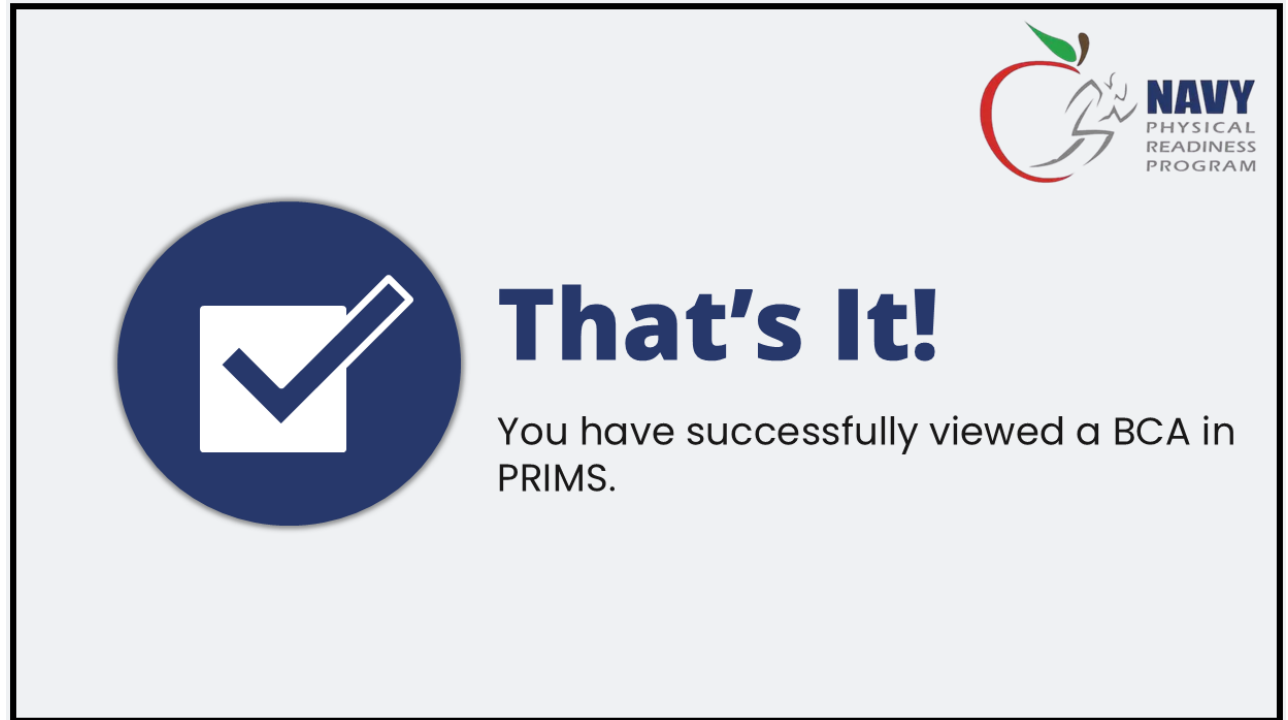
Learning Targets



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Instructions



Quick Steps



Continue to Create a BCA

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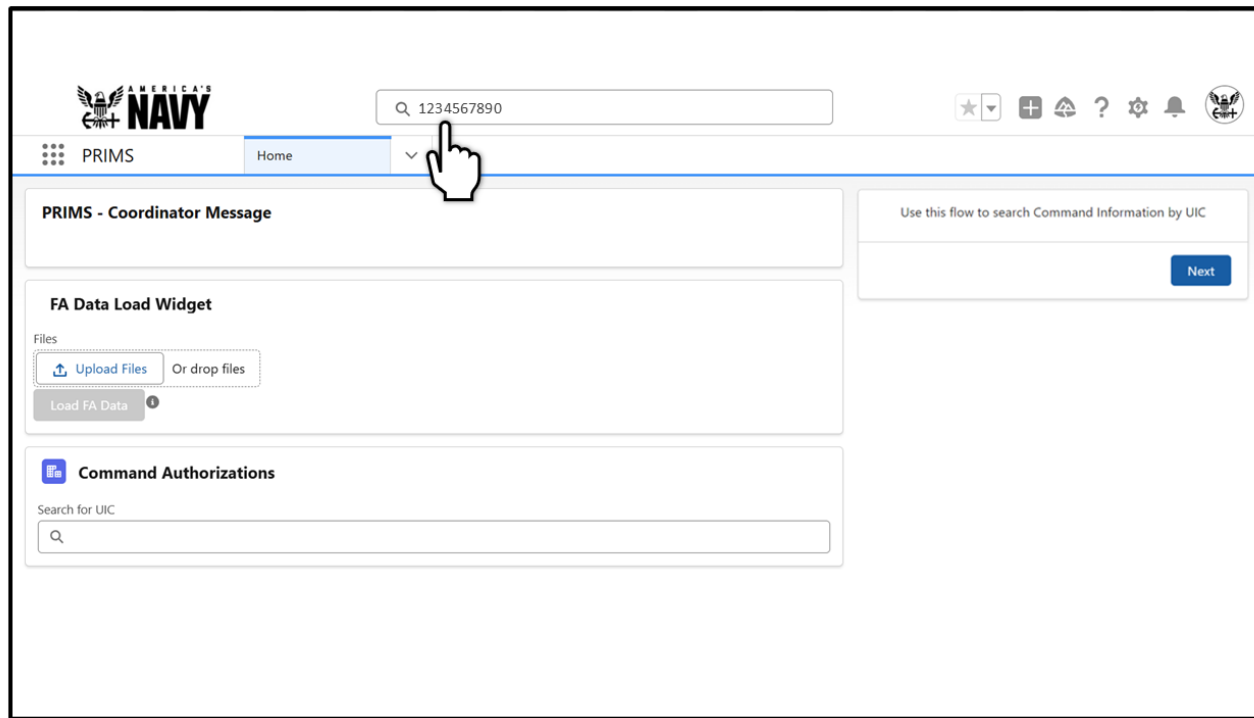
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Step 1 of 9: In the **Search** field, type the **DODID**, then press the **Enter** key.

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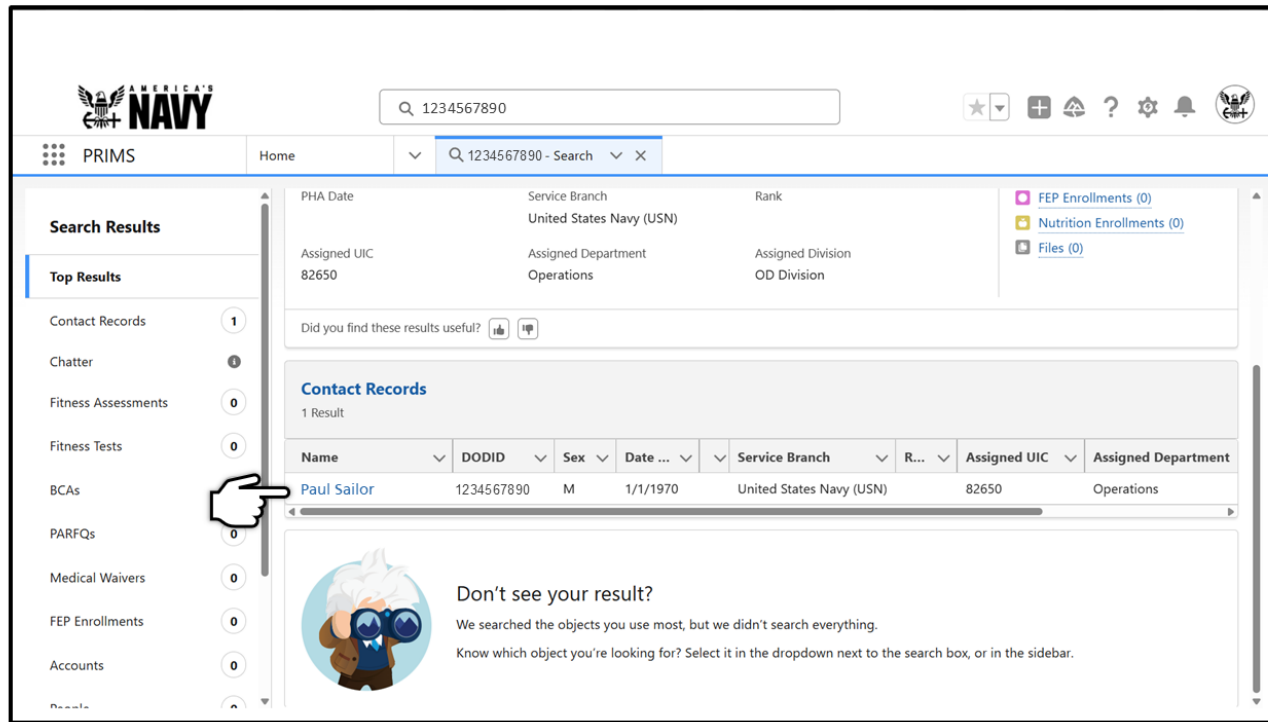
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home Q 1234567890 - Search X

Search Results

Top Results

Contact Records 1

Chatter 0

Fitness Assessments 0

Fitness Tests 0

BCAs 0

PARFQs 0

Medical Waivers 0

FEP Enrollments 0

Accounts 0

People 0

PHIA Date Service Branch Rank
Assigned UIC Assigned Department Assigned Division
82650 Operations OD Division

Did you find these results useful?

Contact Records
1 Result

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Don't see your result?
We searched the objects you use most, but we didn't search everything.
Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.

Step 2 of 9: On the **Contact Records** tile, select the Sailor's **Name**.

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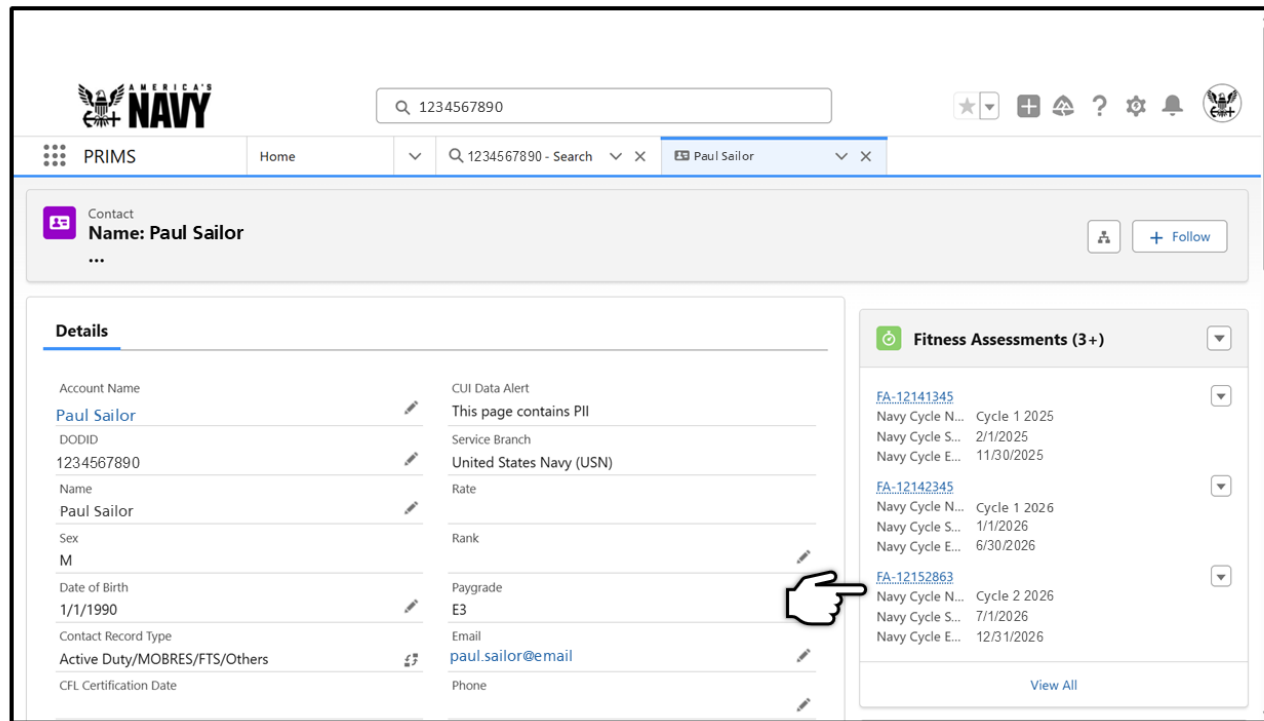
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

1234567890

PRIMS Home 1234567890 - Search Paul Sailor

Contact
Name: Paul Sailor

Details

Account Name	CUI Data Alert
Paul Sailor	This page contains PII
DODID	Service Branch
1234567890	United States Navy (USN)
Name	Rate
Paul Sailor	
Sex	Rank
M	
Date of Birth	Paygrade
1/1/1990	E3
Contact Record Type	Email
Active Duty/MOBRES/FTS/Others	paul.sailor@email
CFL Certification Date	Phone

Fitness Assessments (3+)

- [FA-12141345](#)
Navy Cycle N... Cycle 1 2025
Navy Cycle S... 2/1/2025
Navy Cycle E... 11/30/2025
- [FA-12142345](#)
Navy Cycle N... Cycle 1 2026
Navy Cycle S... 1/1/2026
Navy Cycle E... 6/30/2026
- [FA-12152863](#)
Navy Cycle N... Cycle 2 2026
Navy Cycle S... 7/1/2026
Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 9: Select the current **Fitness Assessment (FA)**.

How To Create a BCA

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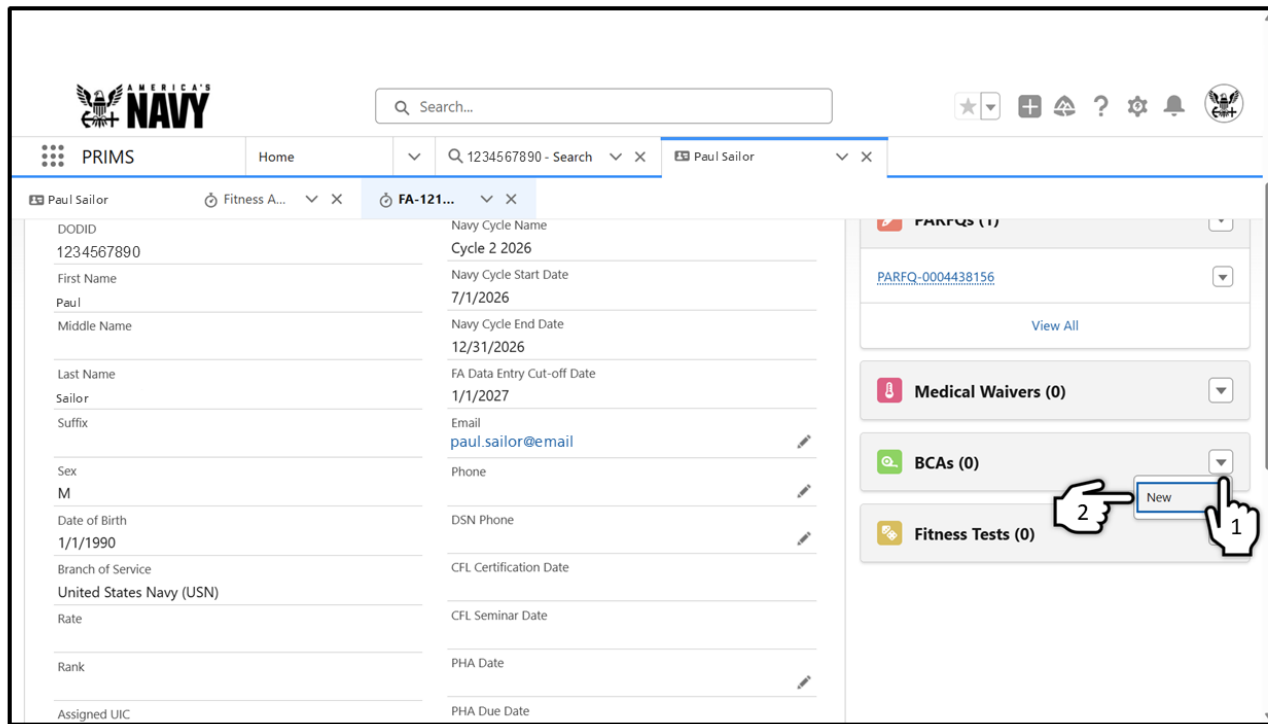
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the PRIMS logo, a search bar, and user information for 'Paul Sailor'. The main content area displays a sailor's profile for 'Paul Sailor' with various fields like DODID, Name, Sex, Date of Birth, and Rank. On the right side, there are several sections: 'PARFQ (1)' with a link 'PARFQ-0004438156', 'Medical Waivers (0)', 'BCAs (0)', and 'Fitness Tests (0)'. The 'BCAs (0)' section is highlighted, and a dropdown menu is open, showing the option 'New'. Two hand icons with numbers '1' and '2' are pointing to the 'New' option and the dropdown arrow respectively.

Step 4 of 9: Scroll to the BCAs and select the **BCAs** drop-down list, then select **New**.



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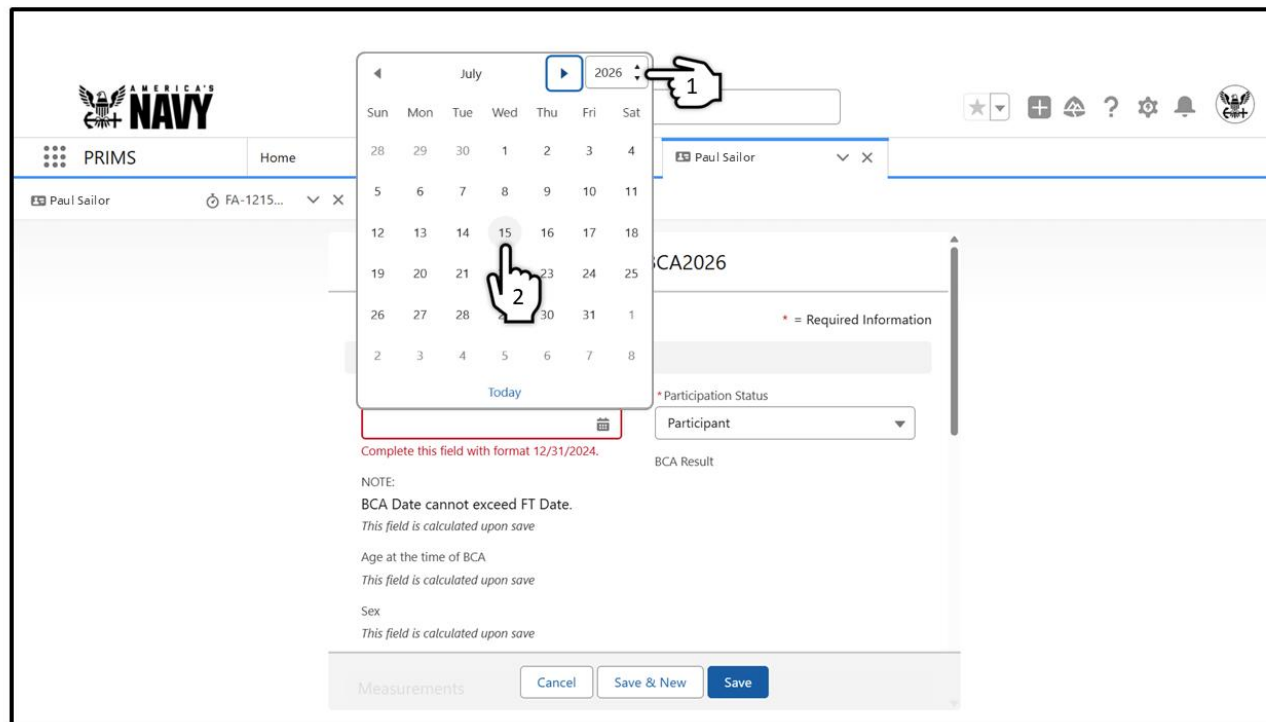
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS interface for a user named Paul Sailor. A calendar for July 2026 is open, showing dates from 28 to 31. The date 15 is highlighted. A hand icon points to the calendar icon in the top right corner of the form, labeled '1'. Another hand icon points to the date 15 on the calendar, labeled '2'.

Complete this field with format 12/31/2024.

NOTE:
BCA Date cannot exceed FT Date.
This field is calculated upon save

Age at the time of BCA
This field is calculated upon save

Sex
This field is calculated upon save

Measurements

Cancel Save & New Save

Step 5 of 9: Select the **BCA Date Calendar** icon, then select the **Date**.

How To Create a BCA

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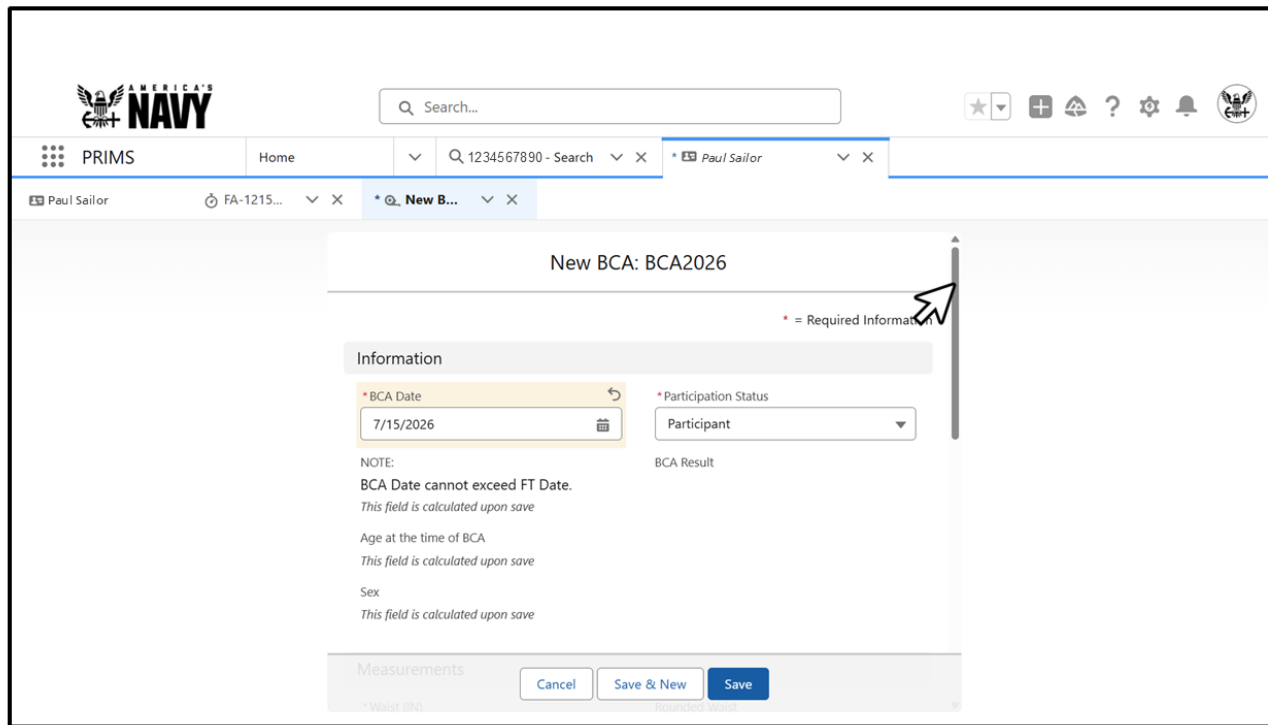
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Step 6 of 9: Scroll to the **Measurements** section of the BCA.

How To Create a BCA

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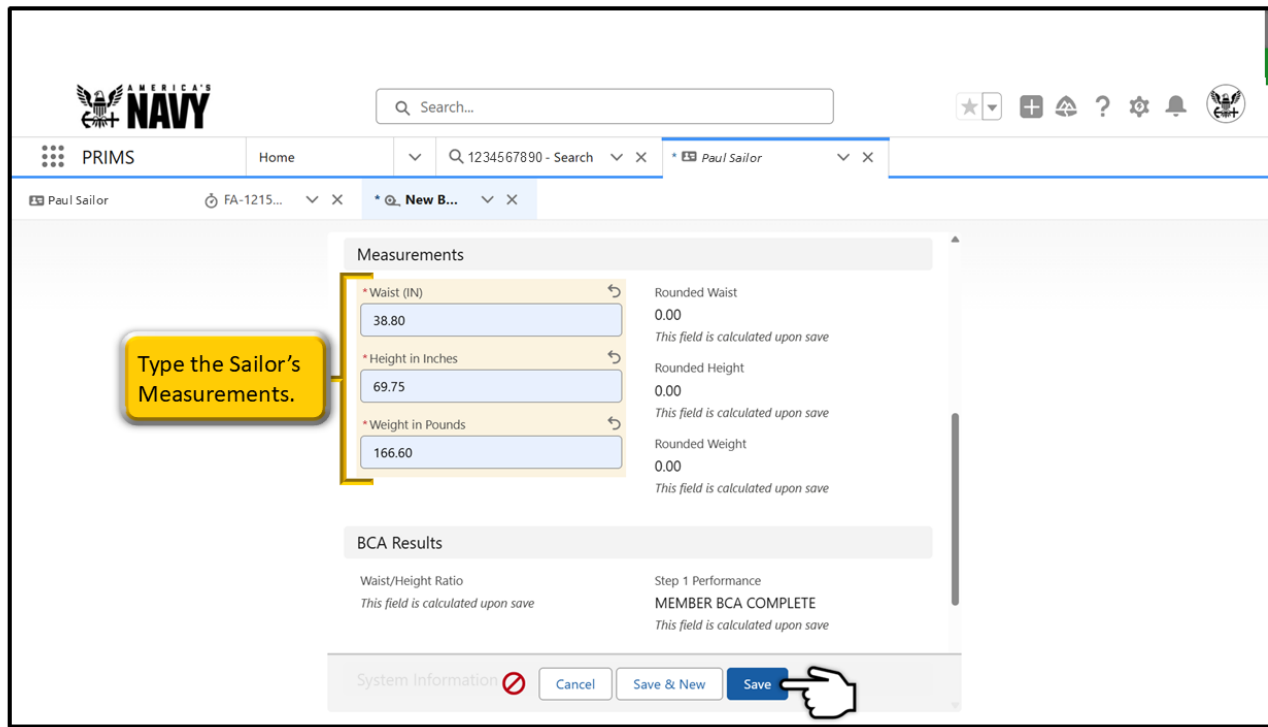
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the 'AMERICA'S NAVY' logo, a search bar, and user information for 'Paul Sailor'. The main content area is titled 'Measurements' and contains three input fields: 'Waist (IN)' with a value of 38.80, 'Height in Inches' with a value of 69.75, and 'Weight in Pounds' with a value of 166.60. To the right of these fields are calculated values for 'Rounded Waist', 'Rounded Height', and 'Rounded Weight', all showing 0.00. Below the measurements section is the 'BCA Results' section, which displays 'Waist/Height Ratio' and 'Step 1 Performance' with the status 'MEMBER BCA COMPLETE'. At the bottom of the form are buttons for 'System Information', 'Cancel', 'Save & New', and 'Save'. A yellow callout box with the text 'Type the Sailor's Measurements.' points to the input fields. A hand icon points to the 'Save' button.

Step 7 of 9: In the Waist (IN), Height in Inches, and Weight in Pounds fields, type the raw scores, then select [Save](#).

How To Create a BCA

Step-By-Step Instructions



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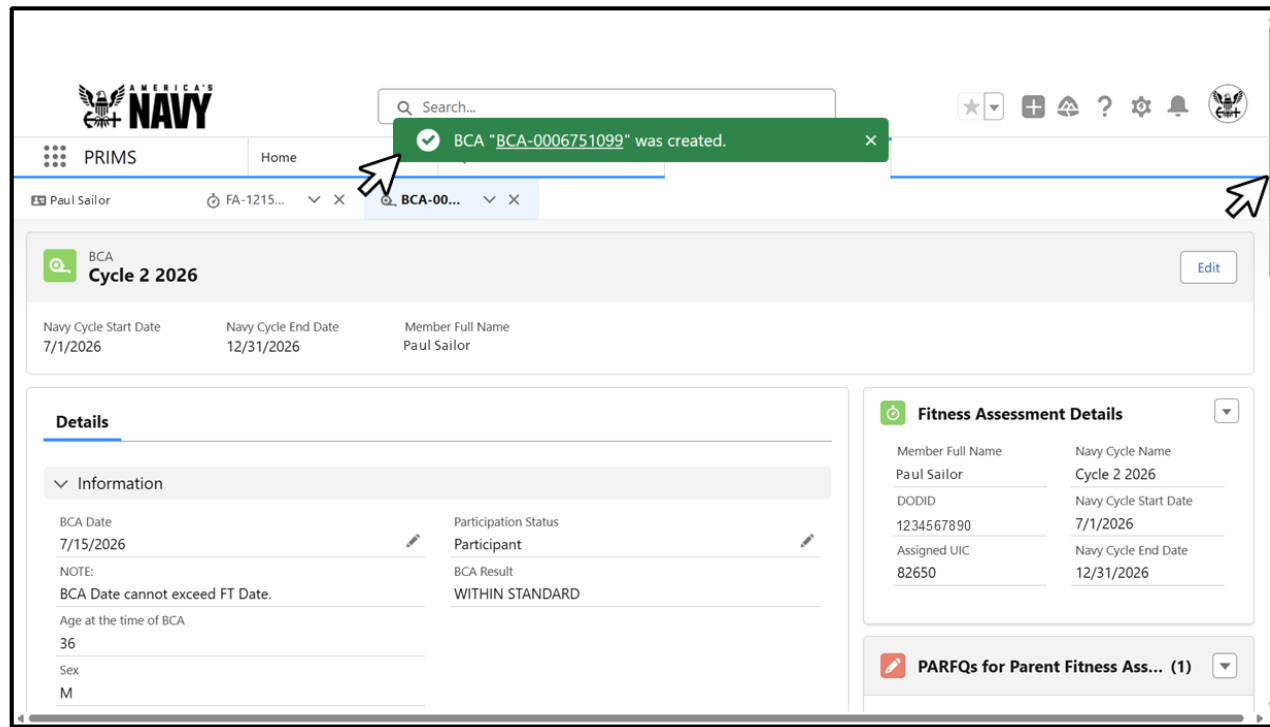
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, a green banner with a checkmark icon states: "BCA 'BCA-0006751099' was created." Below the banner, the main content area displays the "BCA Cycle 2 2026" details. The top section shows the "Navy Cycle Start Date" as 7/1/2026, the "Navy Cycle End Date" as 12/31/2026, and the "Member Full Name" as Paul Sailor. Below this, the "Details" section is expanded, showing "Information" and "Fitness Assessment Details". The "Information" section includes fields for "BCA Date" (7/15/2026), "Participation Status" (Participant), "NOTE" (BCA Date cannot exceed FT Date.), "Age at the time of BCA" (36), "Sex" (M), and "BCA Result" (WITHIN STANDARD). The "Fitness Assessment Details" section includes fields for "Member Full Name" (Paul Sailor), "Navy Cycle Name" (Cycle 2 2026), "DODID" (1234567890), "Navy Cycle Start Date" (7/1/2026), "Assigned UIC" (82650), and "Navy Cycle End Date" (12/31/2026). At the bottom right, there is a section for "PARFQs for Parent Fitness Ass... (1)".

Step 8 of 9: A banner displays to confirm the BCA's creation. Scroll to view the **Measurement** details.

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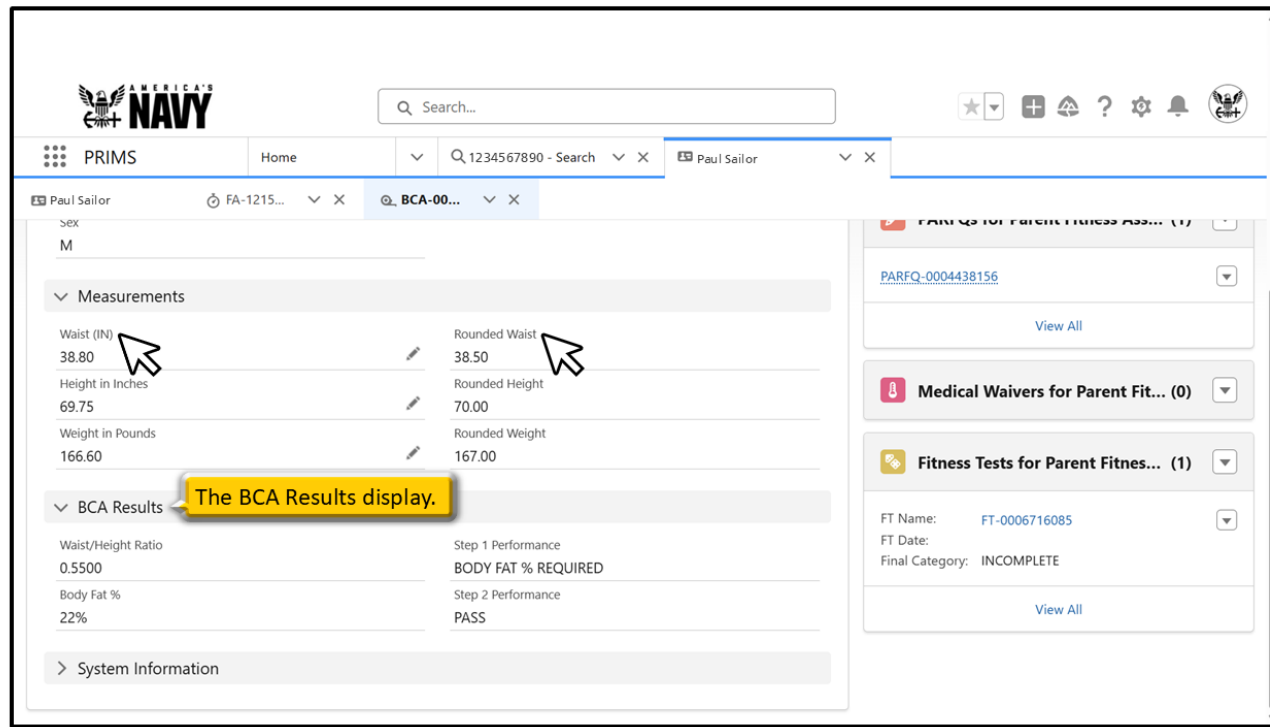
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



The screenshot displays the PRIMS (Physical Readiness Information Management System) interface for a user named Paul Sailor. The interface is divided into several sections:

- Header:** Includes the Navy logo, a search bar, and navigation tabs for PRIMS, Home, and a search bar with the text "1234567890 - Search".
- User Profile:** Shows the user's name "Paul Sailor" and sex "M".
- Measurements:** A table displaying various measurements and their rounded values.

Measurement	Value	Rounded Value
Waist (IN)	38.80	38.50
Height in Inches	69.75	70.00
Weight in Pounds	166.60	167.00
- BCA Results:** A section showing the Body Mass Index (BMI) and performance status.

Measurement	Value	Performance
Waist/Height Ratio	0.5500	Step 1 Performance
Body Fat %	22%	BODY FAT % REQUIRED
		Step 2 Performance
		PASS
- System Information:** A link to view more details.
- Medical Waivers:** A section for medical waivers, currently showing 0 results.
- Fitness Tests:** A section for fitness tests, currently showing 1 result. The test name is "FT-0006716085" and the final category is "INCOMPLETE".

Step 9 of 9: View the Measurement details and BCA Results.

Note: Beginning in CY2026, the WHtR is part of the updated BCA standard and is automatically calculated upon entry into PRIMS.

How To Create a BCA

Step-By-Step Instructions



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



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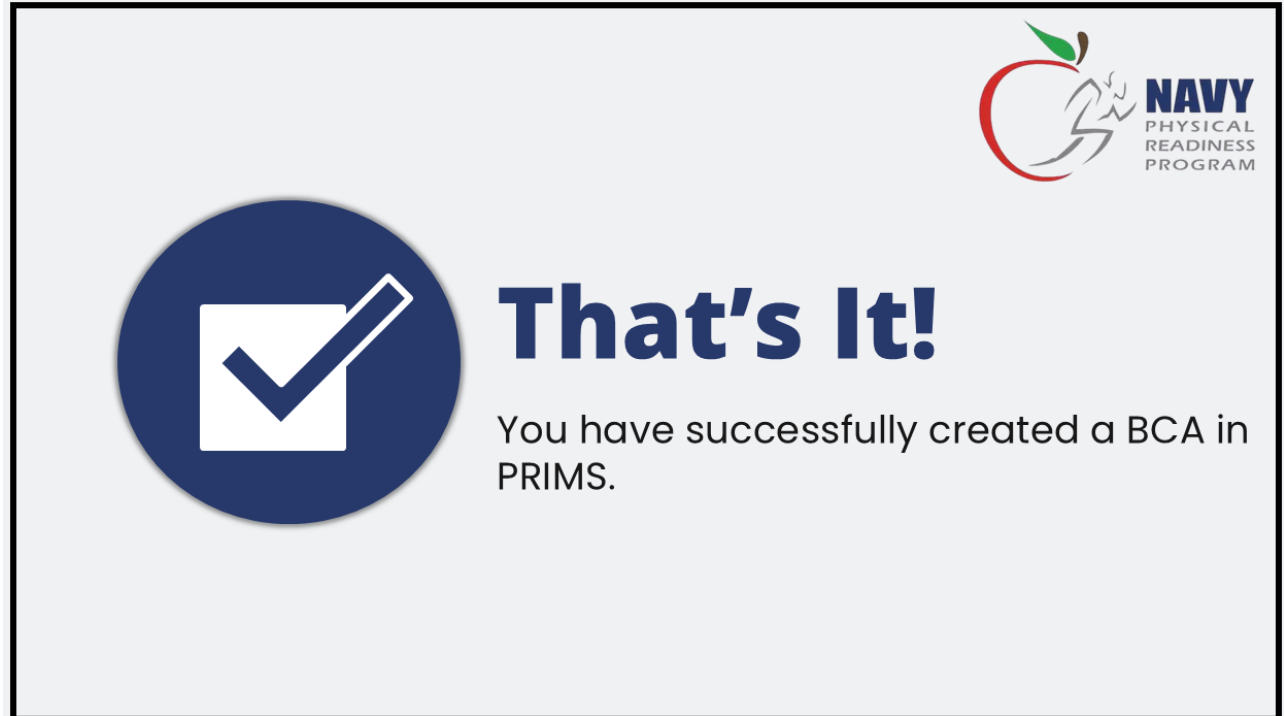
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Continue to Edit a BCA

How To Edit a BCA

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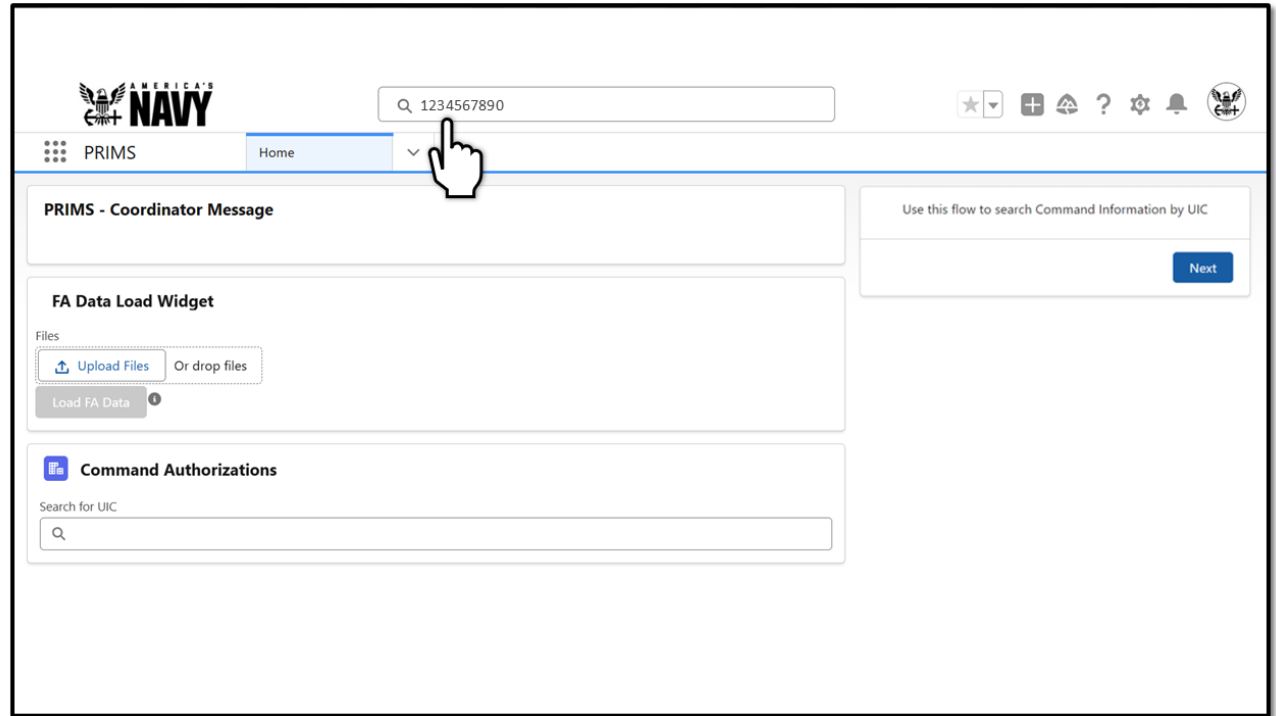
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there is a search bar with the text "Q 1234567890". Below the search bar, there are navigation tabs: "PRIMS" and "Home". A hand icon is pointing to the "Home" tab. The main content area is titled "PRIMS - Coordinator Message". Below this, there is a section for "FA Data Load Widget" with a "Files" section containing "Upload Files" and "Or drop files" buttons, and a "Load FA Data" button. To the right of the "FA Data Load Widget" is a search box with the text "Use this flow to search Command Information by UIC" and a "Next" button. Below the "FA Data Load Widget" is a section for "Command Authorizations" with a "Search for UIC" field.



Step 1 of 8: In the **Search** field, type the **DODID**, then press the **Enter** key.



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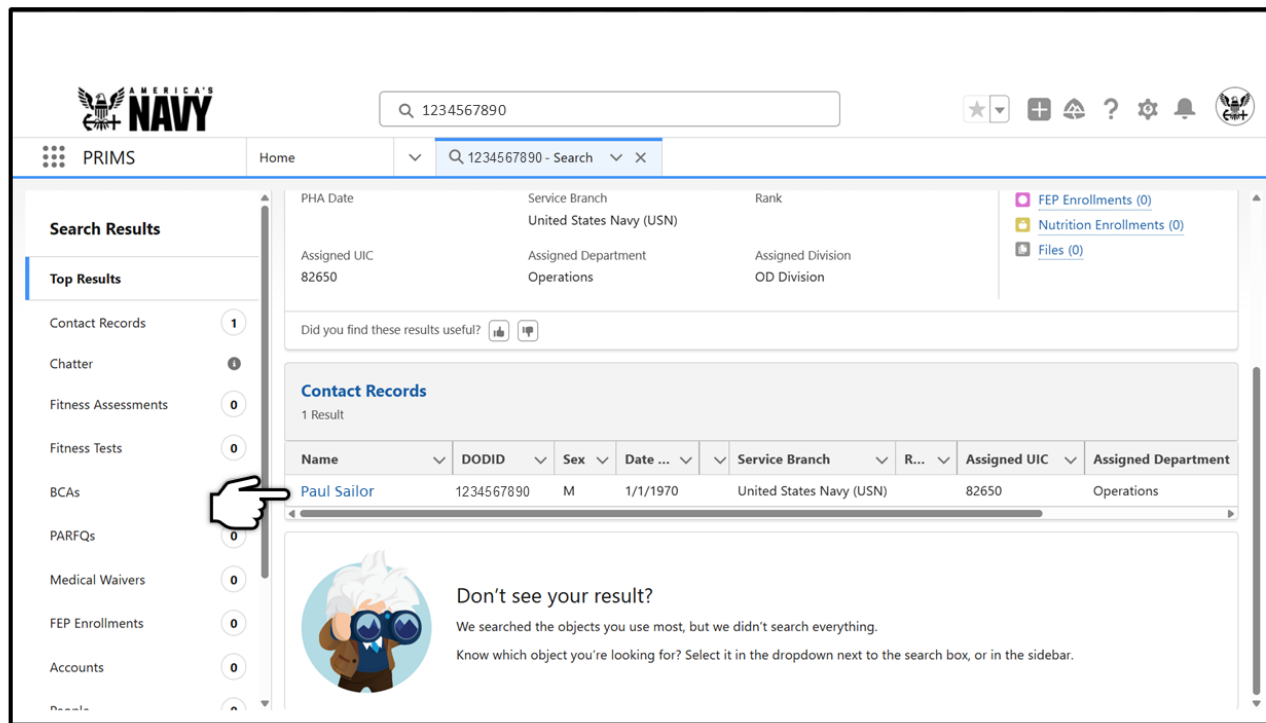
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home

Search: 1234567890

Search Results

Top Results

Contact Records 1

Chatter 0

Fitness Assessments 0

Fitness Tests 0

BCAs 0

PARFQs 0

Medical Waivers 0

FEP Enrollments 0

Accounts 0

PHA Date

Service Branch

Rank

Assigned UIC

Assigned Department

Assigned Division

United States Navy (USN)

Operations

OD Division

Did you find these results useful?

Contact Records

1 Result

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Don't see your result?

We searched the objects you use most, but we didn't search everything.

Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.

Step 2 of 8: On the **Contact Records** tile, select the Sailor's **Name**.

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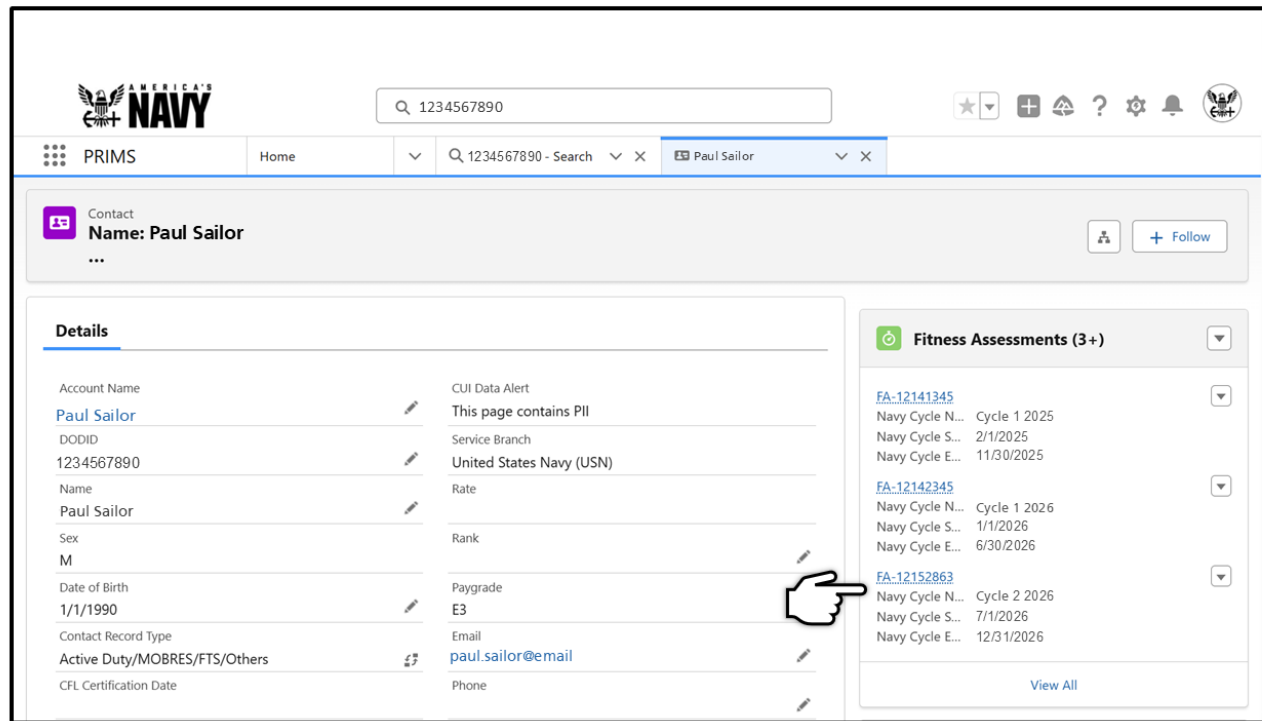
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the Navy Physical Readiness Program interface. At the top, there is a search bar with the text "1234567890". Below the search bar, there are navigation tabs: "PRIMS", "Home", and a search filter "1234567890 - Search". The main content area displays a user profile for "Paul Sailor". The profile includes a "Details" section with the following information:

Account Name	Paul Sailor	CUI Data Alert	This page contains PII
DODID	1234567890	Service Branch	United States Navy (USN)
Name	Paul Sailor	Rate	
Sex	M	Rank	
Date of Birth	1/1/1990	Paygrade	E3
Contact Record Type	Active Duty/MOBRES/FTS/Others	Email	paul.sailor@email
CFL Certification Date		Phone	

On the right side of the profile, there is a "Fitness Assessments (3+)" section. It lists three assessments:

- FA-12141345**: Navy Cycle N... Cycle 1 2025, Navy Cycle S... 2/1/2025, Navy Cycle E... 11/30/2025
- FA-12142345**: Navy Cycle N... Cycle 1 2026, Navy Cycle S... 1/1/2026, Navy Cycle E... 6/30/2026
- FA-12152863**: Navy Cycle N... Cycle 2 2026, Navy Cycle S... 7/1/2026, Navy Cycle E... 12/31/2026

A hand icon points to the "FA-12152863" assessment, indicating it is the current selection.

Step 3 of 8: Select the current **Fitness Assessment (FA)**.



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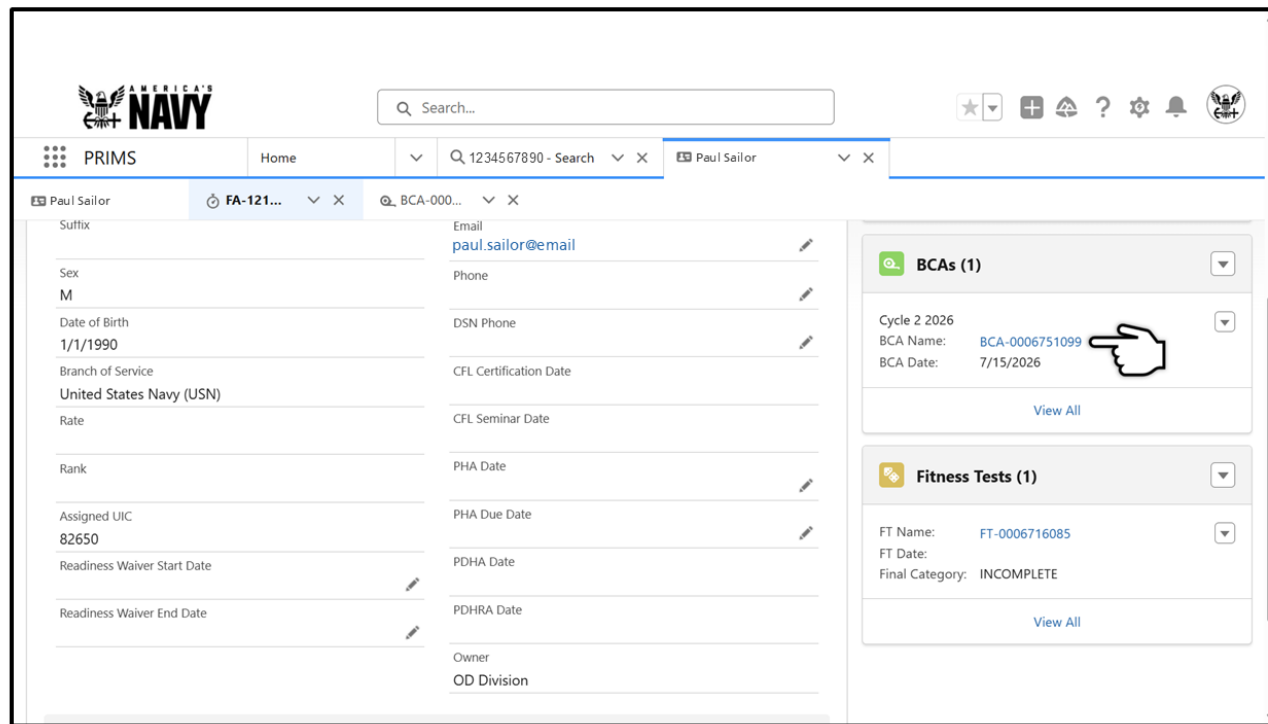
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 4 of 8: From the FA page, scroll to the **BCAs** then select the current **BCA Name** hyperlink.



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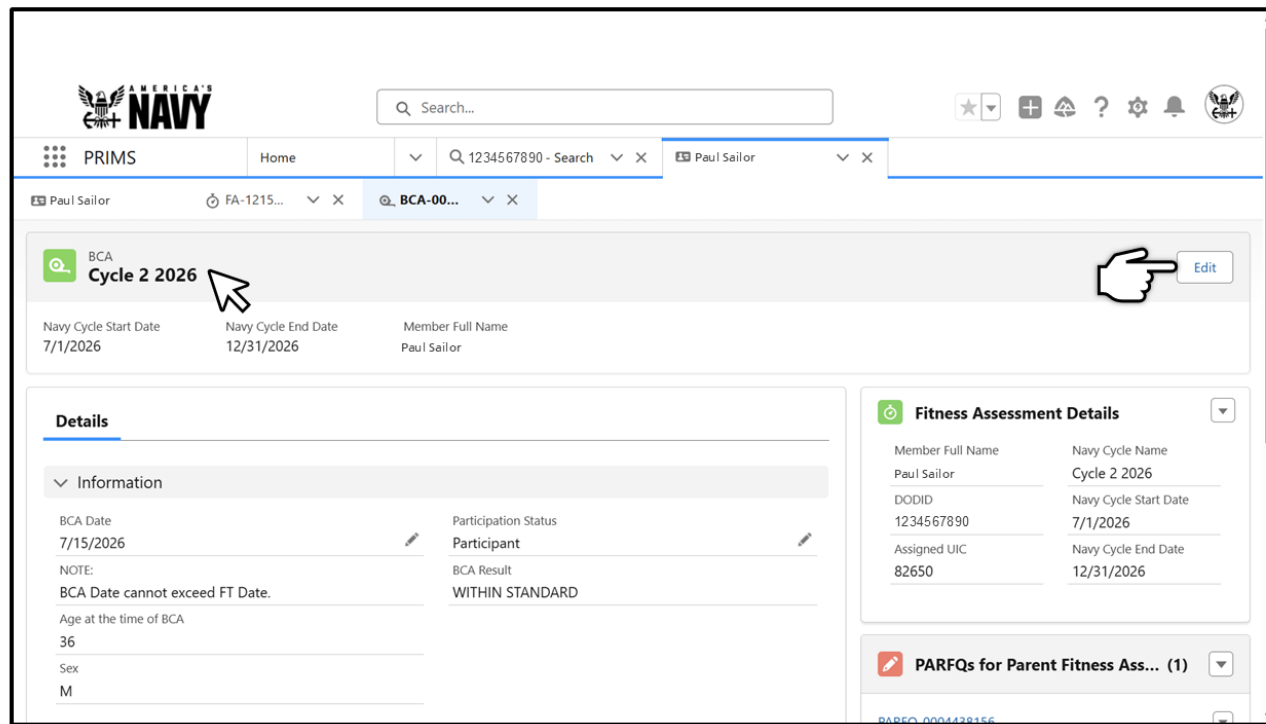
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar and navigation tabs. The main section displays the 'BCA Cycle 2 2026' details for 'Paul Sailor'. A hand cursor points to the 'Edit' button in the top right corner of the BCA details section. Below the main details, there's a 'Details' section with a 'Information' tab. The 'Information' tab shows fields for 'BCA Date' (7/15/2026), 'Participation Status' (Participant), 'BCA Result' (WITHIN STANDARD), 'Age at the time of BCA' (36), 'Sex' (M), and 'NOTE: BCA Date cannot exceed FT Date.' To the right, there's a 'Fitness Assessment Details' section with fields for 'Member Full Name' (Paul Sailor), 'Navy Cycle Name' (Cycle 2 2026), 'DODID' (1234567890), 'Navy Cycle Start Date' (7/1/2026), 'Assigned UIC' (82650), and 'Navy Cycle End Date' (12/31/2026). At the bottom, there's a 'PARFQs for Parent Fitness Ass...' section with a dropdown menu showing '(1)'.

Step 5 of 8: Select **Edit**.



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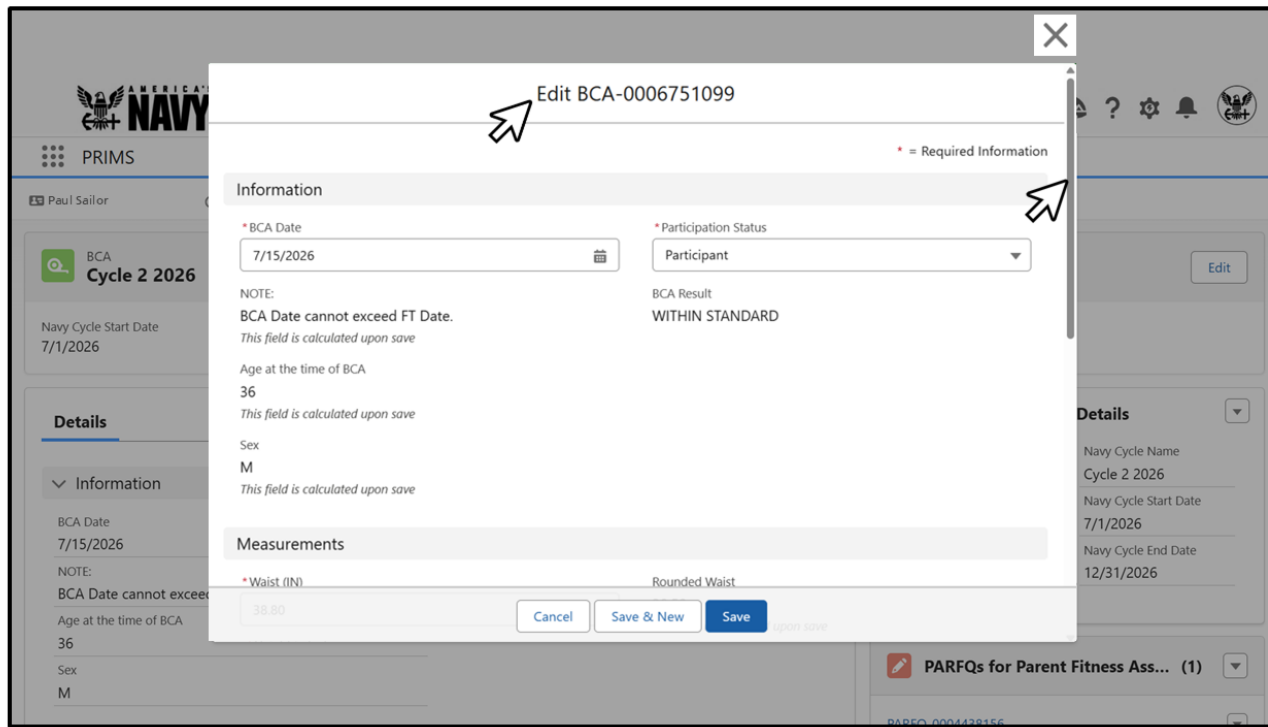
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



PRIMS

Paul Sailor

BCA Cycle 2 2026

Navy Cycle Start Date
7/1/2026

Details

Information

BCA Date
7/15/2026

NOTE:
BCA Date cannot exceed FT Date.
This field is calculated upon save

Age at the time of BCA
36
This field is calculated upon save

Sex
M
This field is calculated upon save

Measurements

*Waist (IN)
38.80

Rounded Waist

Cancel Save & New Save

PARFQs for Parent Fitness Ass... (1)

PARFQ 000428156

Step 6 of 8: From the **Edit** window, scroll to the **Measurements**.

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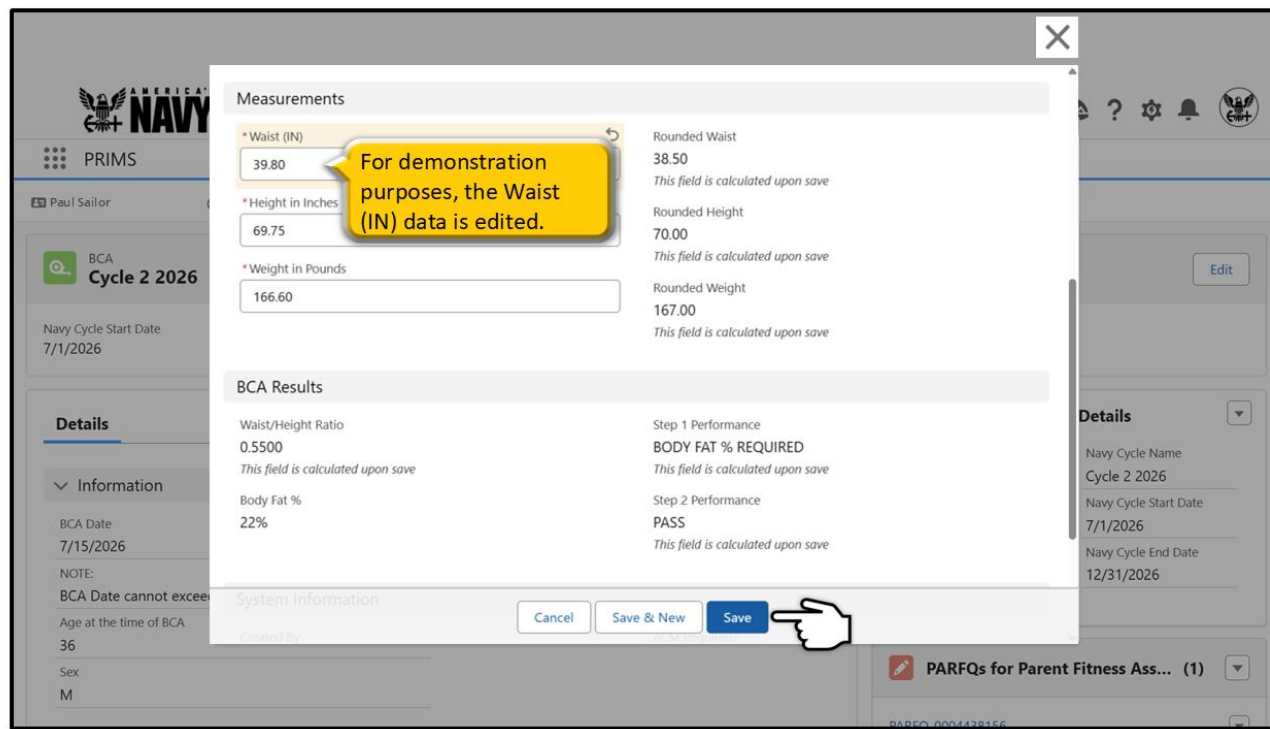
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Measurements

* Waist (IN) 39.80 *This field is calculated upon save*

* Height in Inches 69.75 *This field is calculated upon save*

* Weight in Pounds 166.60 *This field is calculated upon save*

BCA Results

Waist/Height Ratio 0.5500 *This field is calculated upon save*

Body Fat % 22% *This field is calculated upon save*

Step 1 Performance **BODY FAT % REQUIRED** *This field is calculated upon save*

Step 2 Performance **PASS** *This field is calculated upon save*

System Information

Created By

Cancel Save & New **Save**

Step 7 of 8: In the **Wasit (IN)** field, type the updated measurement(s), then select **Save**.

Note: Once edit limits are reached, any additional corrections to the official PFA record must be submitted to MyNavy Career Center (MNCC) via Letter of Correction (LOC), endorsed by the CO/OIC.



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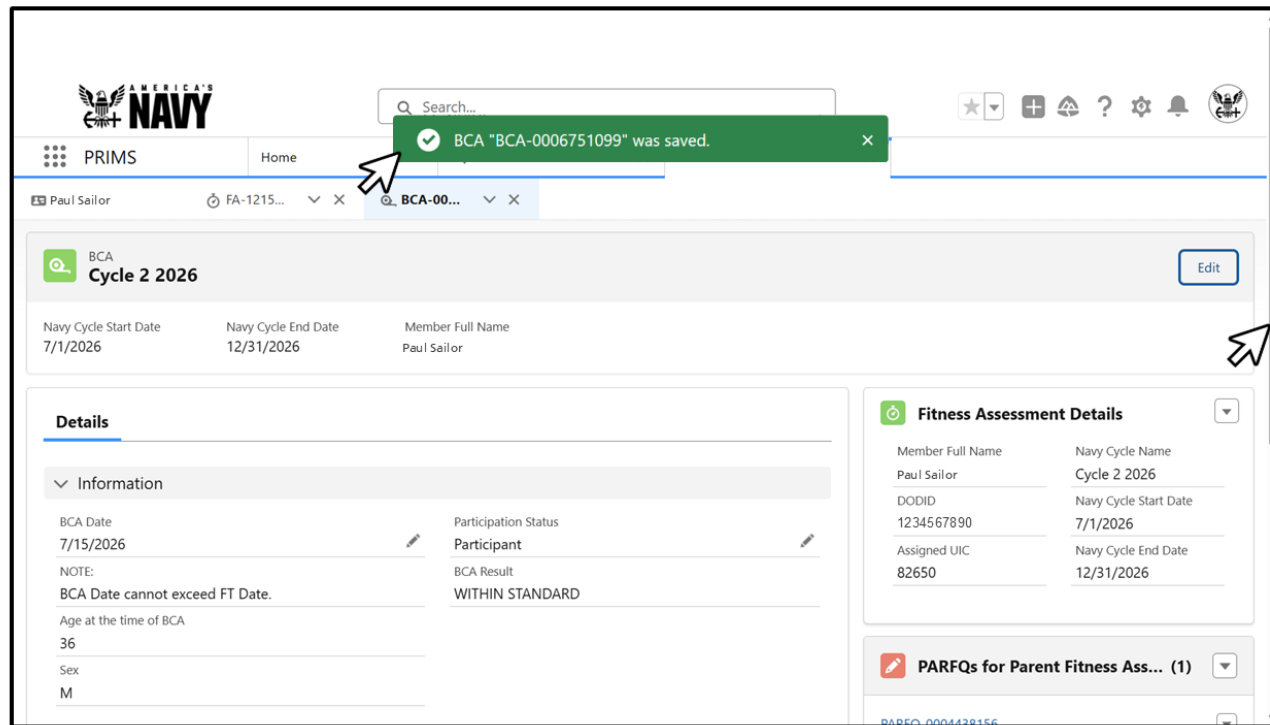
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

Search...

PRIMS Home

BCA "BCA-0006751099" was saved.

Paul Sailor FA-1215... BCA-00...

BCA Cycle 2 2026 Edit

Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
7/1/2026	12/31/2026	Paul Sailor

Details

Information

BCA Date	Participation Status
7/15/2026	Participant
NOTE:	BCA Result
BCA Date cannot exceed FT Date.	WITHIN STANDARD
Age at the time of BCA	
36	
Sex	
M	

Fitness Assessment Details

Member Full Name	Navy Cycle Name
Paul Sailor	Cycle 2 2026
DODID	Navy Cycle Start Date
1234567890	7/1/2026
Assigned UIC	Navy Cycle End Date
82650	12/31/2026

PARFQs for Parent Fitness Ass... (1)

Step 8 of 8: A banner displays indicating the information was saved. Scroll to **Measurements**.



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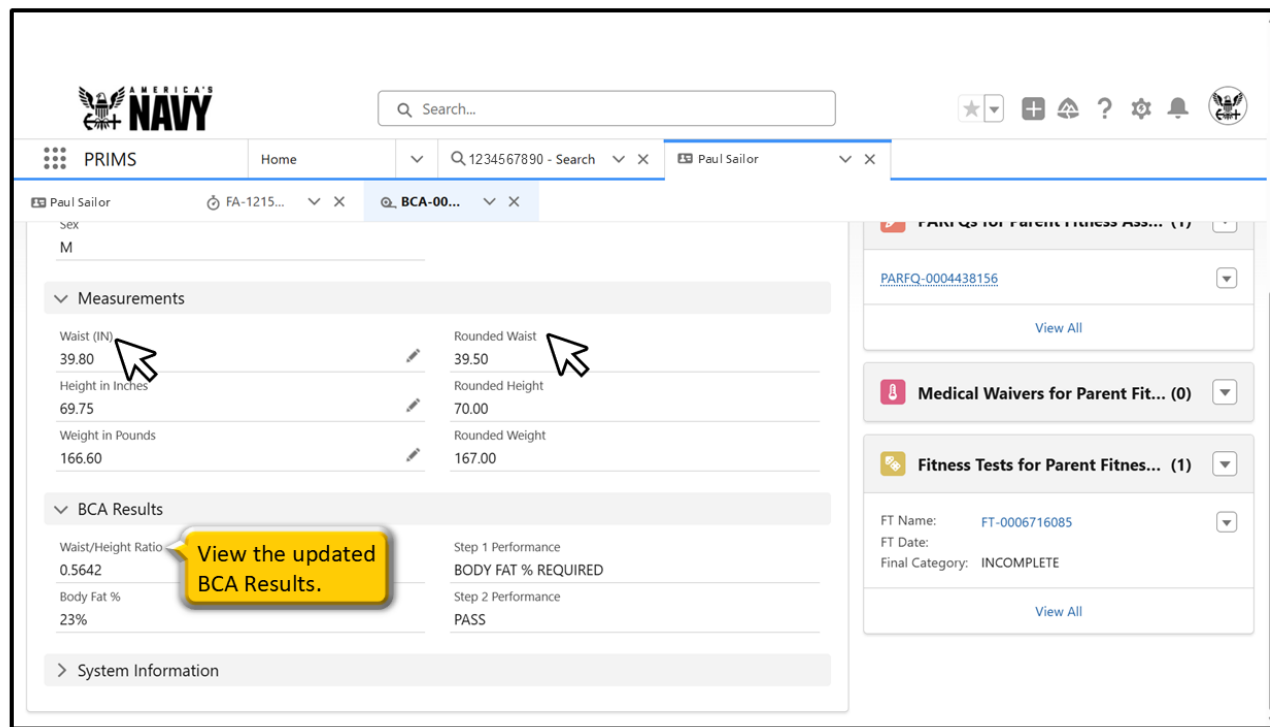
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Measurements

Measurement	Value
Waist (IN)	39.80
Height in Inches	69.75
Weight in Pounds	166.60
Rounded Waist	39.50
Rounded Height	70.00
Rounded Weight	167.00

BCA Results

Measurement	Value
Waist/Height Ratio	0.5642
Body Fat %	23%
Step 1 Performance	BODY FAT % REQUIRED
Step 2 Performance	PASS

[View the updated BCA Results.](#)

System Information

FT Name: FT-0006716085
FT Date: INCOMPLETE
Final Category: INCOMPLETE

Review the updated Measurement information and BCA Results.

How To Edit a BCA

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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



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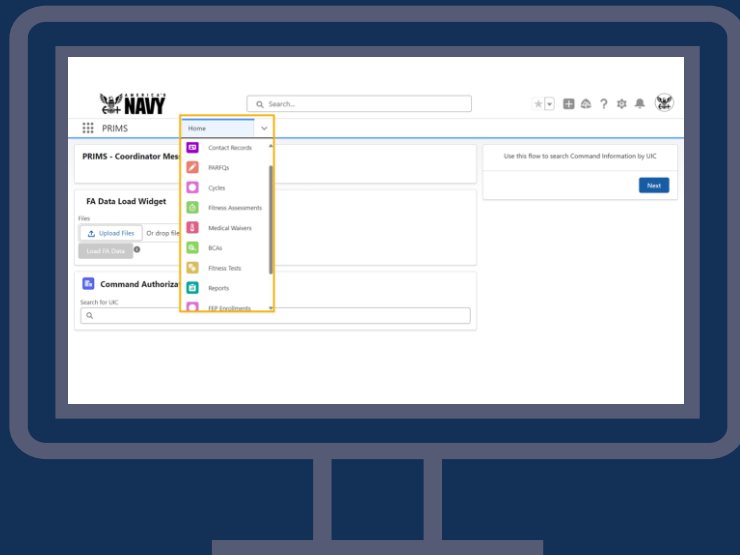


Return to the Medical Waiver lesson

Continue to the CFT lesson



Combat Fitness Test (CFT) *Service Console Display*



Start Tutorial



Combat Fitness Test (CFT) and Fitness Assessments (FA)



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CFT Guidelines

In accordance with **OPNAVINST 6110.1 (series)** and Navy Physical Readiness Program standards, all Sailors assigned to Naval Special Warfare, EOD, Fleet Divers and Diving Officers will participate in the Command Fitness Assessment (CFA).

Note: All results must be accurately recorded and submitted through PRIMS within mandated timelines.

CFT Guidance

Combat Arms personnel must participate in scheduled CFA cycles unless medically waived, in a pregnancy or postpartum status, or prohibited by operational requirements.

How It Works



CFL and/or ACFLs administer the CFT.



Sailor completes the 4 identified CFT events in sequence.



CFL/ACFL records results on the appropriate CFT score sheet and enters data into PRIMS.



How to Use This Tutorial

Tip: Use your **Mouse or Tab** to move between interactive elements and **Enter** to activate a Selection.

- Use the **Navigation panel** on the left to move between lesson sections.
- Select the **Home** icon at any time to return to the course start page.

Tutorial Sections



Policy Insights

Review tips and important notes about PRIMS.



Step-By-Step Instructions

Follow step-by-step instructions with screenshots of PRIMS.



Learning Targets

Understand what task you will learn to perform in PRIMS.



Quick Steps

Job Aid to create a CFT that you can print & reference.



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Quick Steps



As an ACFL, you must understand the administrative requirements for CFTs. Review these key facts about CFT administration and procedures:

- 1 CFAs must be administered by a qualified Command Fitness Leader (CFL) and/or Assistant Command Fitness Leaders (ACFLs).
- 2 CFTs must be administered by Combat Arms personnel qualified as a CFL and/or ACFL.
- 3 The CFT consists of the specified modalities in the following sequence.

✓ Swim ✓ Push-Ups ✓ Pull-Ups ✓ Run

Note: All modalities must be completed during a single session.



For additional guidance, see **PRP Guide-5B** within the Guides section of the **MyNavy HR Physical Readiness** site.

How To Create a CFT

PRIMS Quick Steps



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Quick Steps

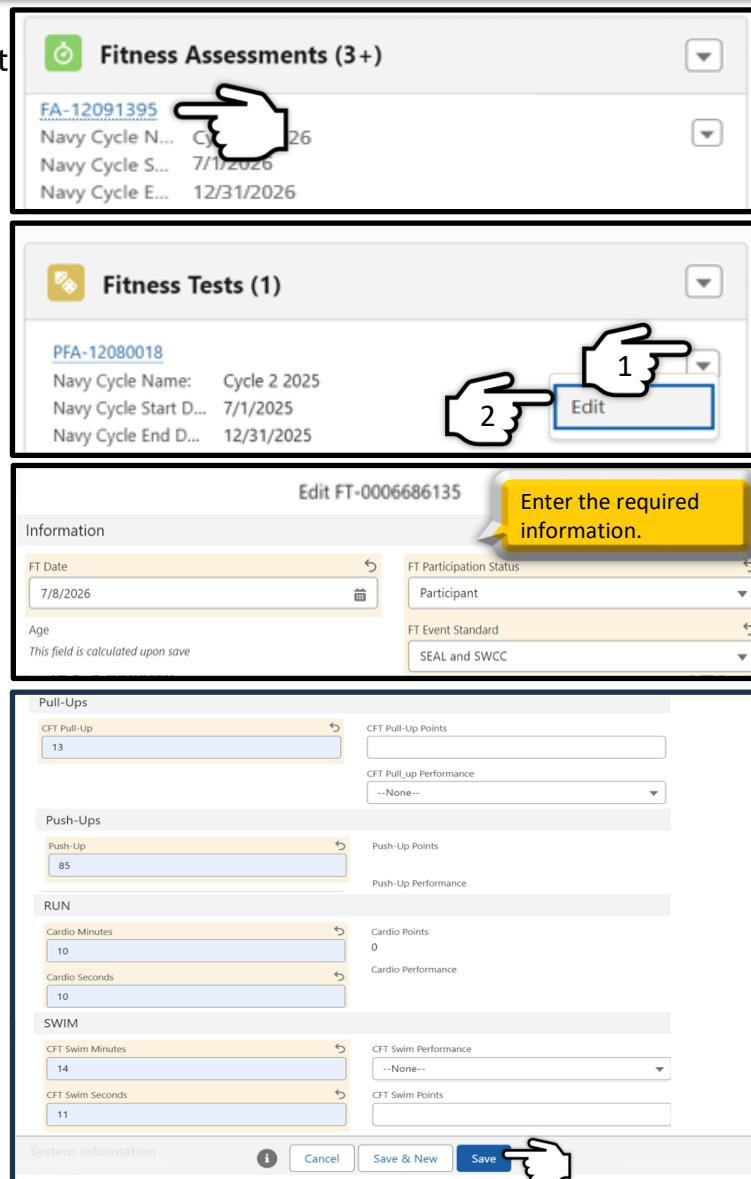


1 In the **Sailor's Contact Record**, Select the **Fitness Assessment (FA)** hyperlink.

2 Select the **Fitness Test (FT)** drop-down list and Select **Edit**.

3 Type the **FT Date**, **FT Participation Status**, and **FT Event Standard**.

4 In the **Event** fields, type each performed values. Then, select **Save**.



Fitness Assessments (3+)

[FA-12091395](#)

Navy Cycle N... Cycle 2 2025

Navy Cycle S... 7/1/2026

Navy Cycle E... 12/31/2026

Fitness Tests (1)

[PFA-12080018](#)

Navy Cycle Name: Cycle 2 2025

Navy Cycle Start D... 7/1/2025

Navy Cycle End D... 12/31/2025

Edit FT-0006686135

Information

FT Date: 7/8/2026

FT Participation Status: Participant

FT Event Standard: SEAL and SWCC

Age: This field is calculated upon save

Pull-Ups

CFT Pull-Up: 13

CFT Pull-Up Points:

CFT Pull-up Performance: --None--

Push-Ups

Push-Up: 85

Push-Up Points:

Push-Up Performance:

RUN

Cardio Minutes: 10

Cardio Points: 0

Cardio Seconds: 10

Cardio Performance:

SWIM

CFT Swim Minutes: 14

CFT Swim Performance: --None--

CFT Swim Seconds: 11

CFT Swim Points:

System Information

Cancel Save & New **Save**



Select a learning target below to begin the Step-by-Step walkthrough.



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Quick Steps



This tutorial outlines the step-by-step process to:

1

View a CFT

2

Create a CFT

3

Edit a CFT

1 How To View a CFT

Step-By-Step Instructions



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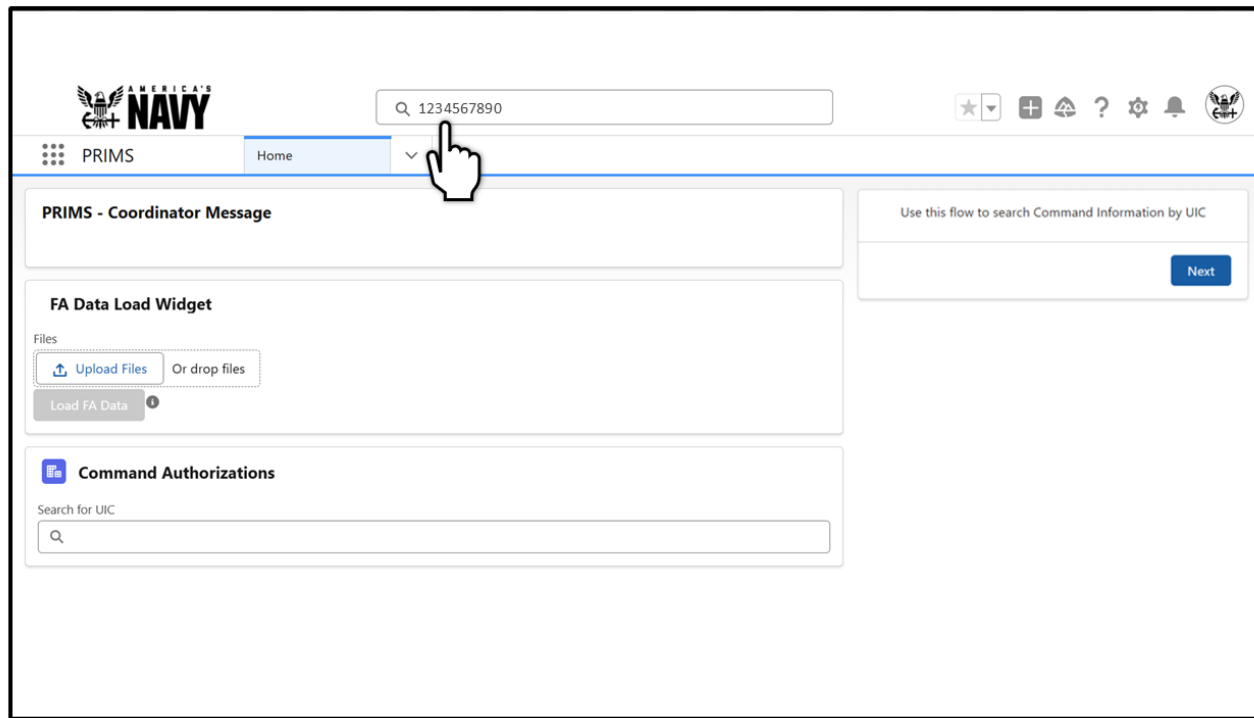
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (⋮) below the images. *Mobile Users:* Tap the **Dots** (⋮) below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there is a search bar with the text "Q 1234567890". Below the search bar, there are navigation tabs: "PRIMS" and "Home". A hand cursor is pointing at the "Home" tab. The main content area displays a "PRIMS - Coordinator Message" section, followed by a "FA Data Load Widget" with an "Upload Files" button and a "Load FA Data" button. Below that is a "Command Authorizations" section with a "Search for UIC" field. On the right side, there is a sidebar with a "Next" button and a message: "Use this flow to search Command Information by UIC".



Step 1 of 6: In the **Search** field, type the **DODID**, then press the **Enter** key.

1 How To View a CFT

Step-By-Step Instructions



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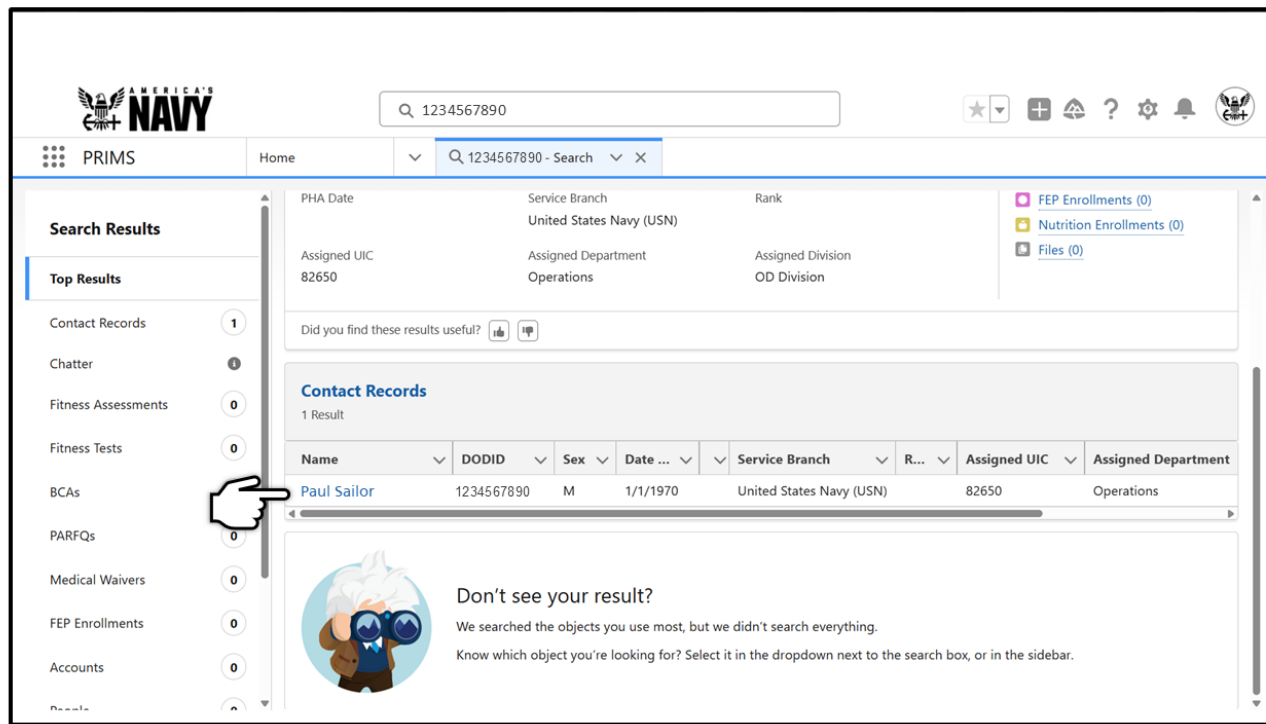
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar with the query '1234567890'. Below the search bar, the 'Search Results' section is active, showing a list of results. The first result is 'Paul Sailor', with details including DODID 1234567890, Sex M, Date 1/1/1970, Service Branch United States Navy (USN), and Assigned UIC 82650. A hand icon points to the 'Paul Sailor' name in the 'Name' column of the 'Contact Records' table. To the right of the search results, there are links for 'FEP Enrollments (0)', 'Nutrition Enrollments (0)', and 'Files (0)'. At the bottom of the page, there's a message: 'Don't see your result? We searched the objects you use most, but we didn't search everything. Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.'



Step 2 of 6: On the **Contact Records** tile, select the Sailor's **Name**.



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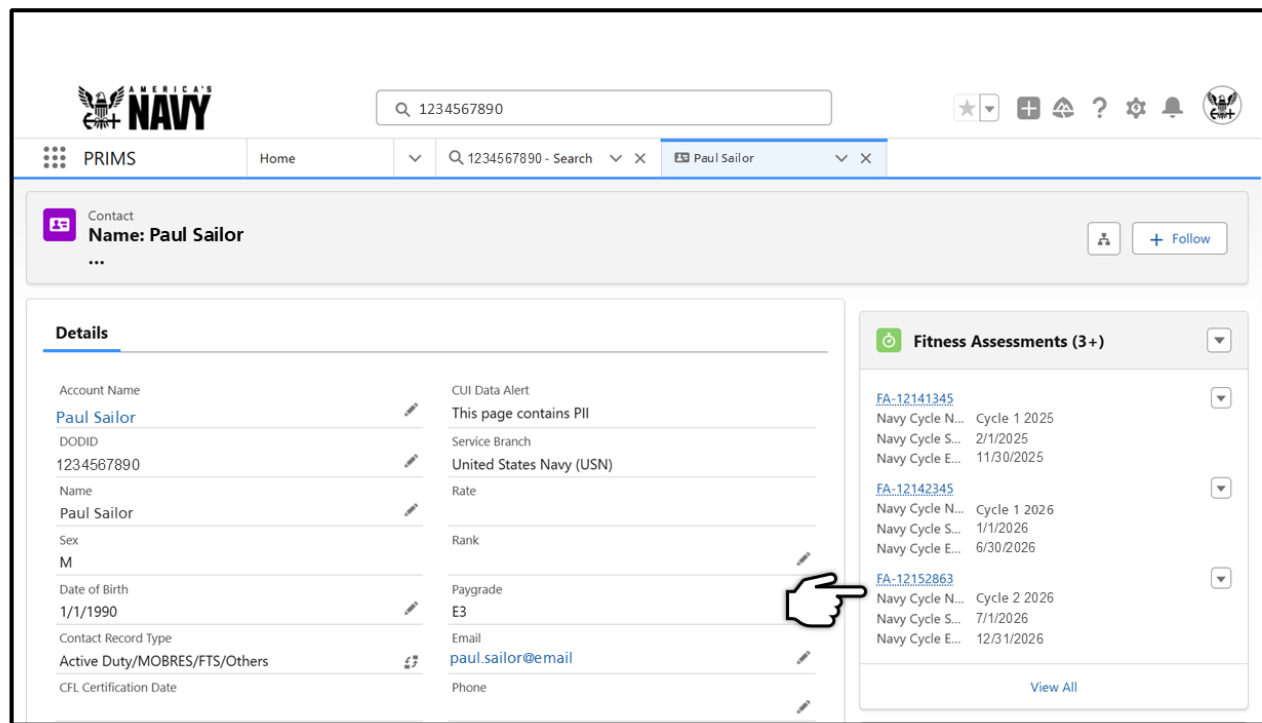
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Details

Account Name	CUI Data Alert
Paul Sailor	This page contains PII
DODID	Service Branch
1234567890	United States Navy (USN)
Name	Rate
Paul Sailor	
Sex	Rank
M	
Date of Birth	Paygrade
1/1/1990	E3
Contact Record Type	Email
Active Duty/MOBRES/FTS/Others	paul.sailor@email
CFL Certification Date	Phone

Fitness Assessments (3+)

- [FA-12141345](#)
 - Navy Cycle N... Cycle 1 2025
 - Navy Cycle S... 2/1/2025
 - Navy Cycle E... 11/30/2025
- [FA-12142345](#)
 - Navy Cycle N... Cycle 1 2026
 - Navy Cycle S... 1/1/2026
 - Navy Cycle E... 6/30/2026
- [FA-12152863](#)
 - Navy Cycle N... Cycle 2 2026
 - Navy Cycle S... 7/1/2026
 - Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 6: Select the current **Fitness Assessment (FA)**.

How To View a CFT

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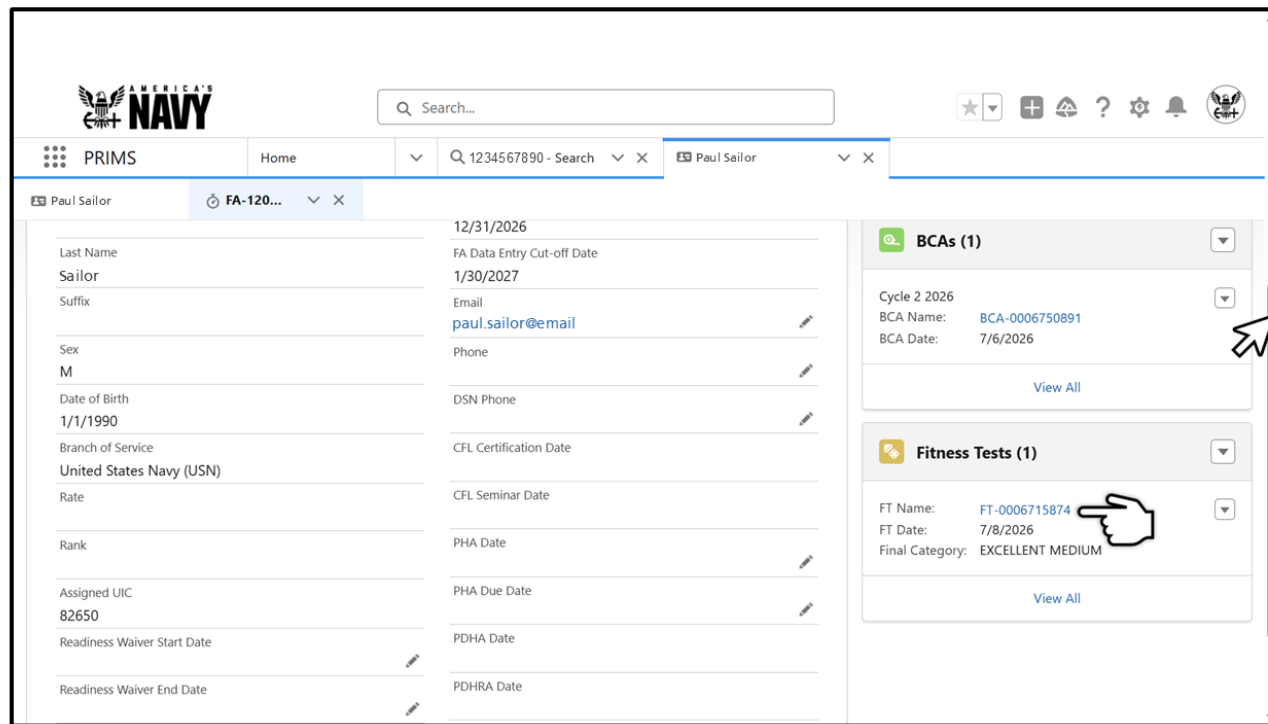
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the PRIMS logo, a search bar, and user information for 'Paul Sailor'. The main content area displays a sailor's profile for 'Paul Sailor' with various fields such as Last Name, Sailor, Suffix, Sex, Date of Birth, Branch of Service, Rate, Rank, Assigned UIC, Readiness Waiver Start Date, and Readiness Waiver End Date. To the right, there are two summary tiles: 'BCAs (1)' and 'Fitness Tests (1)'. The 'Fitness Tests (1)' tile shows a specific test with the FT Name 'FT-0006715874', FT Date '7/8/2026', and Final Category 'EXCELLENT MEDIUM'. A hand icon points to the 'FT Name' hyperlink. Below the tiles, there are several circular indicators representing a sequence of steps.

Step 4 of 6: Scroll to the **Fitness Test** tile, then select the **FT Name** hyperlink.



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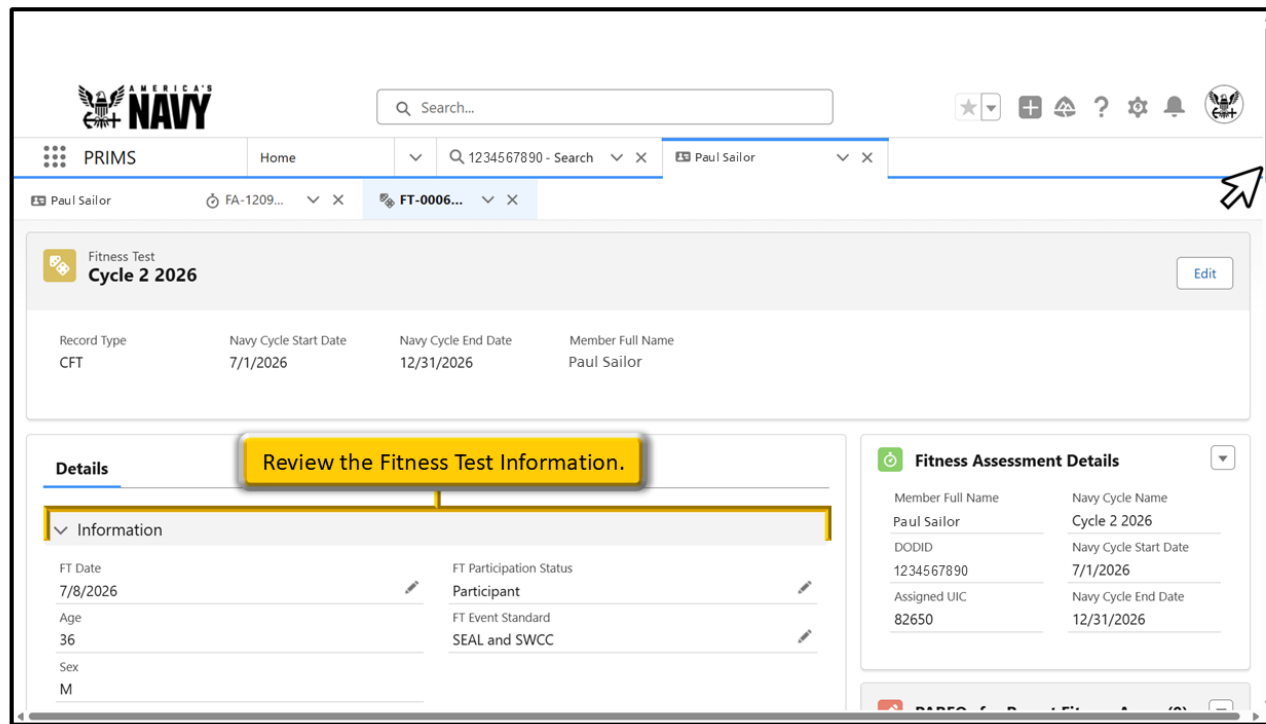
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

Search...

PRIMS Home 1234567890 - Search Paul Sailor

Paul Sailor FA-1209... FT-0006...

Fitness Test Cycle 2 2026 [Edit](#)

Record Type	Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
CFT	7/1/2026	12/31/2026	Paul Sailor

Details [Review the Fitness Test Information.](#)

Information

FT Date	7/8/2026	FT Participation Status	Participant
Age	36	FT Event Standard	SEAL and SWCC
Sex	M		

Fitness Assessment Details

Member Full Name	Navy Cycle Name
Paul Sailor	Cycle 2 2026
DODID	Navy Cycle Start Date
1234567890	7/1/2026
Assigned UIC	Navy Cycle End Date
82650	12/31/2026

Step 5 of 6: From the **Fitness Test** page, scroll to view **Fitness Test** event details.



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Learning Targets



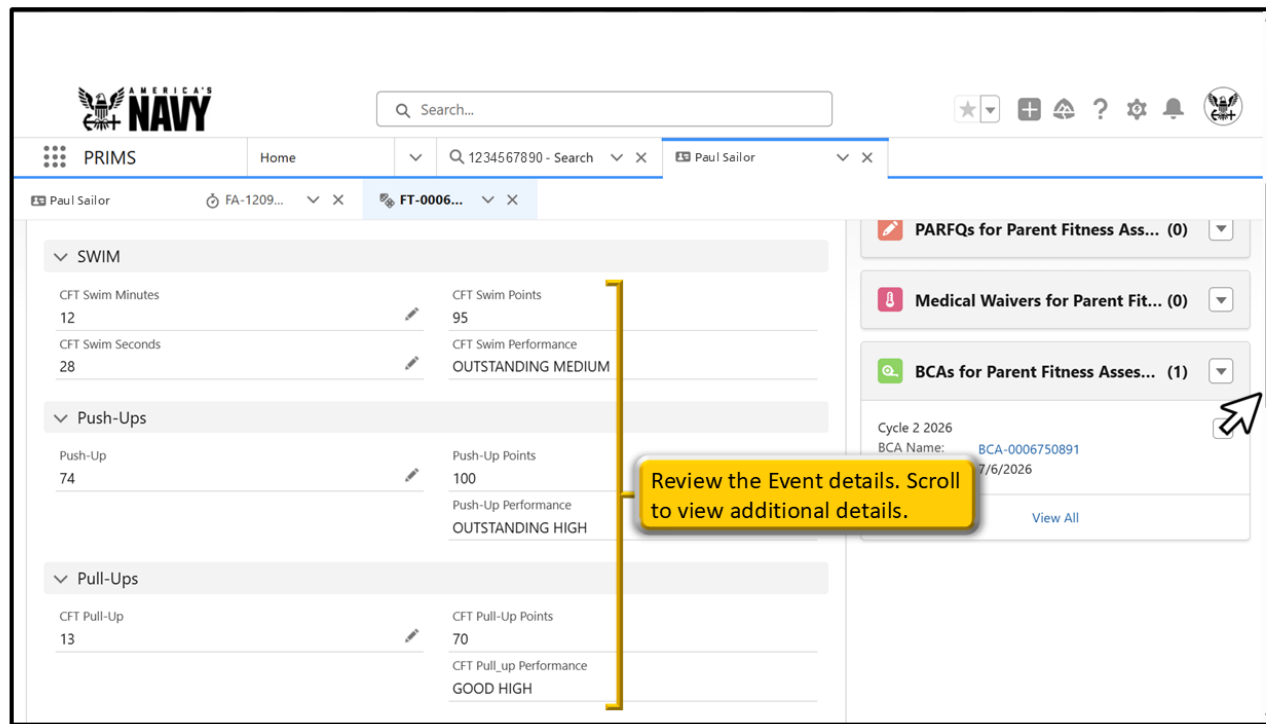
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home 1234567890 - Search Paul Sailor

Paul Sailor FA-1209... FT-0006...

SWIM

CFT Swim Minutes	12	CFT Swim Points	95
CFT Swim Seconds	28	CFT Swim Performance	OUTSTANDING MEDIUM

Push-Ups

Push-Up	74	Push-Up Points	100
		Push-Up Performance	OUTSTANDING HIGH

Pull-Ups

CFT Pull-Up	13	CFT Pull-Up Points	70
		CFT Pull-up Performance	GOOD HIGH

PARFQs for Parent Fitness Ass... (0)

Medical Waivers for Parent Fit... (0)

BCAs for Parent Fitness Asses... (1)

Cycle 2 2026
BCA Name: BCA-0006750891
7/6/2026
[View All](#)

Review the Event details. Scroll to view additional details.

Step 6 of 6: View the Information and Event details. Scroll to view additional details.

How To View a CFT

Step-By-Step Instructions



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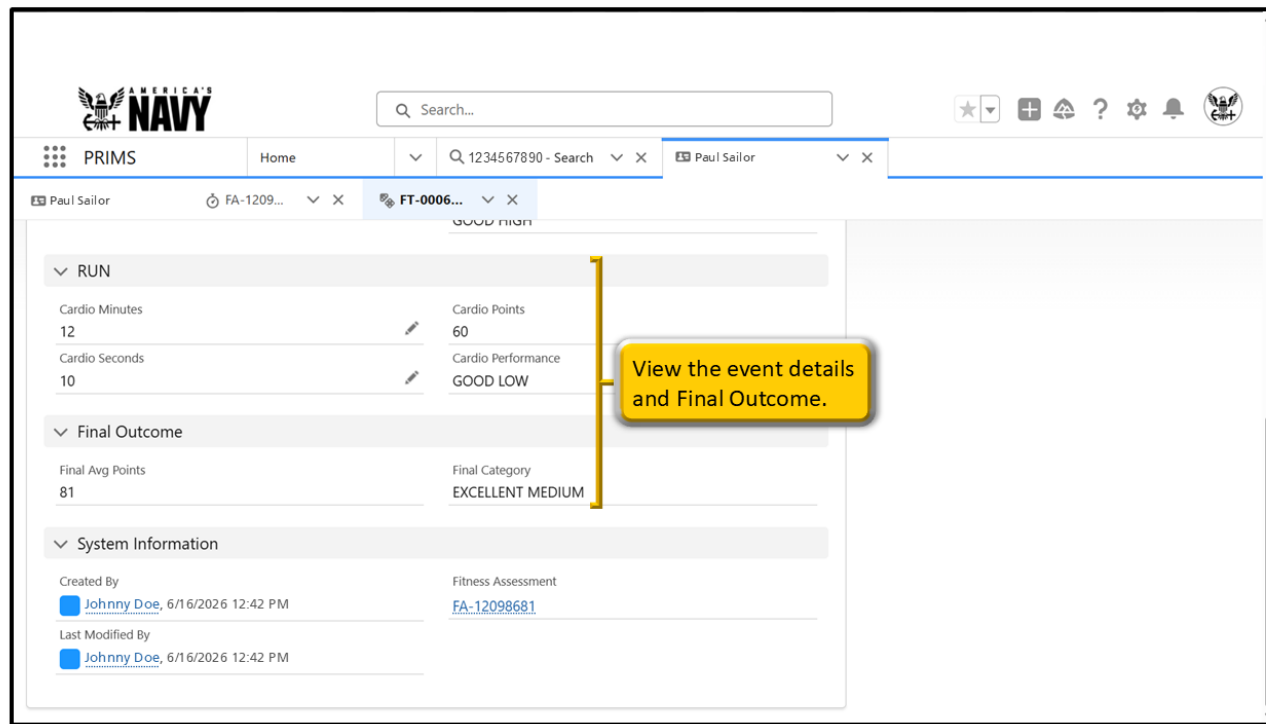
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot displays the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar and navigation tabs for 'PRIMS', 'Home', and a search result '1234567890 - Search'. The user profile 'Paul Sailor' is visible. The main content area shows a summary for a CFT event 'FT-0006...'. It includes sections for 'RUN' (Cardio Minutes: 12, Cardio Seconds: 10, Cardio Points: 60, Cardio Performance: GOOD LOW), 'Final Outcome' (Final Avg Points: 81, Final Category: EXCELLENT MEDIUM), and 'System Information' (Created By: Johnny Doe, Last Modified By: Johnny Doe, Fitness Assessment: FA-12098681). A yellow callout box with a bracket points to the 'Final Outcome' section, stating 'View the event details and Final Outcome.' Navigation arrows are visible on the left and right sides of the screenshot.

View the Final Outcome details.

1 How To View a CFT

Step-By-Step Instructions



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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



That's It!

You have successfully viewed a Fitness Test (FT) in PRIMS.



Continue to Create a CFT



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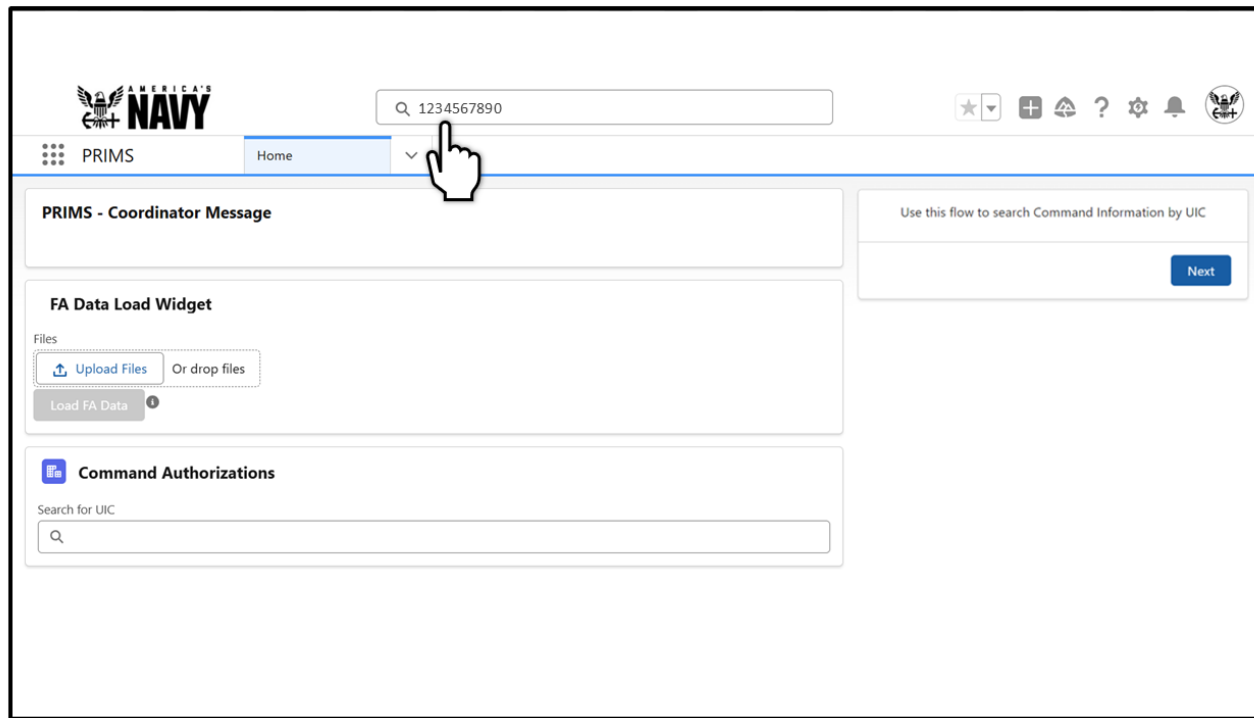
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Step 1 of 11: In the **Search** field, type the **DODID**, then press the **Enter** key.



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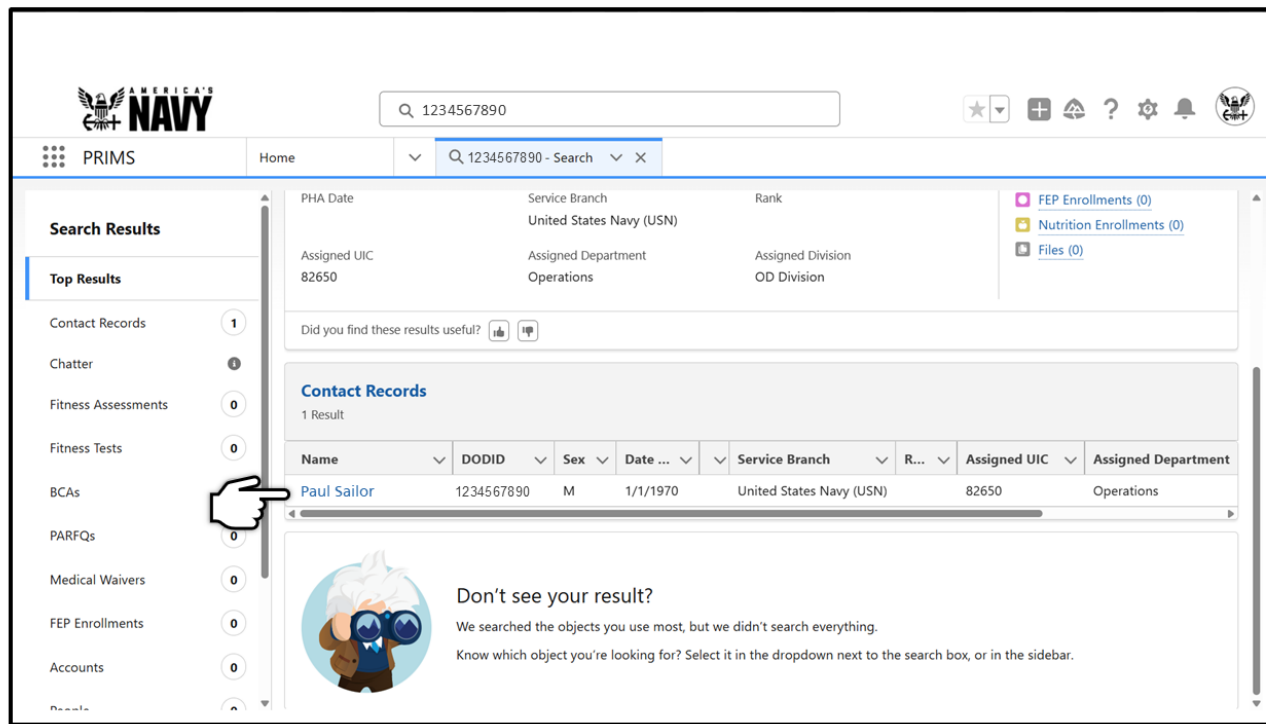
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home

Search: 1234567890

Search Results

Top Results

Contact Records 1

Chatter 0

Fitness Assessments 0

Fitness Tests 0

BCAs 0

PARFQs 0

Medical Waivers 0

FEP Enrollments 0

Accounts 0

PHA Date

Service Branch

United States Navy (USN)

Rank

Assigned UIC

82650

Assigned Department

Operations

Assigned Division

OD Division

Did you find these results useful?

Contact Records

1 Result

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Don't see your result?

We searched the objects you use most, but we didn't search everything.

Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.

Step 2 of 11: On the **Contact Records** tile, select the Sailor's **Name**.

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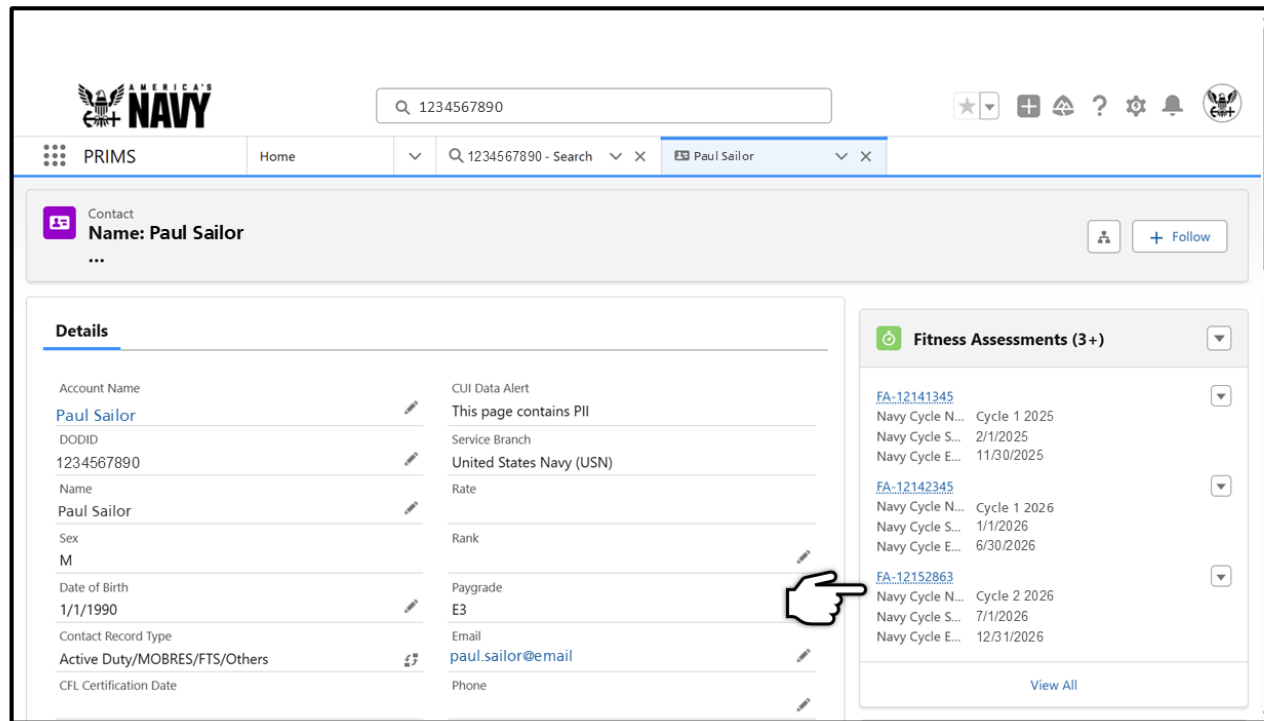
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

1234567890

PRIMS Home 1234567890 - Search Paul Sailor

Contact
Name: Paul Sailor

Details

Account Name	CUI Data Alert
Paul Sailor	This page contains PII
DODID	Service Branch
1234567890	United States Navy (USN)
Name	Rate
Paul Sailor	
Sex	Rank
M	
Date of Birth	Paygrade
1/1/1990	E3
Contact Record Type	Email
Active Duty/MOBRES/FTS/Others	paul.sailor@email
CFL Certification Date	Phone

Fitness Assessments (3+)

- [FA-12141345](#)
Navy Cycle N... Cycle 1 2025
Navy Cycle S... 2/1/2025
Navy Cycle E... 11/30/2025
- [FA-12142345](#)
Navy Cycle N... Cycle 1 2026
Navy Cycle S... 1/1/2026
Navy Cycle E... 6/30/2026
- [FA-12152863](#)
Navy Cycle N... Cycle 2 2026
Navy Cycle S... 7/1/2026
Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 11: Select the current **Fitness Assessment**.

How To Create a CFT

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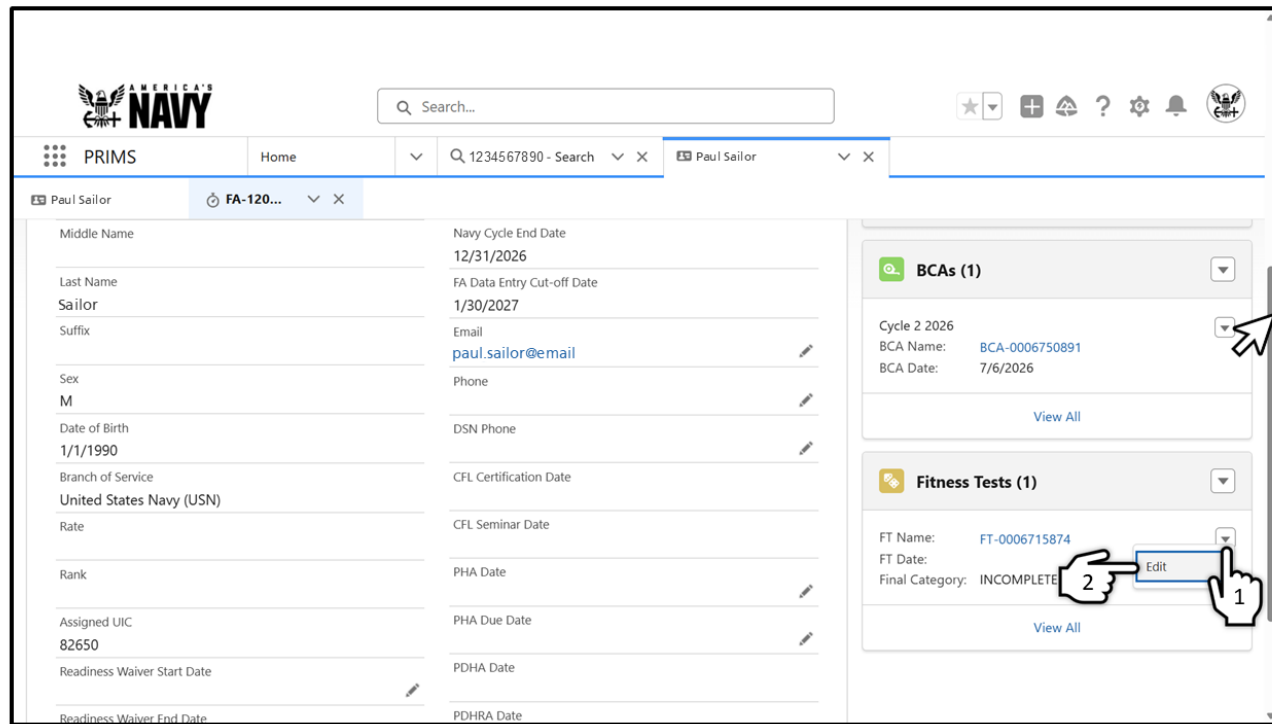
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the Navy logo, a search bar, and user information. The main content area displays a sailor's profile for 'Paul Sailor' with various fields like Middle Name, Last Name, Sex, Date of Birth, etc. On the right, there are two tiles: 'BCAs (1)' and 'Fitness Tests (1)'. The 'Fitness Tests (1)' tile shows a table with columns for FT Name, FT Date, and Final Category. The 'FT Name' column has a drop-down menu with the value 'FT-0006715874'. A hand icon with the number '2' points to the drop-down arrow, and another hand icon with the number '1' points to the 'Edit' button next to it. Below the screenshot, there are several blue and grey circles representing a progress indicator.

Step 4 of 11: From the FA page, scroll to the **Fitness Test** tile, select the **FT Name** drop-down list, then select **Edit**.



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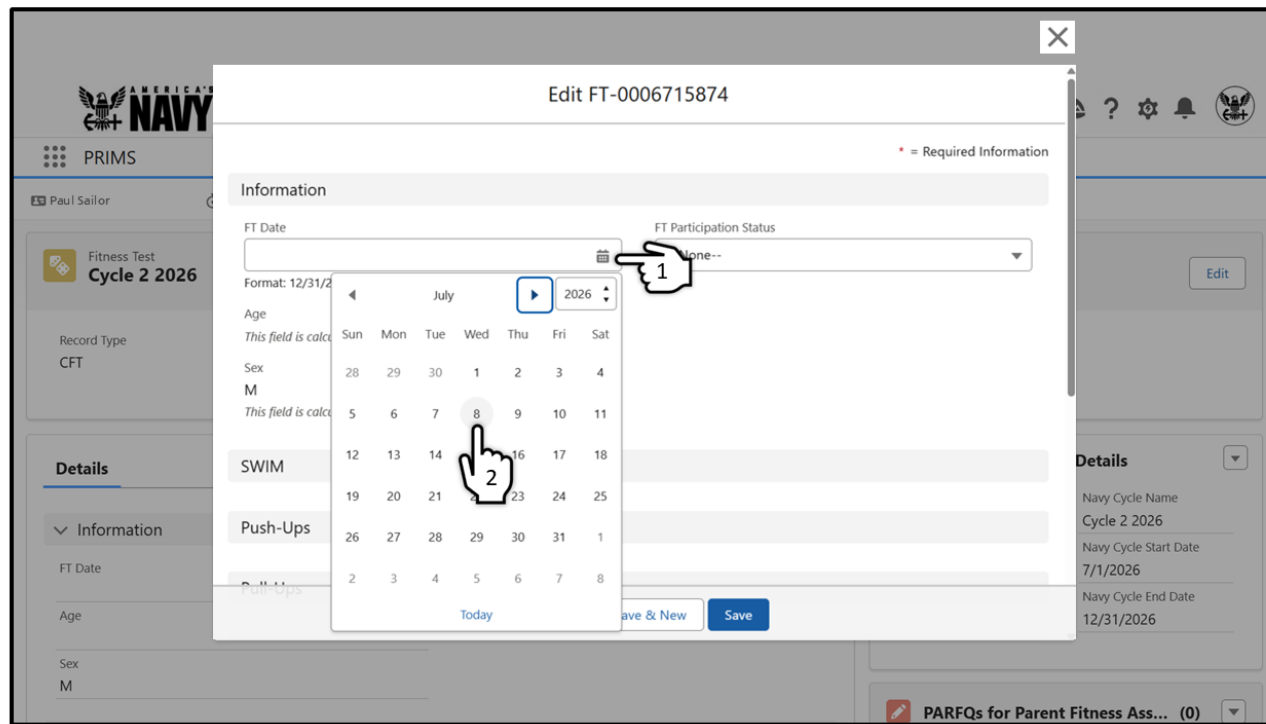
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (⋮) below the images. *Mobile Users:* Tap the **Dots** (⋮) below the images.



Step 5 of 11: To enter the Fitness Test date, select the **Calendar** icon, then select the **Date**.

How To Create a CFT

Step-By-Step Instructions



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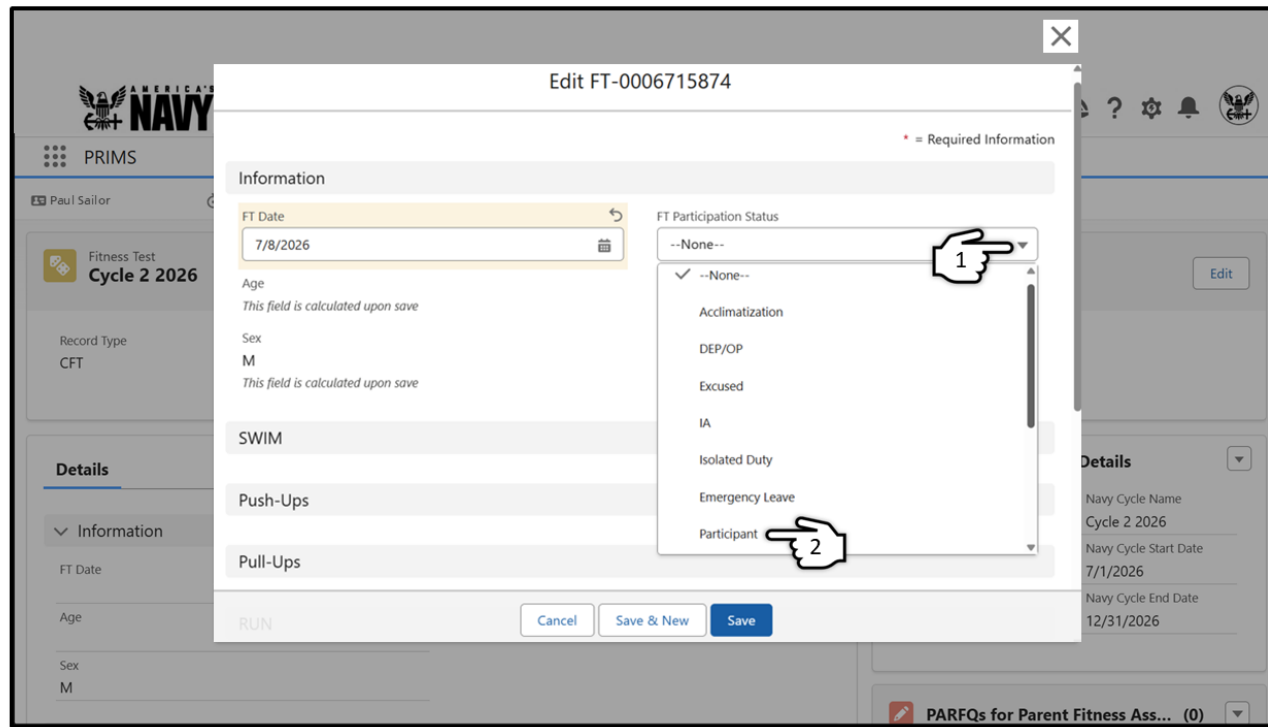
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 6 of 11: Select the **PRT Participation Status** drop-down list and select the **Status**.



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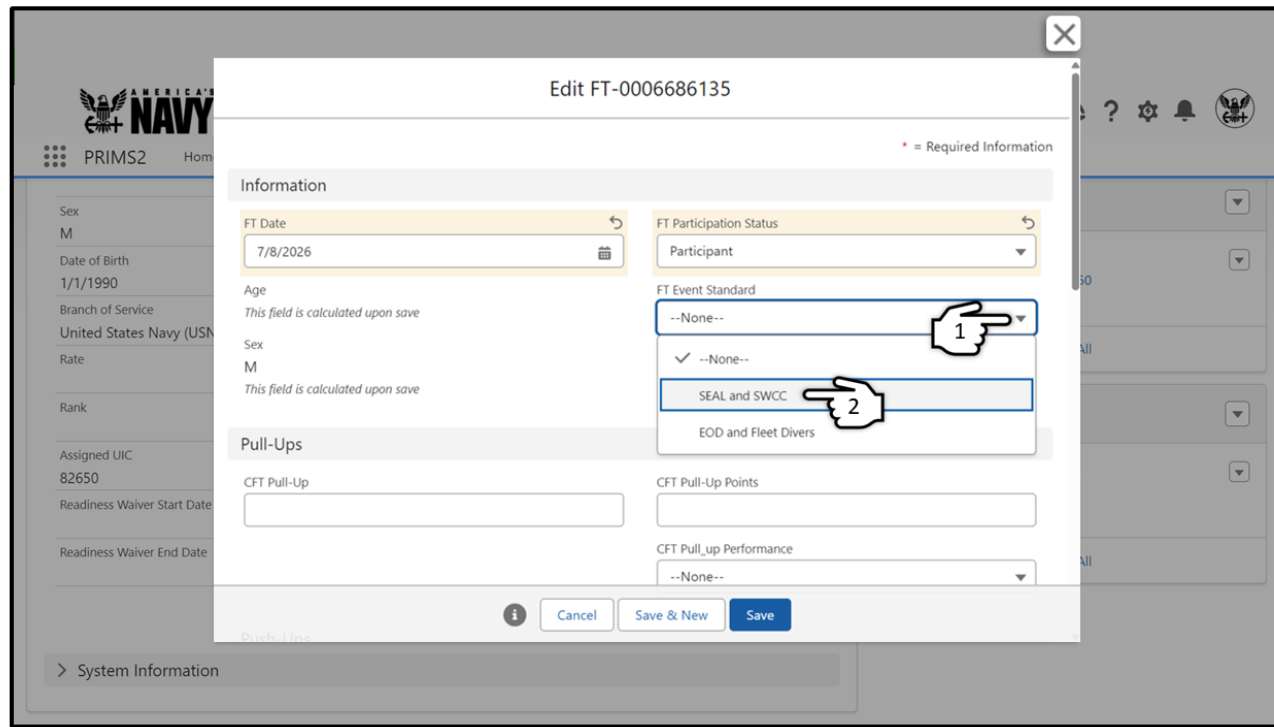
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 7 of 11: Select the **FT Event Standard** drop-down list and select the applicable **Standard**.



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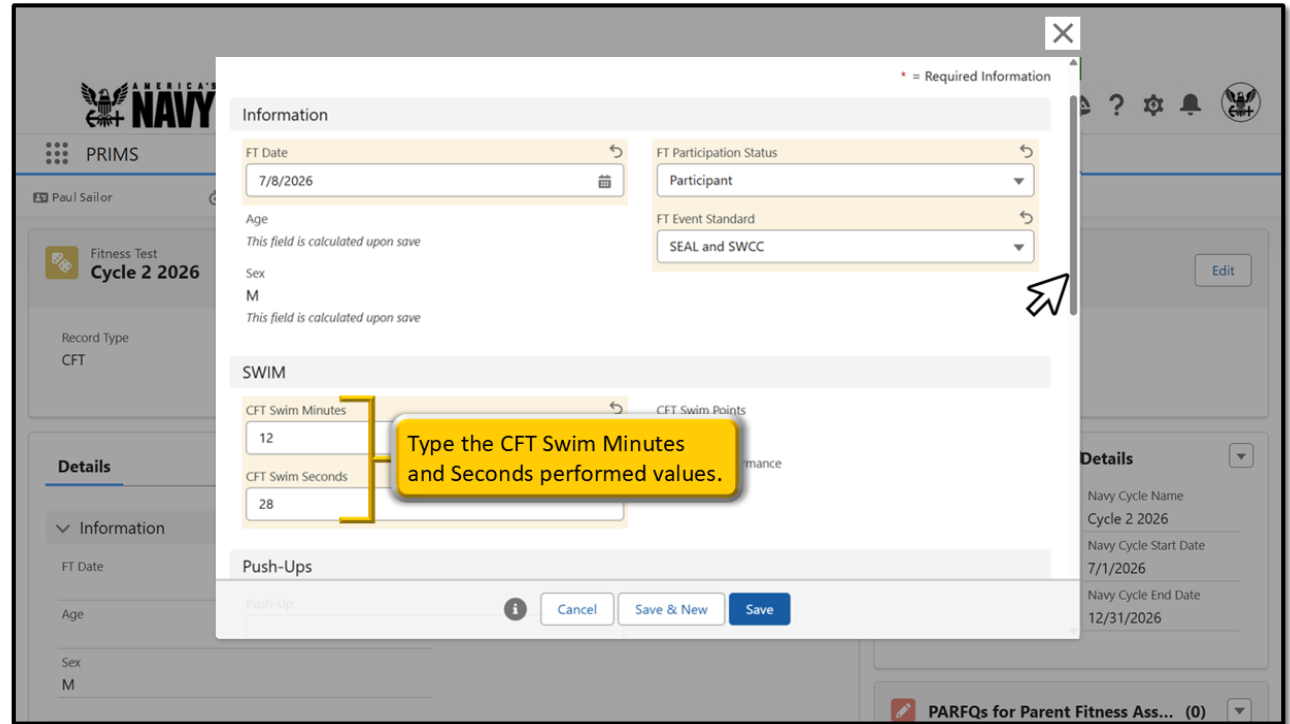
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 8 of 11: In the **CFT Swim Minutes** and **Seconds** fields, type the performed values then, scroll to add additional CFT event data.

How To Create a CFT

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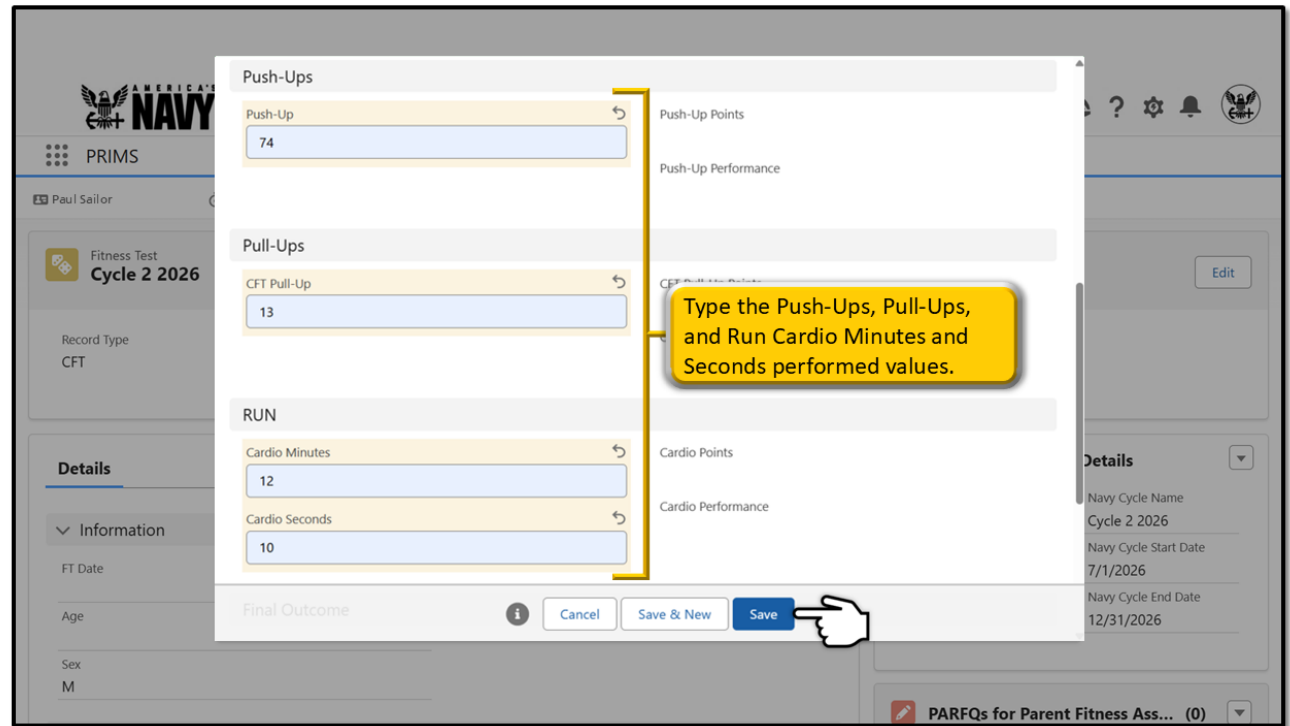
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (···) below the images. *Mobile Users:* Tap the **Dots** (···) below the images.



Push-Ups

Push-Up

74

Pull-Ups

CFT Pull-Up

13

RUN

Cardio Minutes

12

Cardio Seconds

10

Final Outcome

Cancel Save & New Save

Type the Push-Ups, Pull-Ups, and Run Cardio Minutes and Seconds performed values.

Step 9 of 11: In the **Push-Ups**, **Pull-Ups**, and **Run Cardio Minutes** and **Seconds** fields, type the performed values then, select **Save**.



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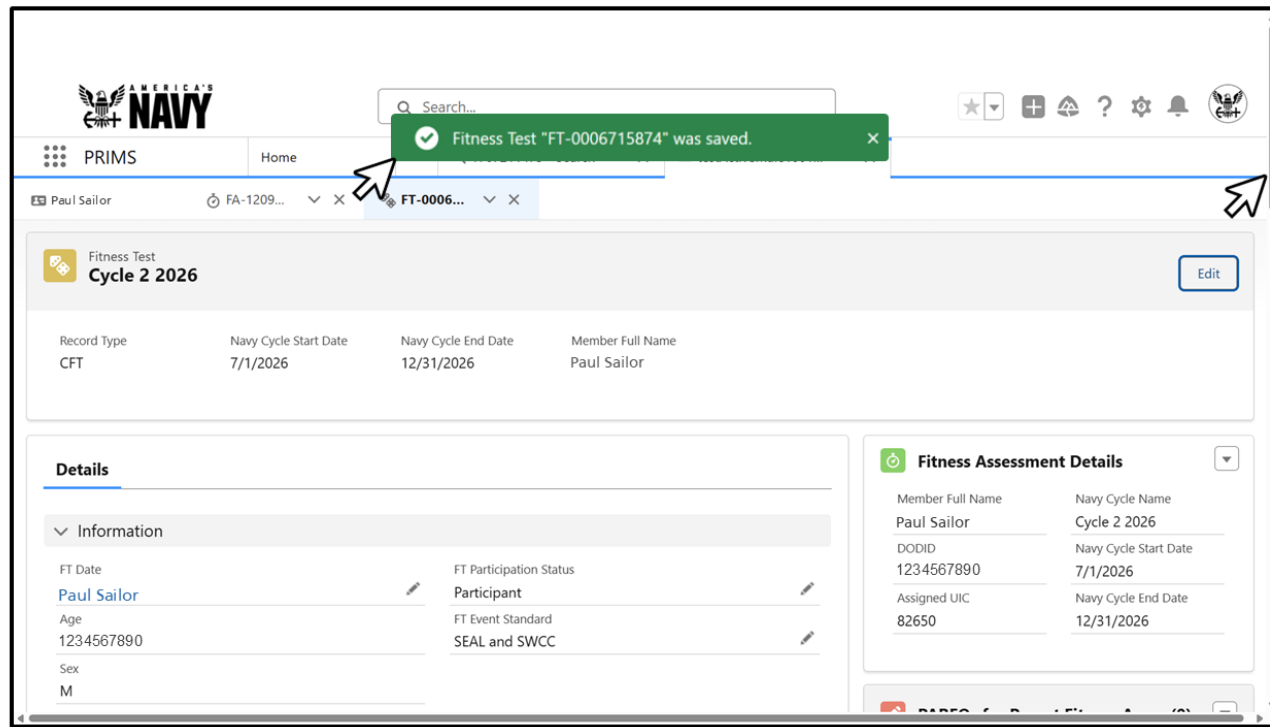
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (···) below the images. *Mobile Users:* Tap the **Dots** (···) below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar and a green banner that says "Fitness Test 'FT-0006715874' was saved." Below the banner, there's a table with the following data:

Record Type	Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
CFT	7/1/2026	12/31/2026	Paul Sailor

Below the table, there's a "Details" section with a "Fitness Assessment Details" panel. The panel contains the following information:

Member Full Name	Navy Cycle Name
Paul Sailor	Cycle 2 2026
DODID	Navy Cycle Start Date
1234567890	7/1/2026
Assigned UIC	Navy Cycle End Date
82650	12/31/2026

Step 10 of 11: A banner displays indicating the Fitness Test saved. Scroll to view the FT details.



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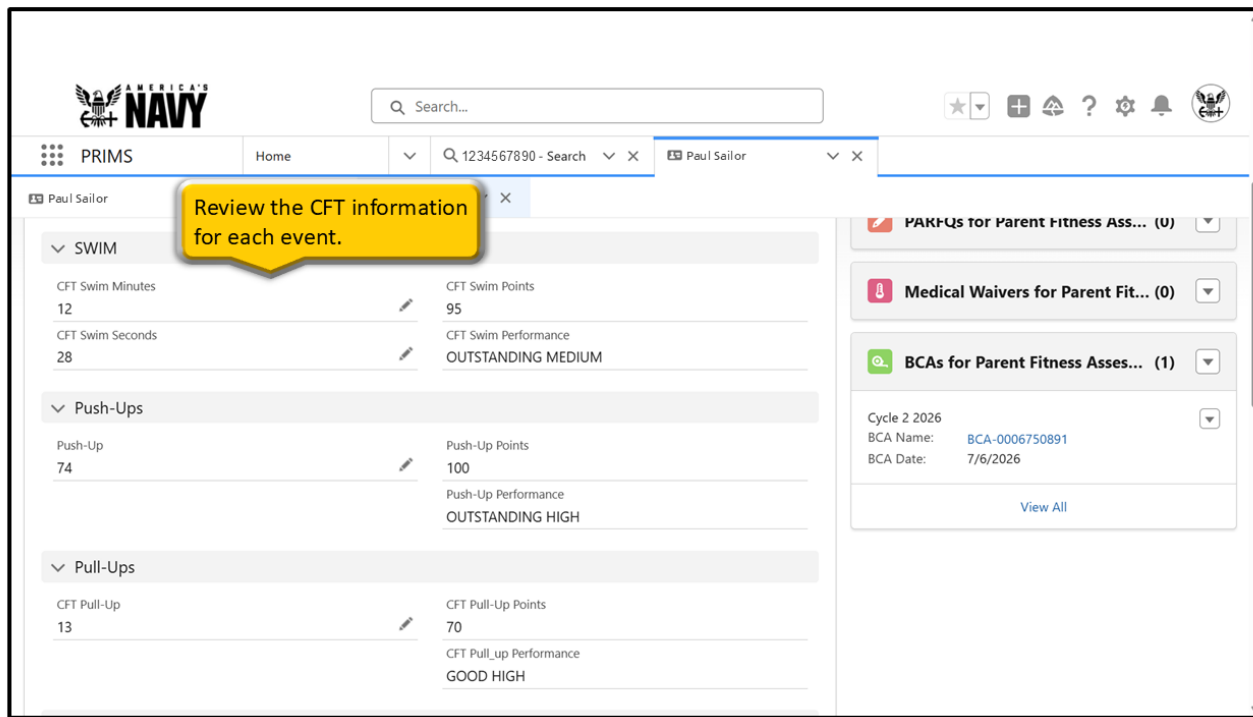
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Review the CFT information for each event.

Event	Value	Performance
SWIM		
CFT Swim Minutes	12	
CFT Swim Seconds	28	
CFT Swim Points	95	
CFT Swim Performance		OUTSTANDING MEDIUM
Push-Ups		
Push-Up	74	
Push-Up Points	100	
Push-Up Performance		OUTSTANDING HIGH
Pull-Ups		
CFT Pull-Up	13	
CFT Pull-Up Points	70	
CFT Pull-Up Performance		GOOD HIGH

PAK+Qs for Parent Fitness Ass... (0)

Medical Waivers for Parent Fit... (0)

BCAs for Parent Fitness Asses... (1)

Cycle 2 2026

BCA Name: [BCA-0006750891](#)

BCA Date: 7/6/2026

[View All](#)

Step 11 of 11: Review the FT information. Scroll to view the additional FT details.



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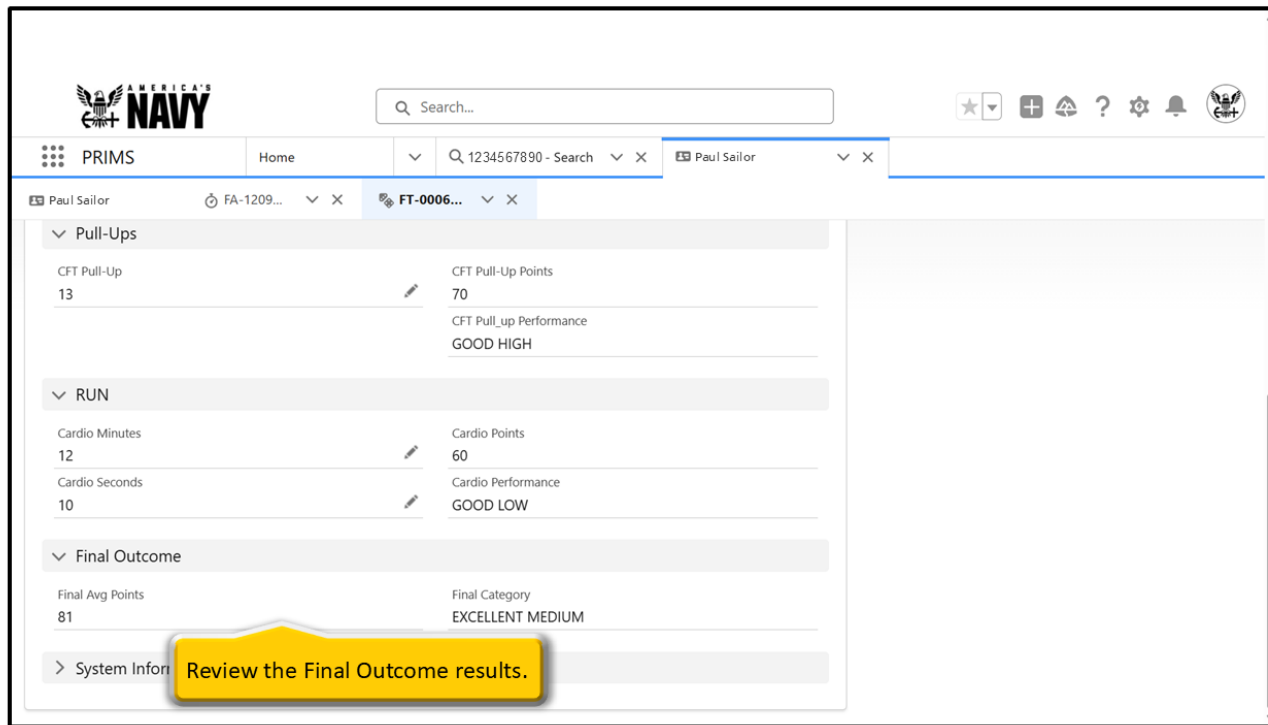
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar and navigation tabs for 'PRIMS', 'Home', and a search result '1234567890 - Search'. Below this, there are tabs for 'Paul Sailor', 'FA-1209...', and 'FT-0006...'. The main content area displays performance data for 'Pull-Ups', 'RUN', and 'Final Outcome'.

Event	Value	Performance
CFT Pull-Up	13	70
CFT Pull-Up Points		70
CFT Pull-up Performance		GOOD HIGH
Cardio Minutes	12	60
Cardio Seconds	10	
Cardio Points		60
Cardio Performance		GOOD LOW
Final Avg Points	81	
Final Category		EXCELLENT MEDIUM

A yellow callout box points to the 'Final Outcome' section with the text: "Review the Final Outcome results."

Review the additional event performed values and Final Outcome.

How To Create a CFT

Step-By-Step Instructions



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



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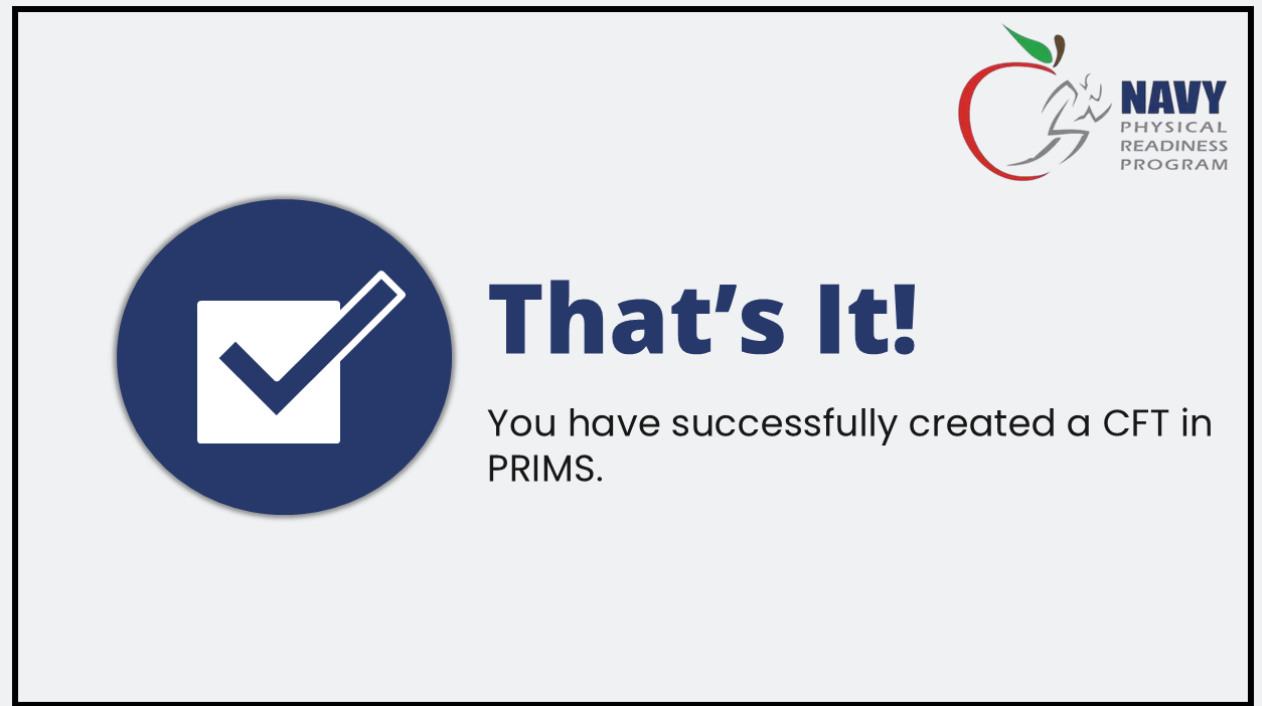
Learning Targets



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Continue to Edit a CFT



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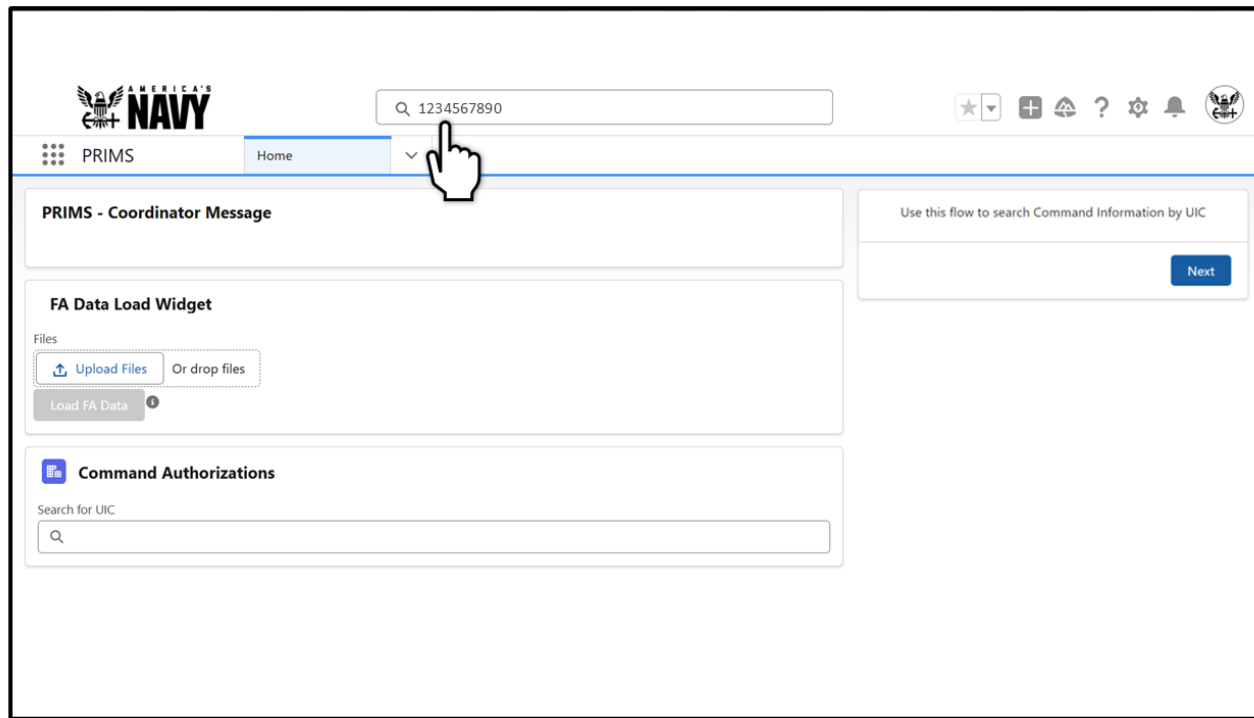
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



Step 1 of 10: In the **Search** field, type the **DODID**, then press the **Enter** key.



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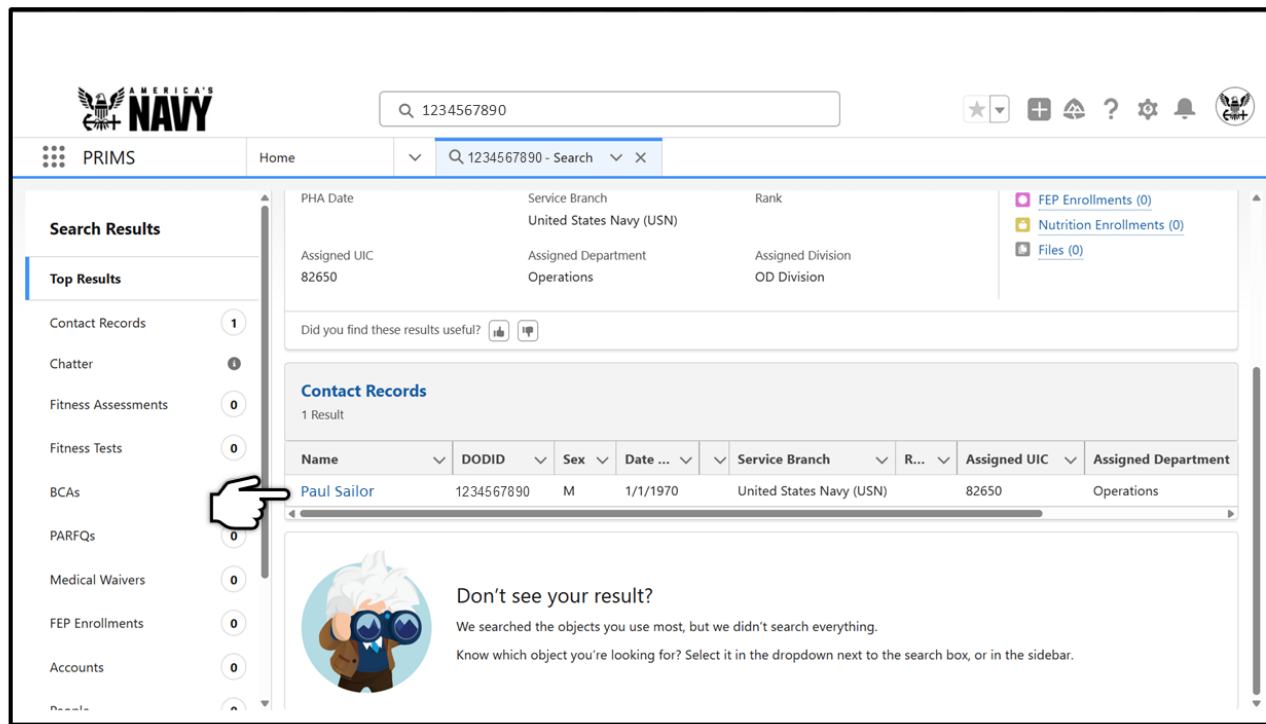
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home Q 1234567890 - Search X

Search Results

Top Results

- Contact Records 1
- Chatter 0
- Fitness Assessments 0
- Fitness Tests 0
- BCAs 0
- PARFQs 0
- Medical Waivers 0
- FEP Enrollments 0
- Accounts 0

PHIA Date Service Branch Rank
Assigned UIC Assigned Department Assigned Division
82650 Operations OD Division

Did you find these results useful? ☐ ☐

Contact Records
1 Result

Name	DODID	Sex	Date ...	Service Branch	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

Don't see your result?
We searched the objects you use most, but we didn't search everything.
Know which object you're looking for? Select it in the dropdown next to the search box, or in the sidebar.

Step 2 of 10: On the **Contact Records** tile, select the Sailor's **Name**.



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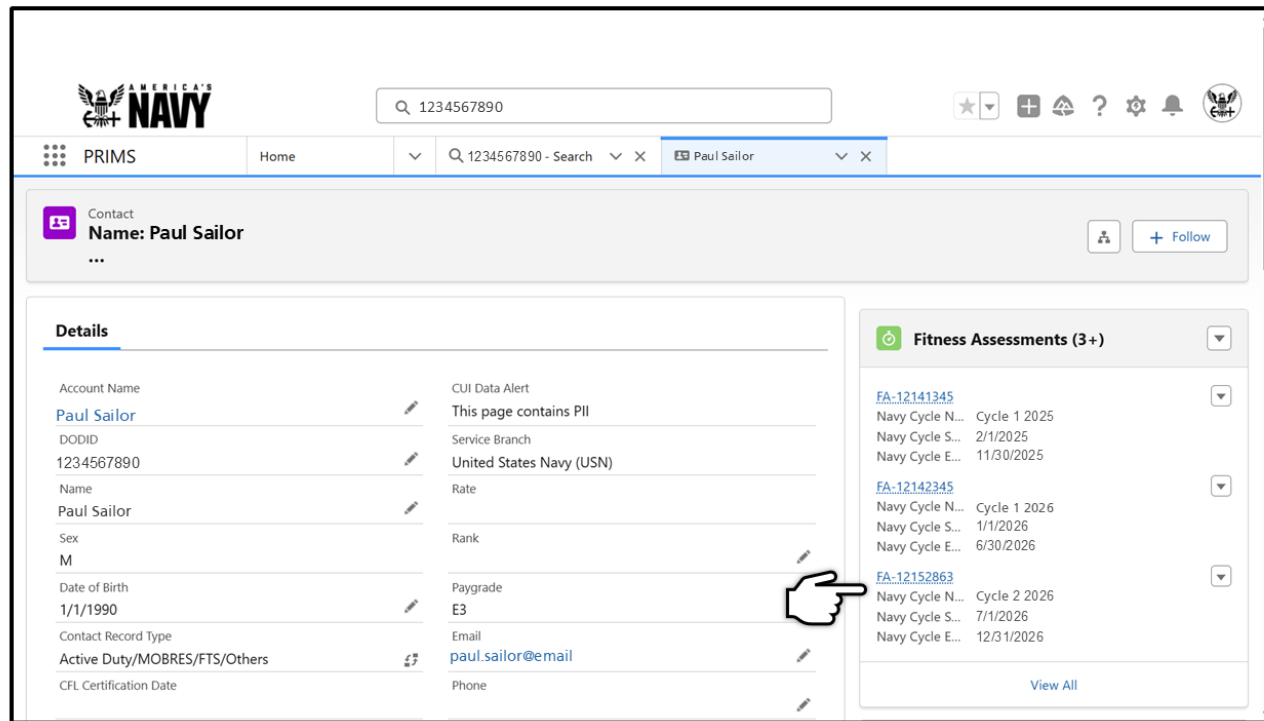
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



PRIMS Home Search 1234567890 - Search Paul Sailor

Contact
Name: Paul Sailor

Details

Account Name Paul Sailor	CUI Data Alert This page contains PII
DODID 1234567890	Service Branch United States Navy (USN)
Name Paul Sailor	Rate
Sex M	Rank
Date of Birth 1/1/1990	Paygrade E3
Contact Record Type Active Duty/MOBRES/FTS/Others	Email paul.sailor@email
CFL Certification Date	Phone

Fitness Assessments (3+)

- [FA-12141345](#)
Navy Cycle N... Cycle 1 2025
Navy Cycle S... 2/1/2025
Navy Cycle E... 11/30/2025
- [FA-12142345](#)
Navy Cycle N... Cycle 1 2026
Navy Cycle S... 1/1/2026
Navy Cycle E... 6/30/2026
- [FA-12152863](#)
Navy Cycle N... Cycle 2 2026
Navy Cycle S... 7/1/2026
Navy Cycle E... 12/31/2026

[View All](#)

Step 3 of 10: Select the current **Fitness Assessment**.



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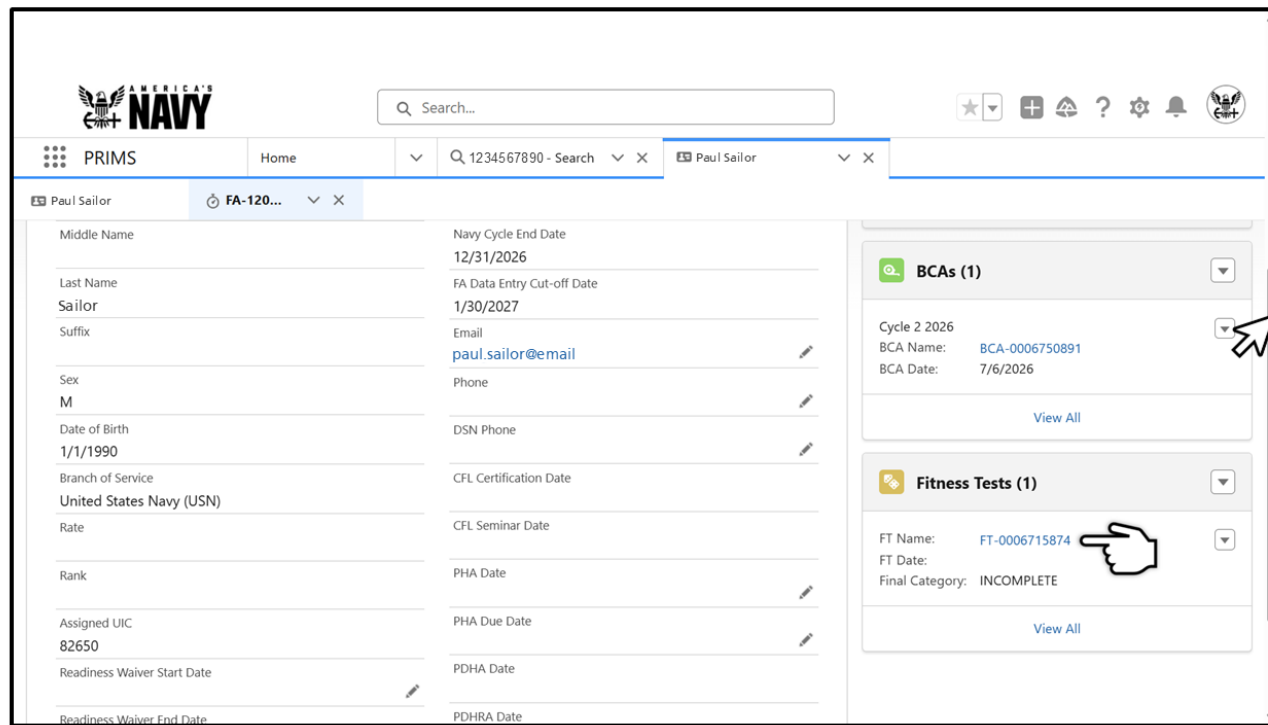
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the PRIMS interface for Paul Sailor. The left sidebar contains navigation options: Overview, Tutorial Navigation, Policy Insights, Learning Targets, Step-By-Step Instructions (highlighted), and Quick Steps. The main content area displays the sailor's profile with fields for personal information, service details, and fitness assessments. The 'Fitness Tests (1)' section is expanded, showing a table with one entry: FT Name: FT-0006715874, FT Date: INCOMPLETE, and Final Category: INCOMPLETE. A hand icon points to the 'FT Name' hyperlink.

Step 4 of 10: From the **Fitness Assessment** page, scroll to the **Fitness Test** tile then, select the **FT Name** hyperlink.



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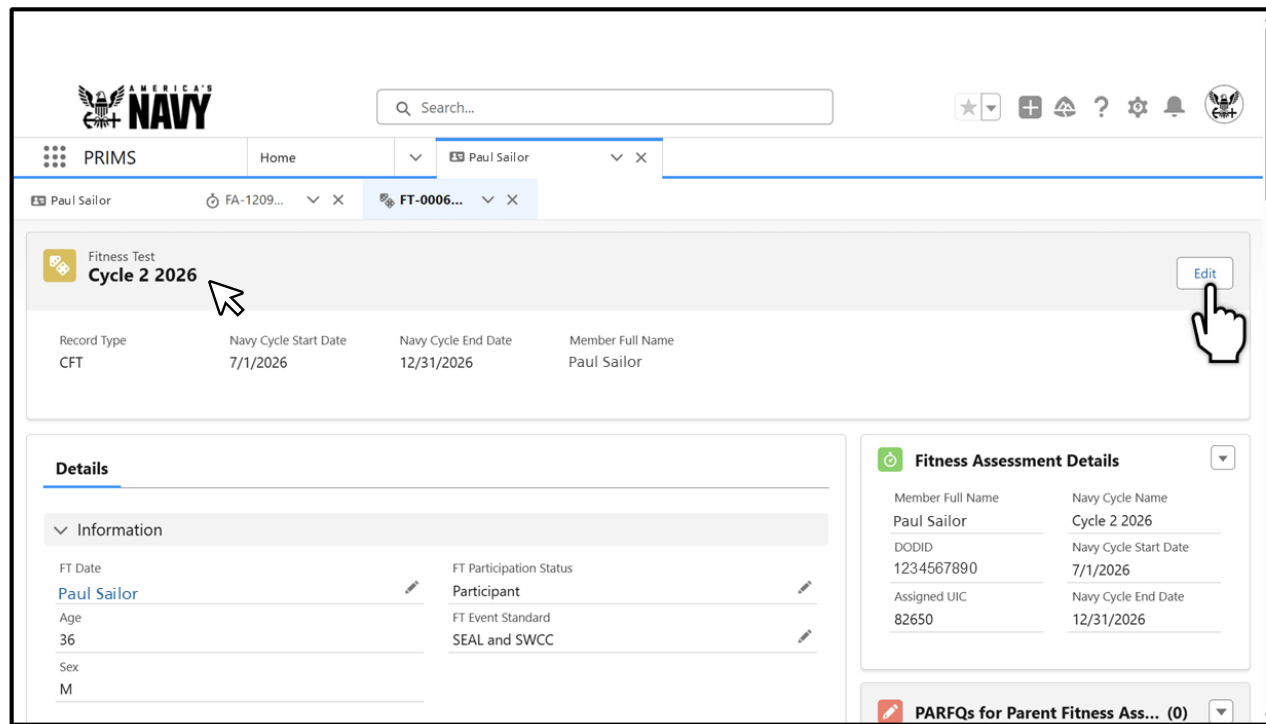
Step-By-Step
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Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (···) below the images. *Mobile Users:* Tap the **Dots** (···) below the images.



Record Type	Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
CFT	7/1/2026	12/31/2026	Paul Sailor

Details

- Information

FT Date	Paul Sailor	FT Participation Status	Participant
Age	36	FT Event Standard	SEAL and SWCC
Sex	M		

Fitness Assessment Details

Member Full Name	Navy Cycle Name
Paul Sailor	Cycle 2 2026
DODID	Navy Cycle Start Date
1234567890	7/1/2026
Assigned UIC	Navy Cycle End Date
82650	12/31/2026

Step 5 of 10: From the **Fitness Test** page, select **Edit**.

How To Edit a CFT

Step-By-Step Instructions



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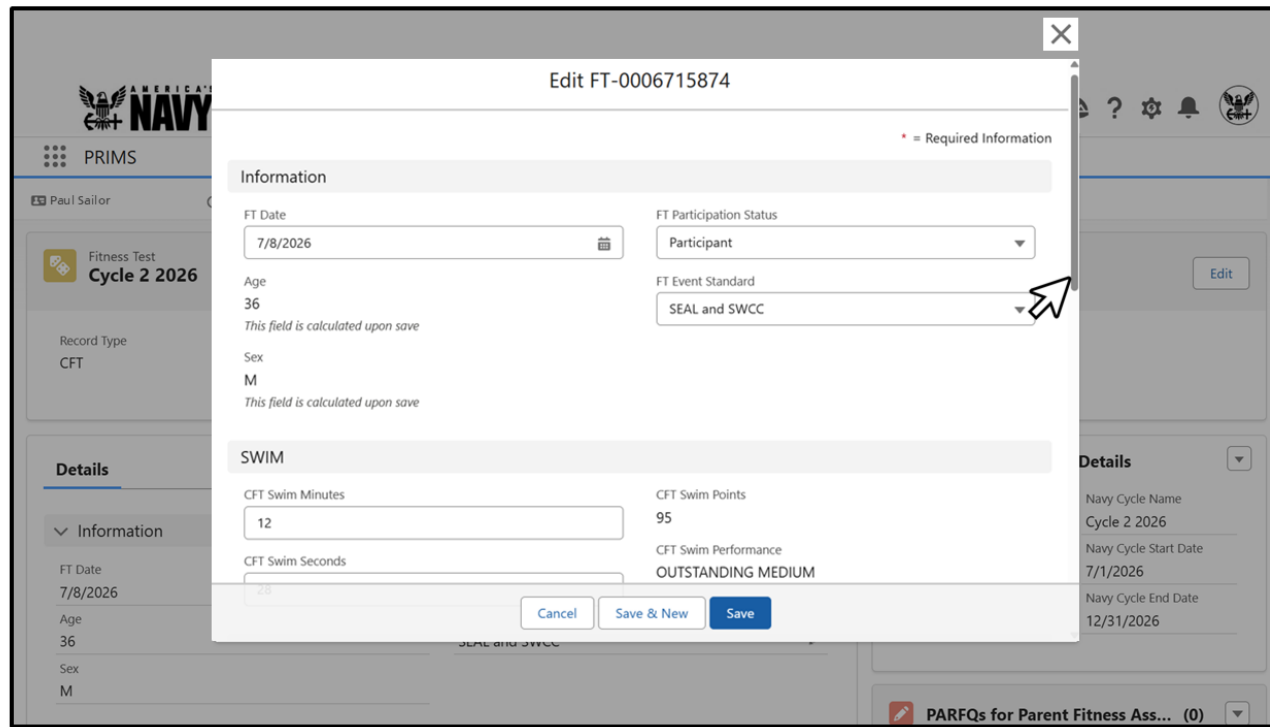
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 6 of 10: Scroll to the appropriate field required to edit. For this lesson, edit the **Cardio Minutes** event.

How To Edit a CFT

Step-By-Step Instructions



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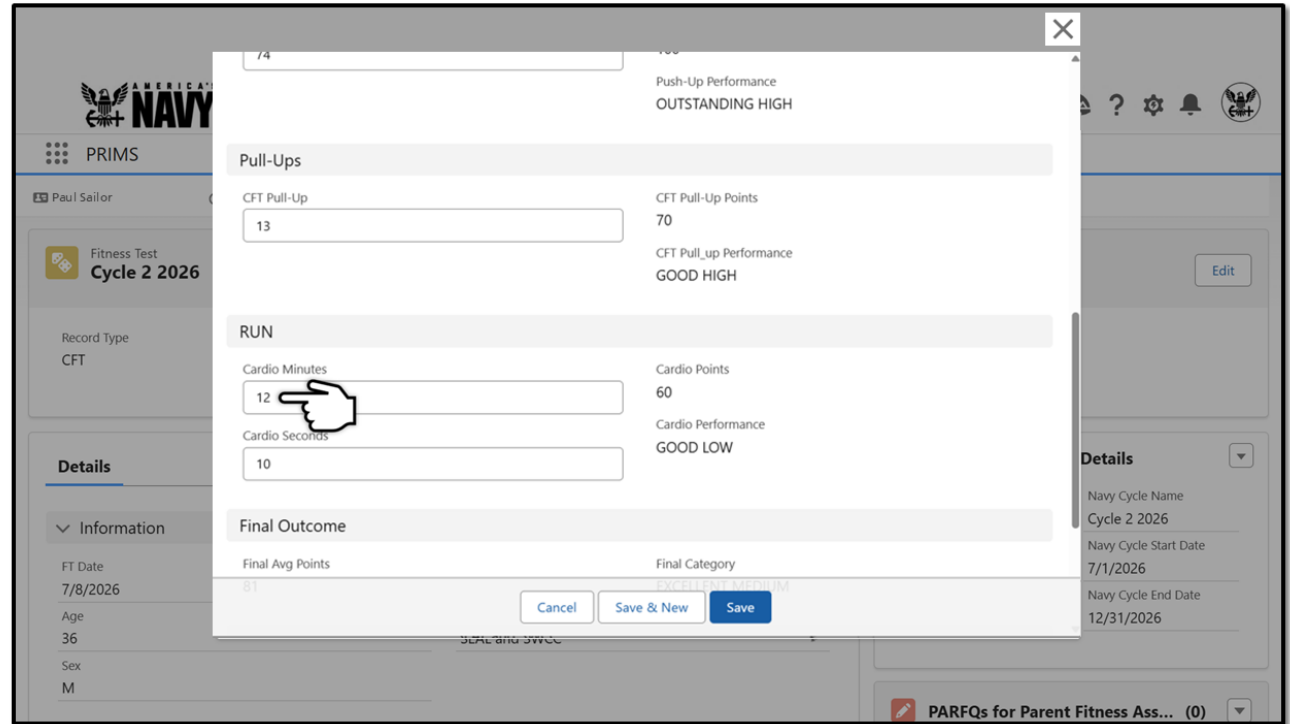
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



The screenshot shows the 'CFT Pull-Up' and 'RUN' sections of the interface. The 'Cardio Minutes' field is highlighted with a hand icon. The 'Final Outcome' section shows 'Final Avg Points' as 81 and 'Final Category' as EXCELLENT MEDIUM.

Event	Field	Value	Performance
Pull-Ups	CFT Pull-Up	13	70
	CFT Pull-Up Performance		GOOD HIGH
RUN	Cardio Minutes	12	60
	Cardio Seconds	10	GOOD LOW

Final Outcome

Field	Value	Category
Final Avg Points	81	EXCELLENT MEDIUM

Buttons: Cancel, Save & New, Save

Step 7 of 10: Select the event **Cardio Minutes** field.

How To Edit a CFT

Step-By-Step Instructions



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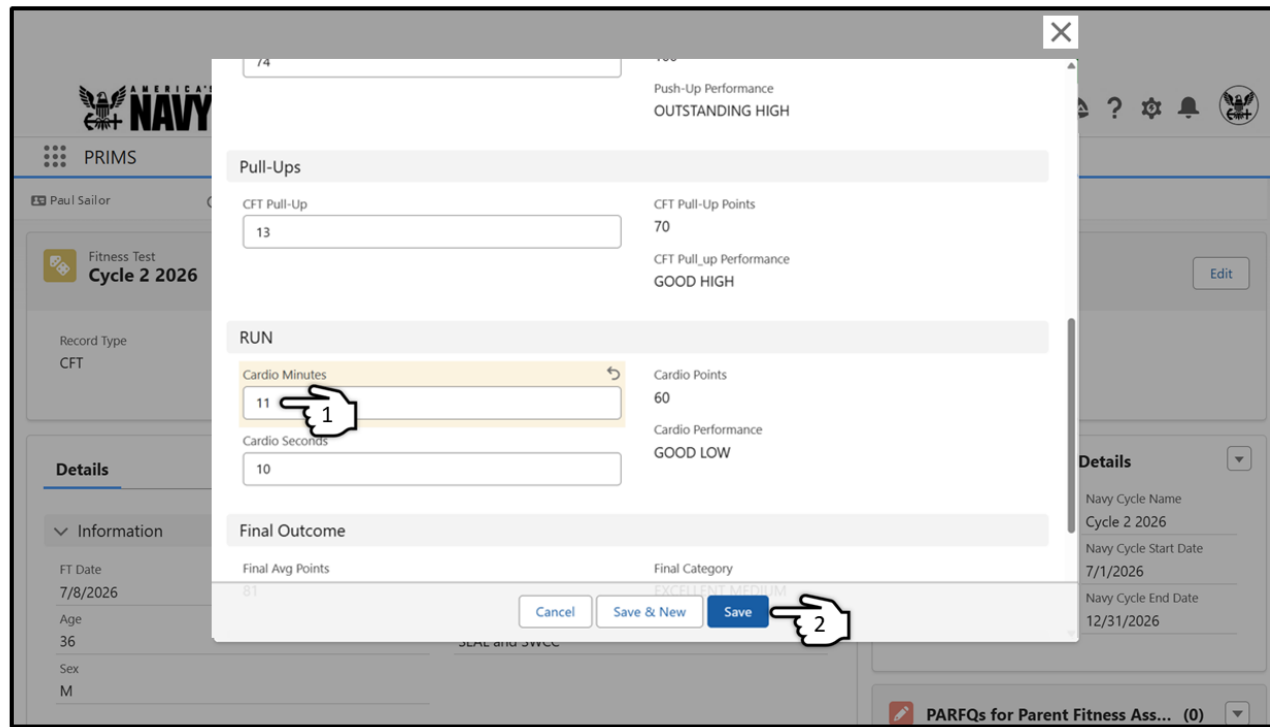
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (⋮) below the images. *Mobile Users:* Tap the **Dots** (⋮) below the images.



The screenshot shows a web application interface for editing a CFT. The main content area is titled 'RUN' and contains several input fields and performance metrics. A hand icon with the number '1' points to the 'Cardio Minutes' input field, which is currently set to 11. Another hand icon with the number '2' points to the 'Save' button at the bottom right of the form. The form also includes sections for 'Pull-Ups', 'Cardio Points', and 'Final Outcome'. The 'Cardio Points' section shows a value of 60 and a performance rating of 'GOOD LOW'. The 'Final Outcome' section shows a 'Final Avg Points' of 81 and a 'Final Category' of 'EXCELLENT MEDIUM'. The background of the interface shows a sidebar with navigation options and a top header with the 'NAVY' logo and 'PRIMS' text.

Step 8 of 10: Type the correct **Performed value**, then select **Save**.



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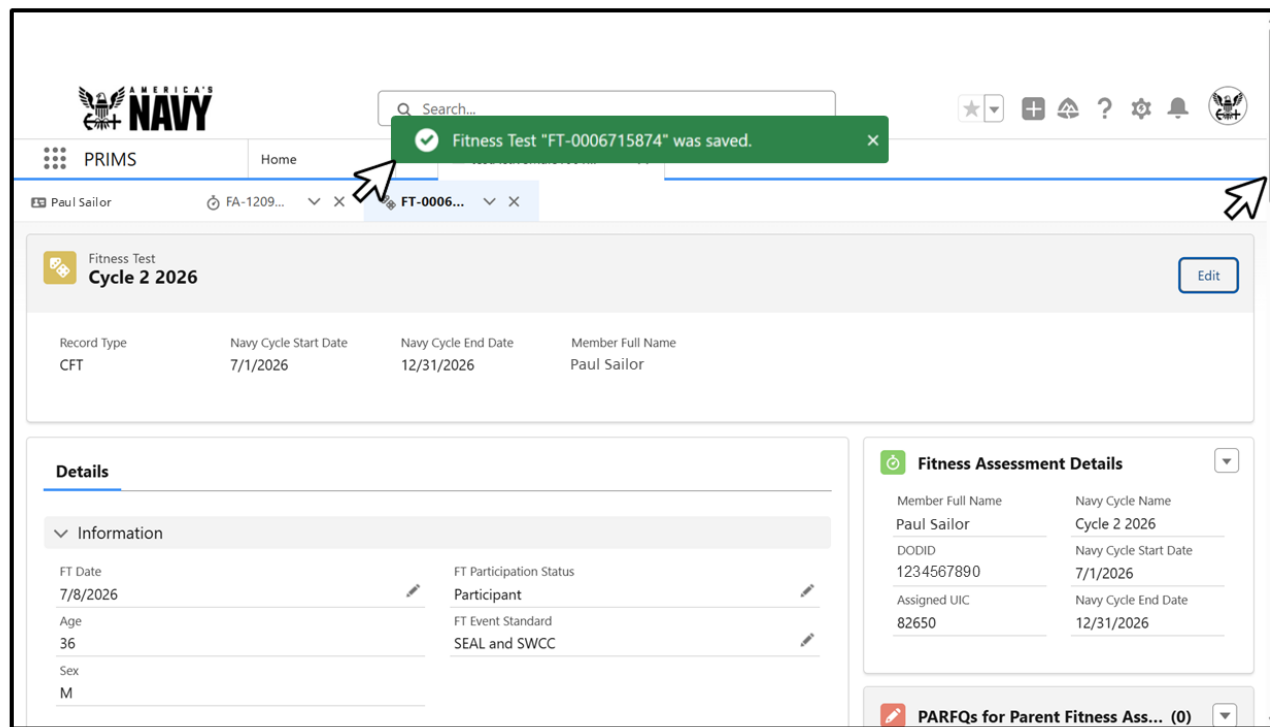
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



PRIMS Home

Search...

FA-1209... FT-0006...

Fitness Test
Cycle 2 2026

Record Type: CFT
Navy Cycle Start Date: 7/1/2026
Navy Cycle End Date: 12/31/2026
Member Full Name: Paul Sailor

Details

Information

FT Date	7/8/2026	FT Participation Status	Participant
Age	36	FT Event Standard	SEAL and SWCC
Sex	M		

Fitness Assessment Details

Member Full Name	Paul Sailor	Navy Cycle Name	Cycle 2 2026
DODID	1234567890	Navy Cycle Start Date	7/1/2026
Assigned UIC	82650	Navy Cycle End Date	12/31/2026

PARFQs for Parent Fitness Ass... (0)

Step 9 of 10: A banner displays indicating the Fitness Test (FT) was saved. Scroll to view the FT details.

How To Edit a CFT

Step-By-Step Instructions



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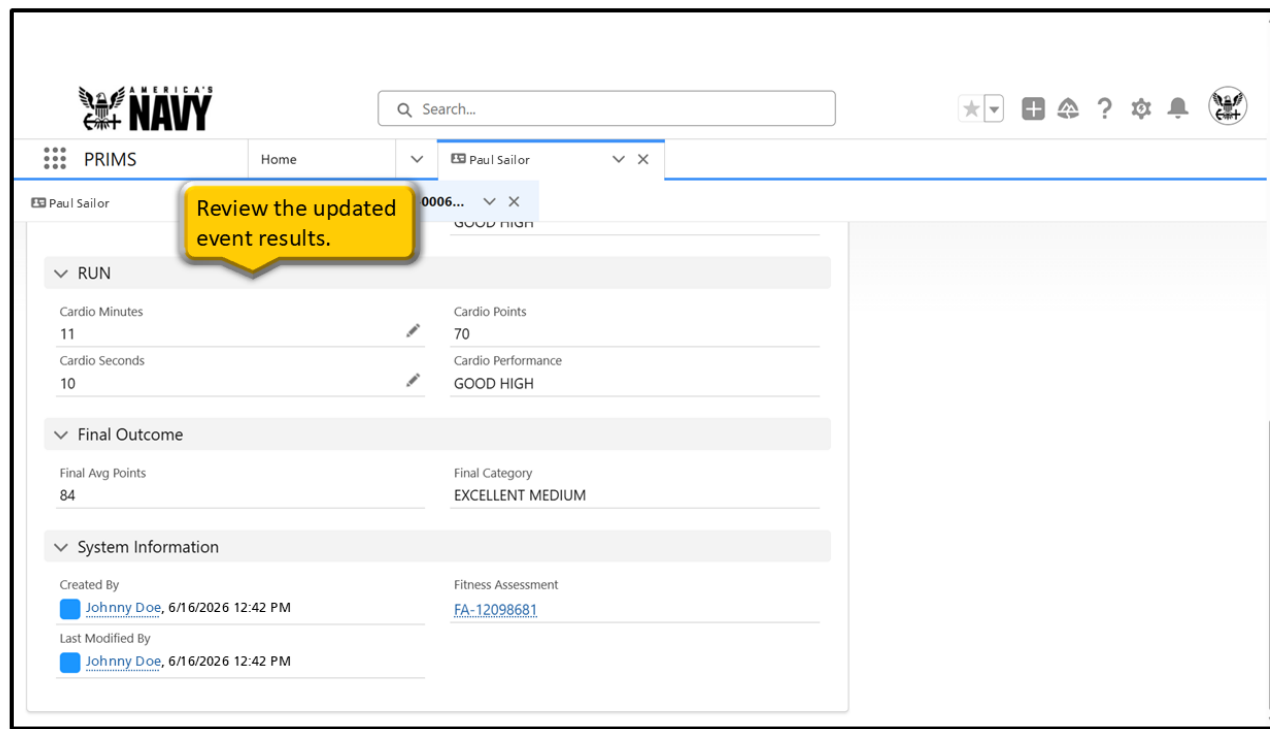
Step-By-Step
Instructions



Quick Steps



Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICA'S NAVY

PRIMS Home Paul Sailor

Search...

Review the updated event results.

0006... GOOD HIGH

RUN

Cardio Minutes	11	Cardio Points	70
Cardio Seconds	10	Cardio Performance	GOOD HIGH

Final Outcome

Final Avg Points	84	Final Category	EXCELLENT MEDIUM
------------------	----	----------------	------------------

System Information

Created By	Johnny Doe, 6/16/2026 12:42 PM	Fitness Assessment	FA-12098681
Last Modified By	Johnny Doe, 6/16/2026 12:42 PM		

Review the event results and updated Final Outcome.

How To Edit a CFT

Step-By-Step Instructions



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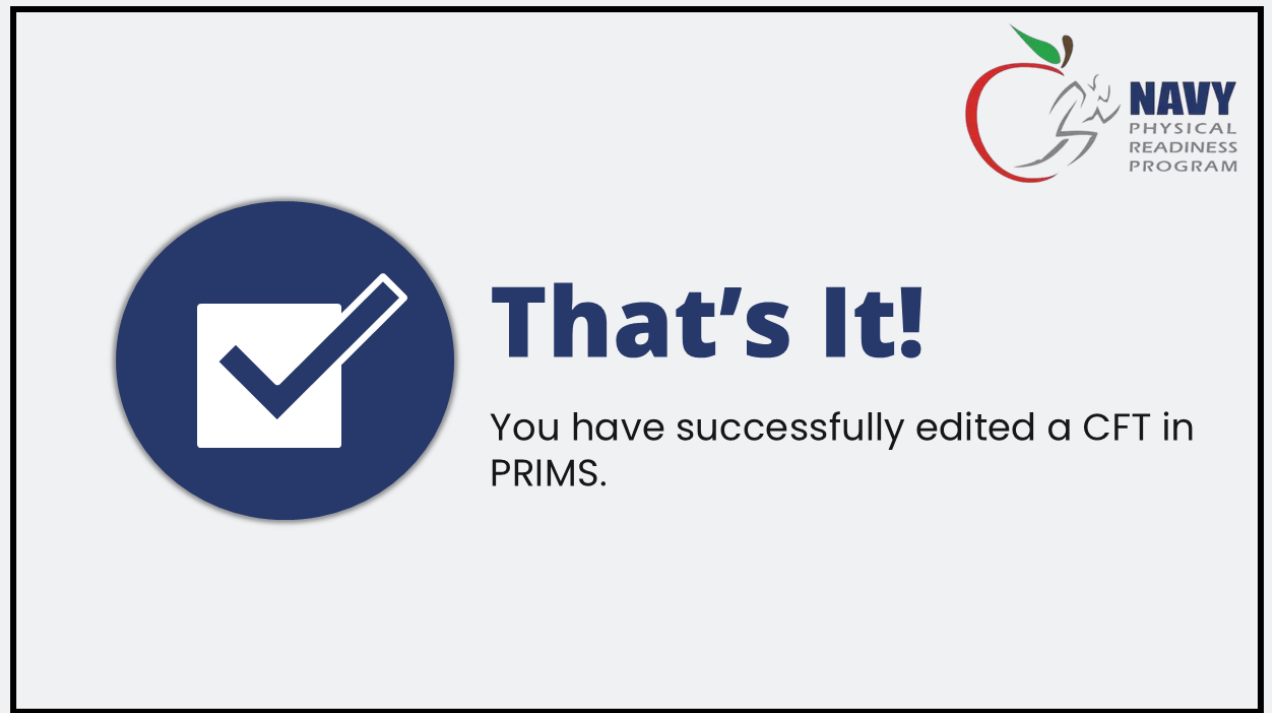
Step-By-Step
Instructions



Quick Steps



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[Return to the Medical Waiver lesson](#)

[Return to the BCA lesson](#)

Tutorial Complete

That's It!

You have successfully viewed, created, and edited a Medical Waiver, BCA, and CFT.



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