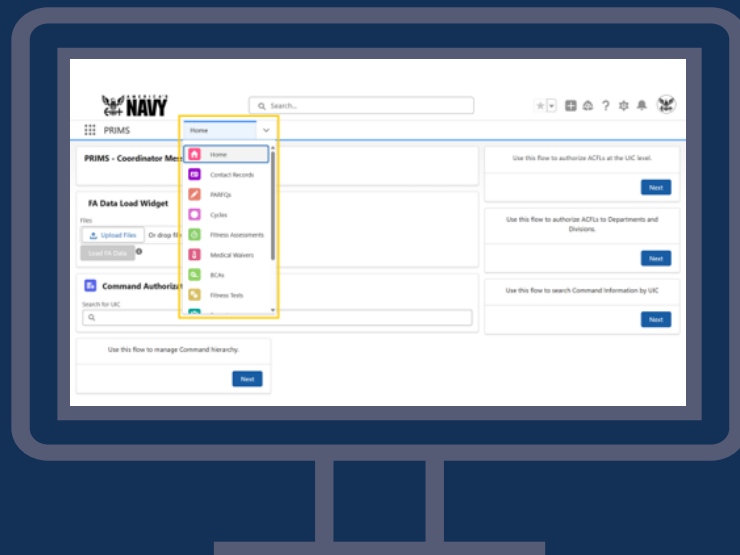




Combat Fitness Assessment (CFA) *Service Console Display*



[Start Tutorial](#)



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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 Leaders (ACFLs).

How It Works



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



Combat arms personnel participate in the scheduled CFA.



CFL 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.



Quick Steps

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



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Learning Targets



CFA Quick
Tips





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Learning Targets



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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Learning Targets



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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Learning Targets



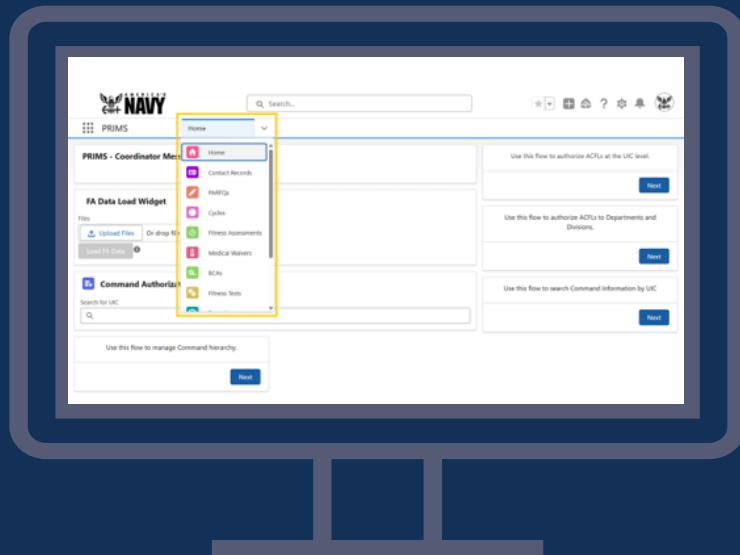
CFA Quick
Tips





CFL PRIMS Training

Medical Waiver for CFA *Service Console Display*



[Start Tutorial](#)



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Instructions



Quick Steps



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 adds the medical waiver in PRIMS.



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**Step-By-Step
Instructions**



Quick Steps



How to Use This Tutorial

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

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- 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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Quick Steps



The Commanding Officer (CO)/Officer in Charge (OIC), Authorized Medical Department Representative (AMDR), Command Fitness Leader (CFL), 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 6110/4 PARFQ into the Electronic Health Record.
- Make PFA medical recommendations to the CO via NAVMED 6110/4.



CFL

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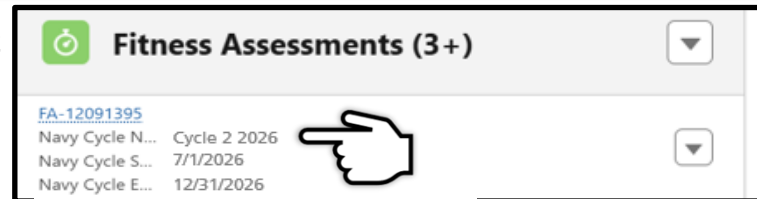
1 In the **Sailor's Contact Record**, select the **Fitness Assessment (FA)** hyperlink.

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

3 Select the applicable Medical Waiver and select **Save**.

 After selecting **Save**, the Medical Waiver is created.

4 Select the **Medical Waiver** hyperlink to review.



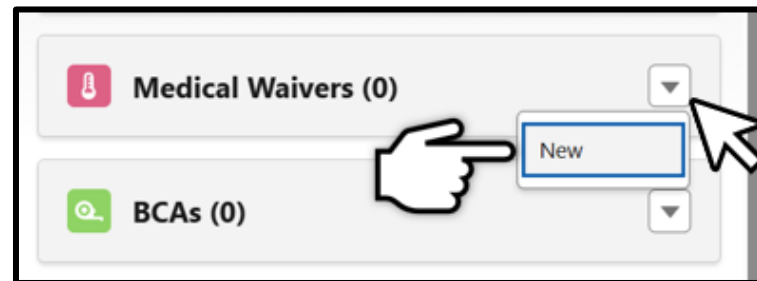
Fitness Assessments (3+)

[FA-12091395](#)

Navy Cycle N... Cycle 2 2026

Navy Cycle S... 7/1/2026

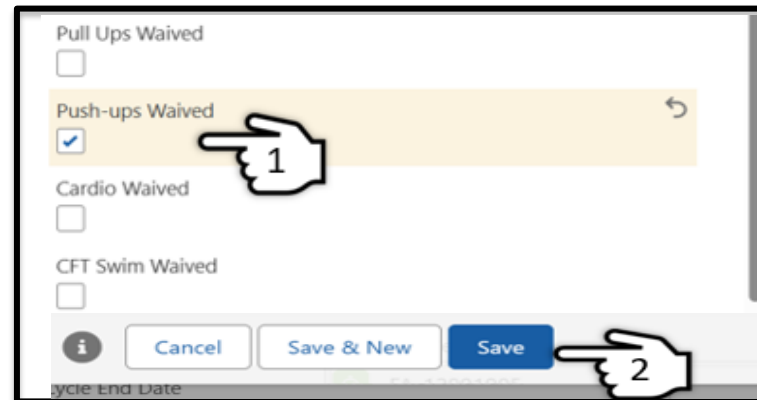
Navy Cycle E... 12/31/2026



Medical Waivers (0)

New

BCAs (0)



Pull Ups Waived ☐

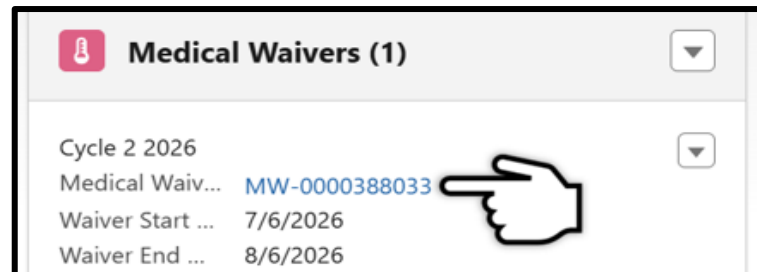
Push-ups Waived ☒ 1

Cardio Waived ☐

CFT Swim Waived ☐

Cancel **Save & New** **Save** 2

Cycle End Date



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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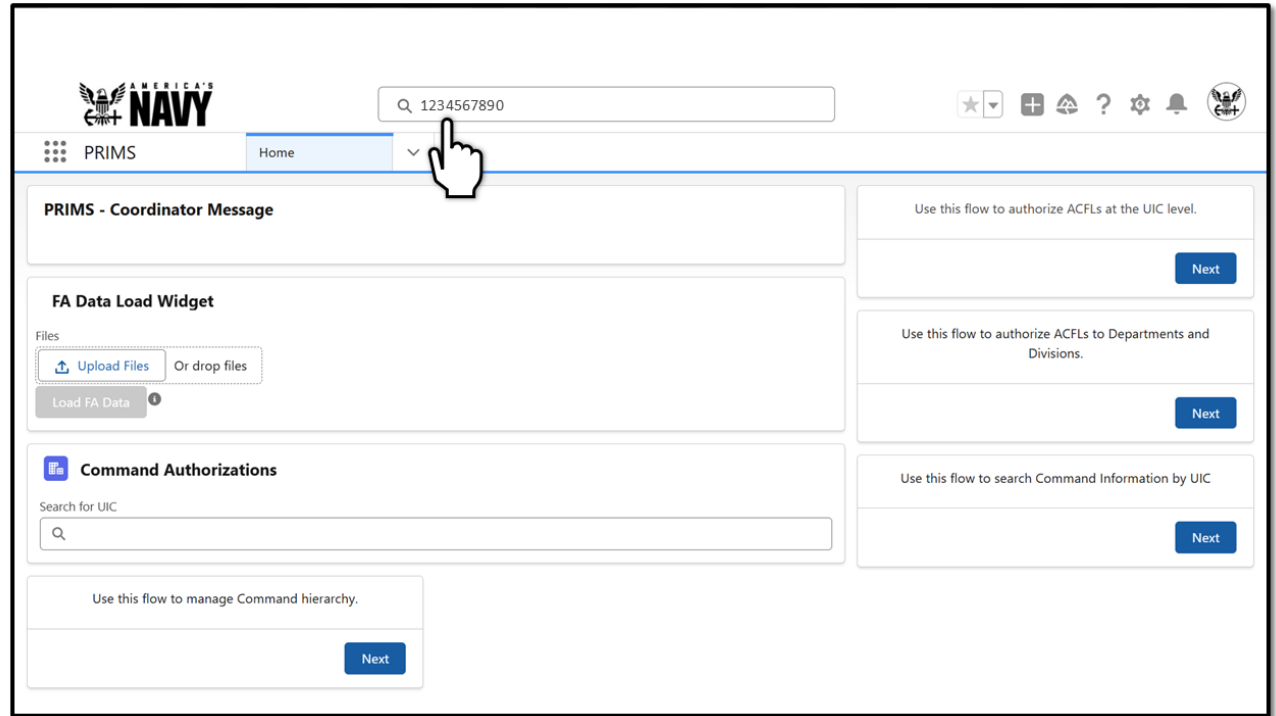
Step-By-Step
Instructions



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 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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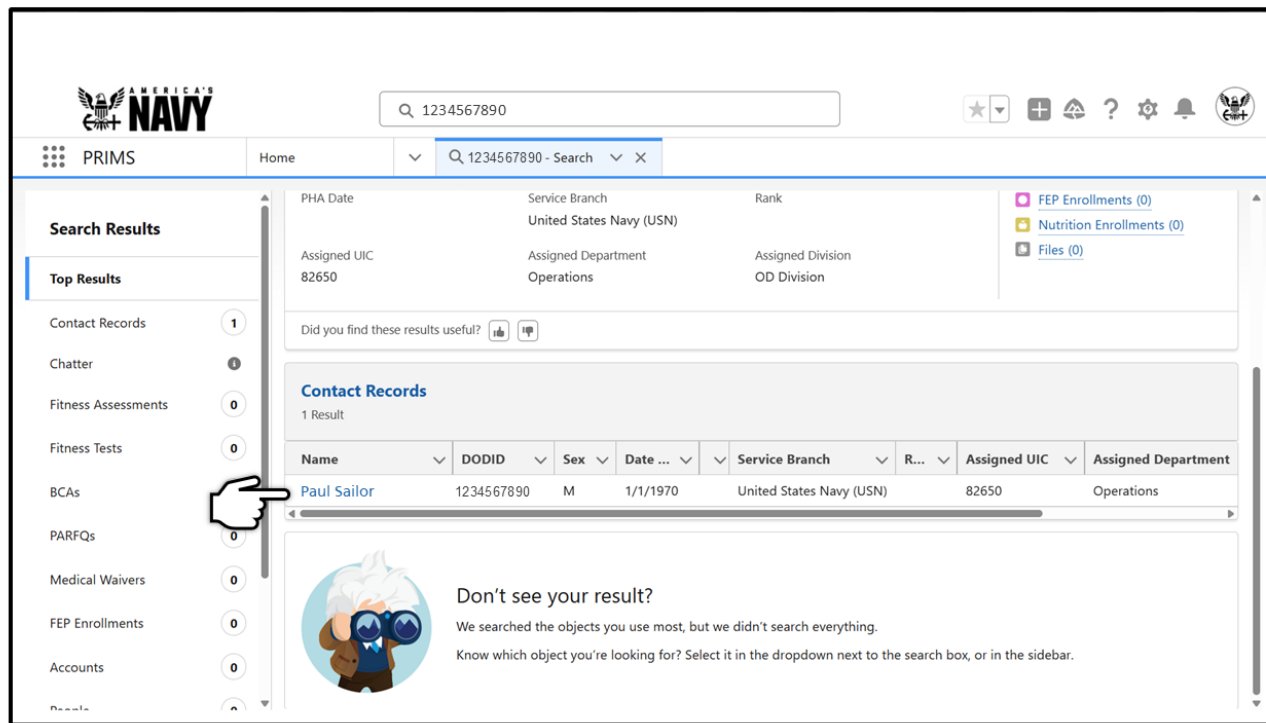
Step-By-Step
Instructions



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 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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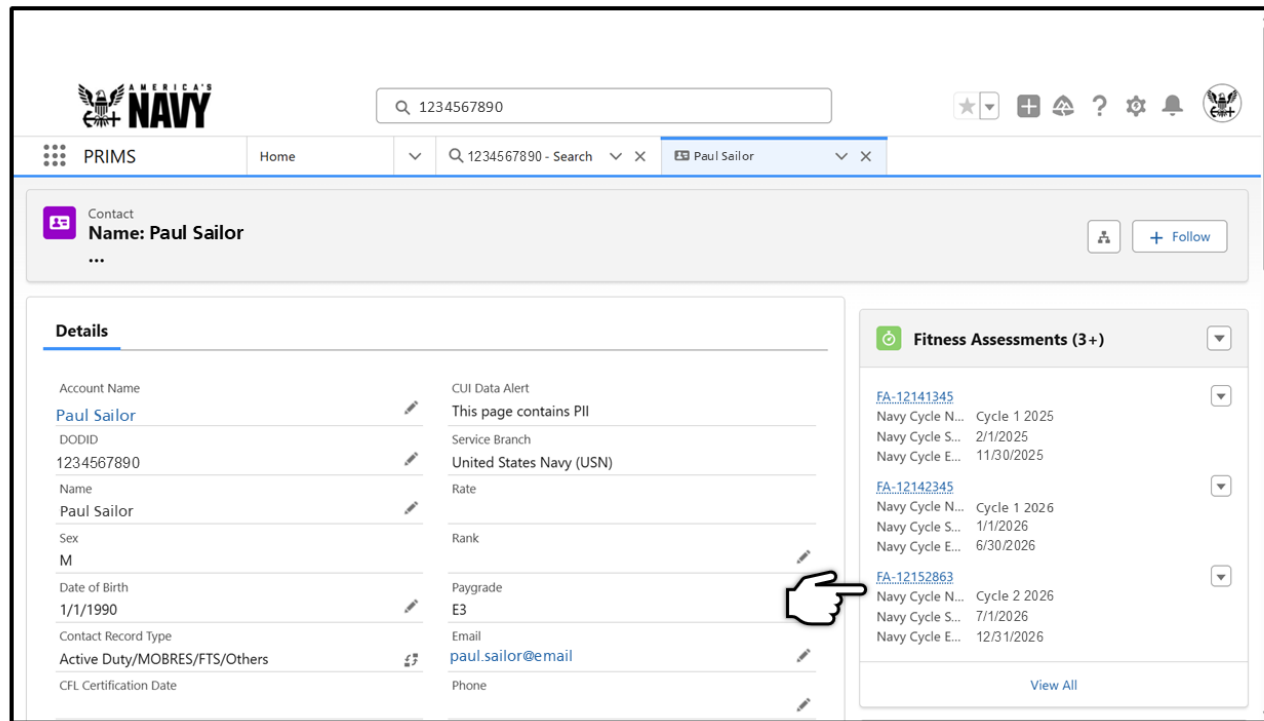
Step-By-Step
Instructions



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

How To View a Medical Waiver

Step-By-Step Instructions



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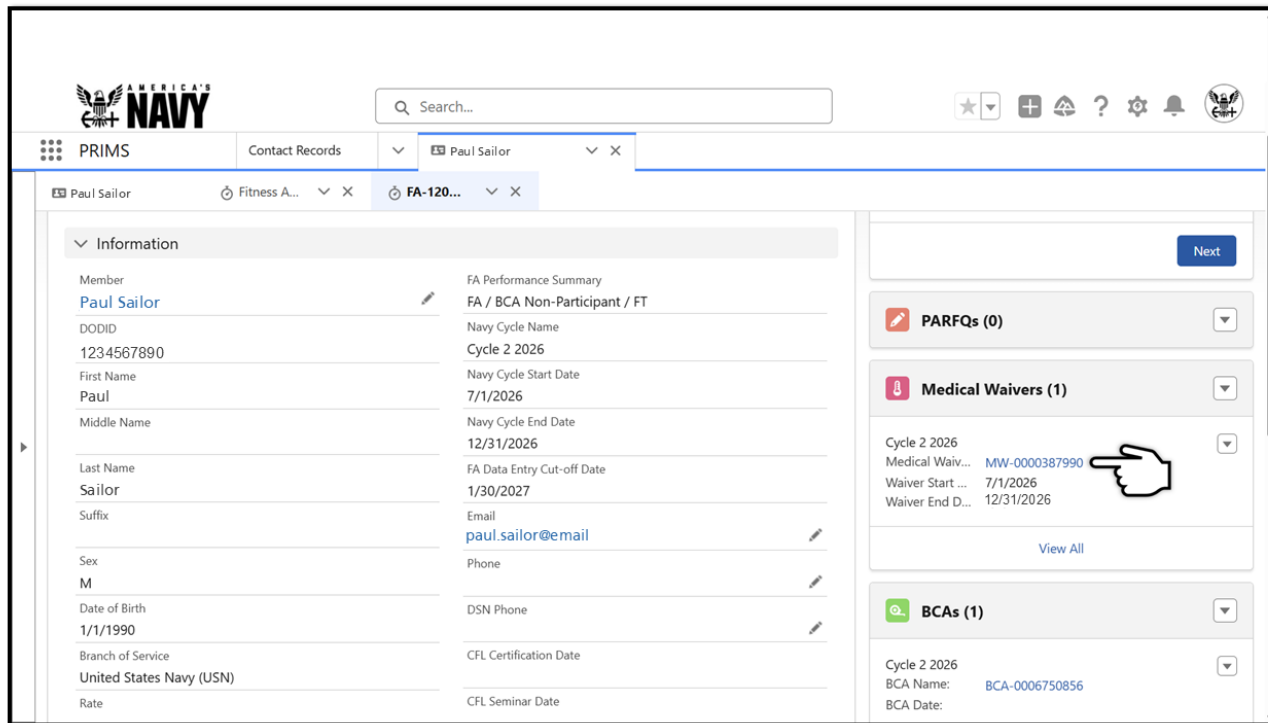
Step-By-Step
Instructions



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.



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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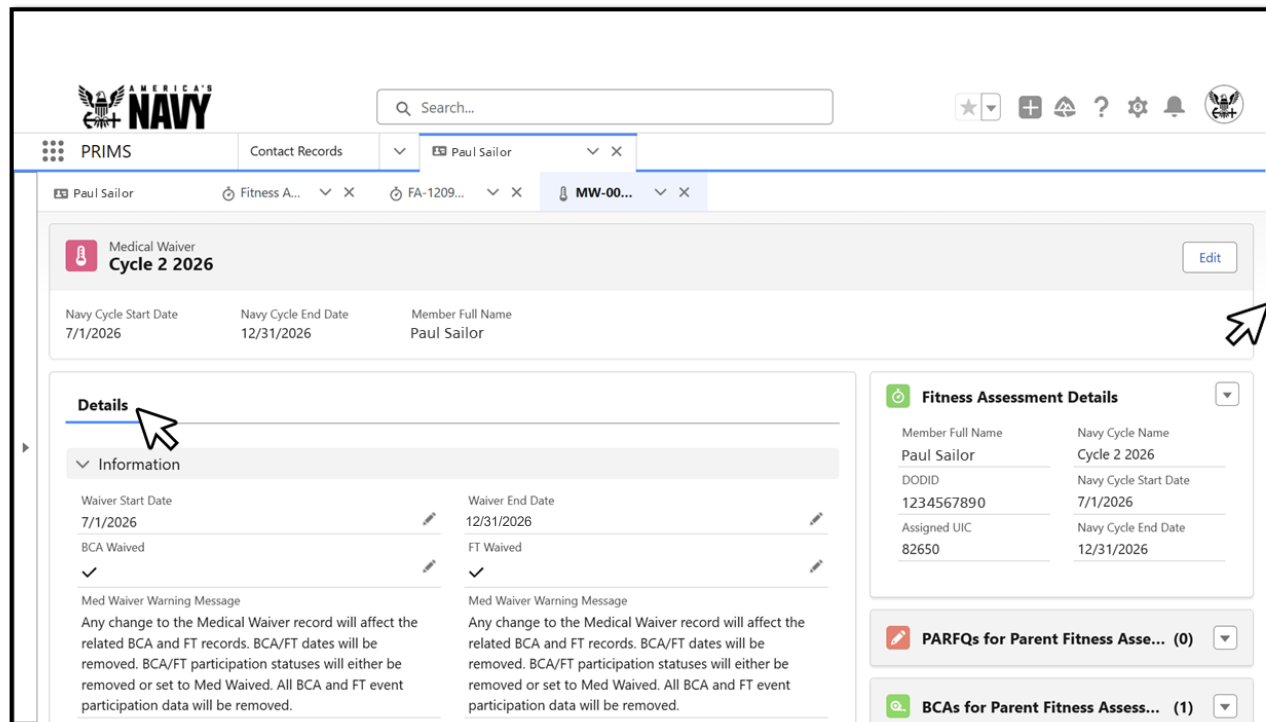
Step-By-Step
Instructions



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 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 the 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 'PARQs 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.

How To View a Medical Waiver

Step-By-Step Instructions



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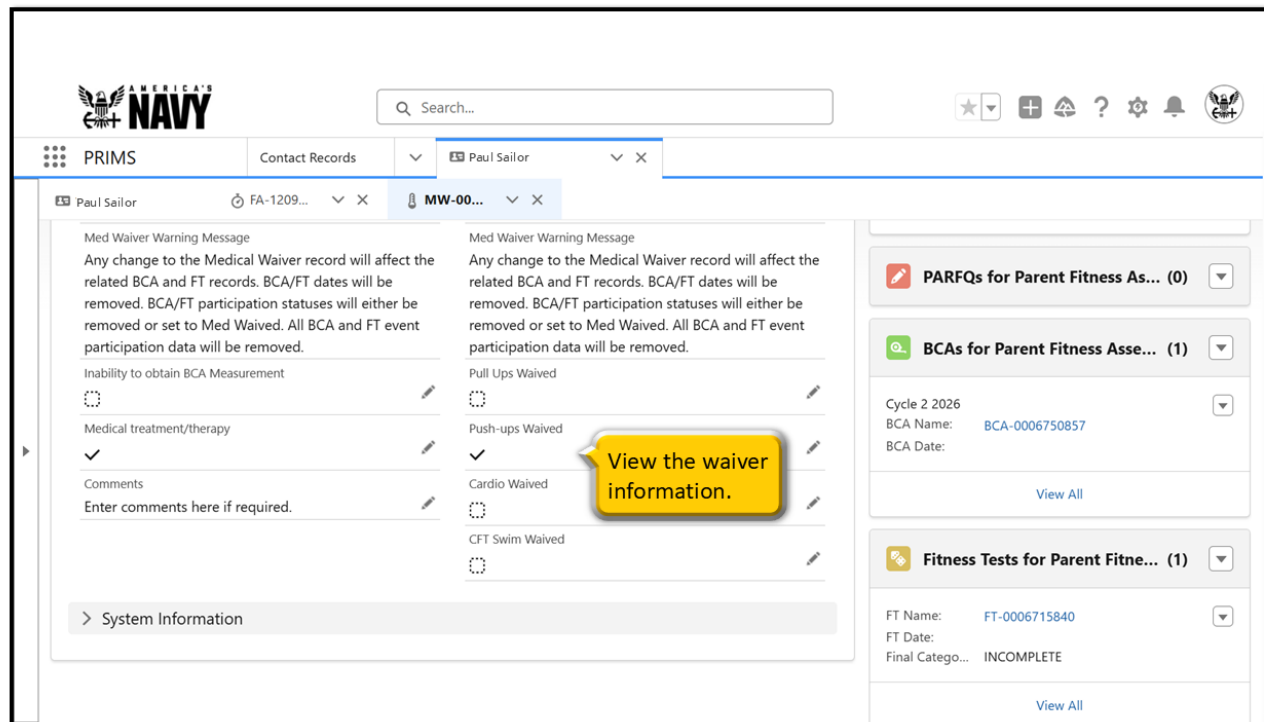
Step-By-Step
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Quick Steps



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 system interface. At the top, there's a search bar and navigation tabs for PRIMS, Contact Records, and Paul Sailor. Below the tabs, there's a list of 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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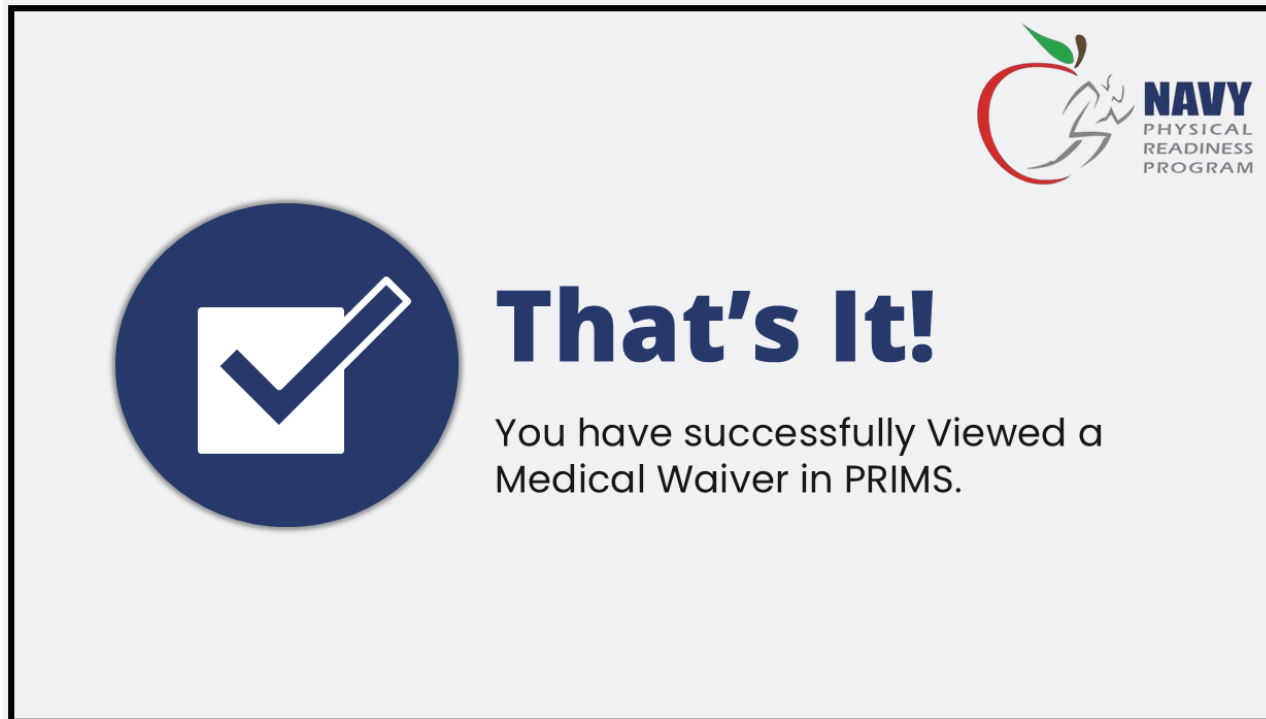
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Continue to Create a Medical Waiver

How To Create a Medical Waiver

Step-By-Step Instructions



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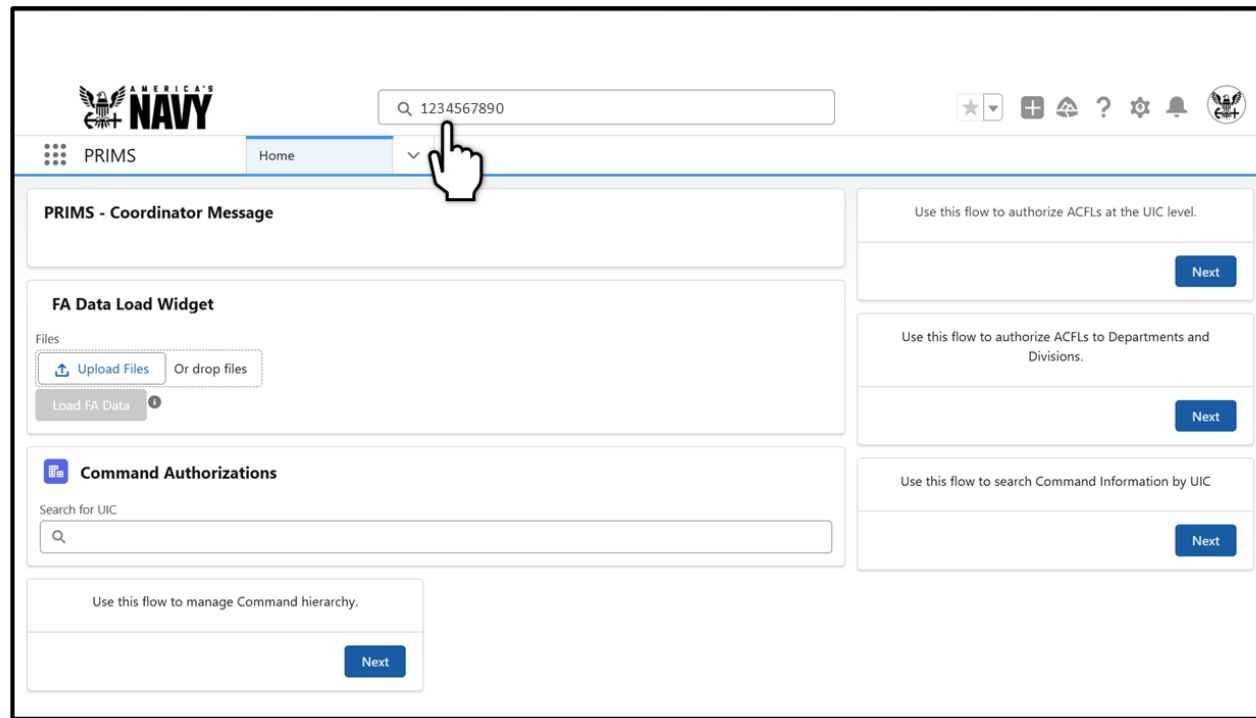
Step-By-Step
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Quick Steps



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) web application. At the top, there is a search bar with the text "Q 1234567890". Below the search bar, there is a navigation bar with "PRIMS" and "Home" tabs. A hand cursor is pointing at a dropdown arrow next to the "Home" tab. The main content area is divided into several sections: "PRIMS - Coordinator Message", "FA Data Load Widget" (with "Upload Files" and "Load FA Data" buttons), and "Command Authorizations" (with a "Search for UIC" field). On the right side, there are three panels with "Next" buttons, each containing instructions for authorizing ACFLs and searching Command Information. At the bottom of the screenshot, there is a row of nine circular navigation dots, with the first dot being blue and the others grey.

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

How To Create a Medical Waiver

Step-By-Step Instructions



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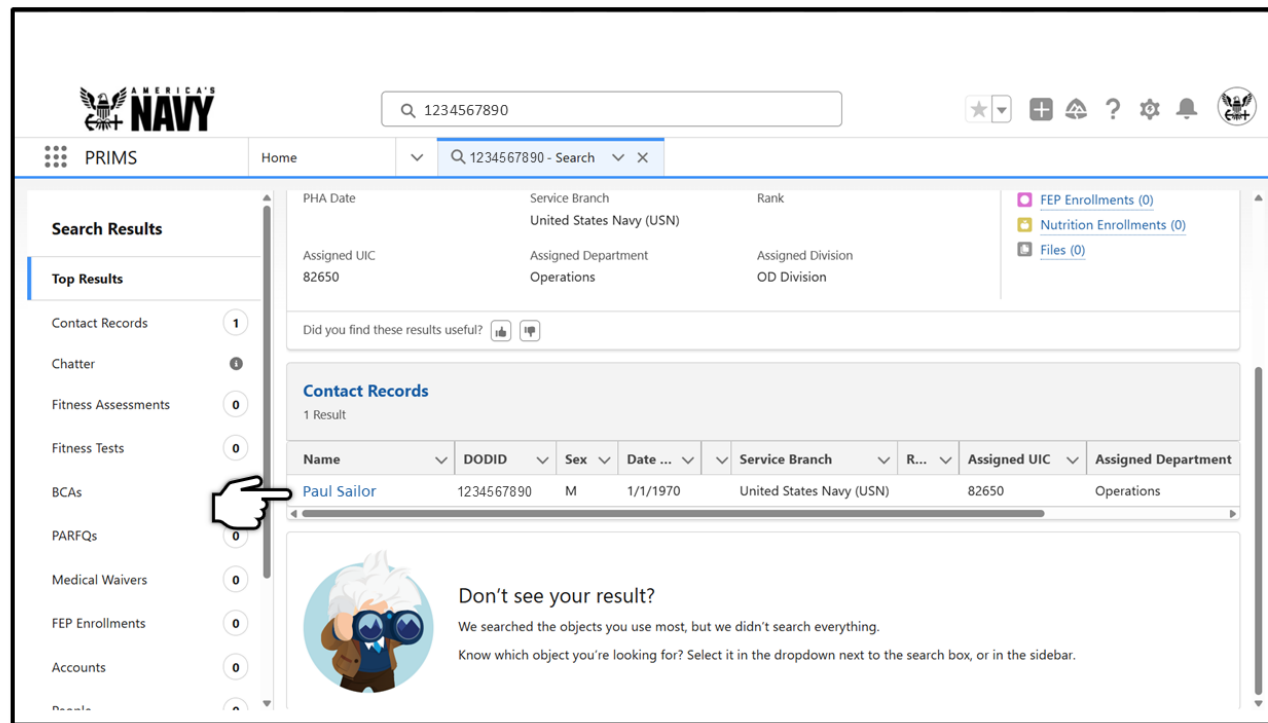
Step-By-Step
Instructions



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 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	R...	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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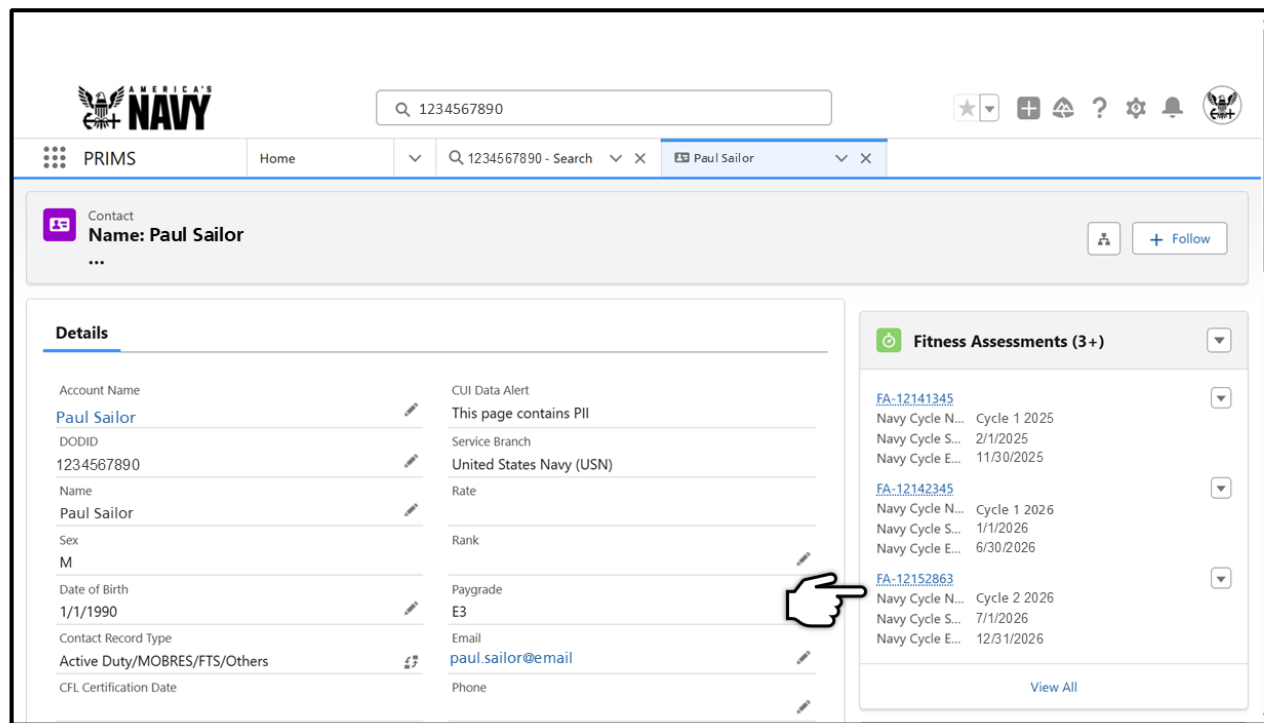
Step-By-Step
Instructions



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



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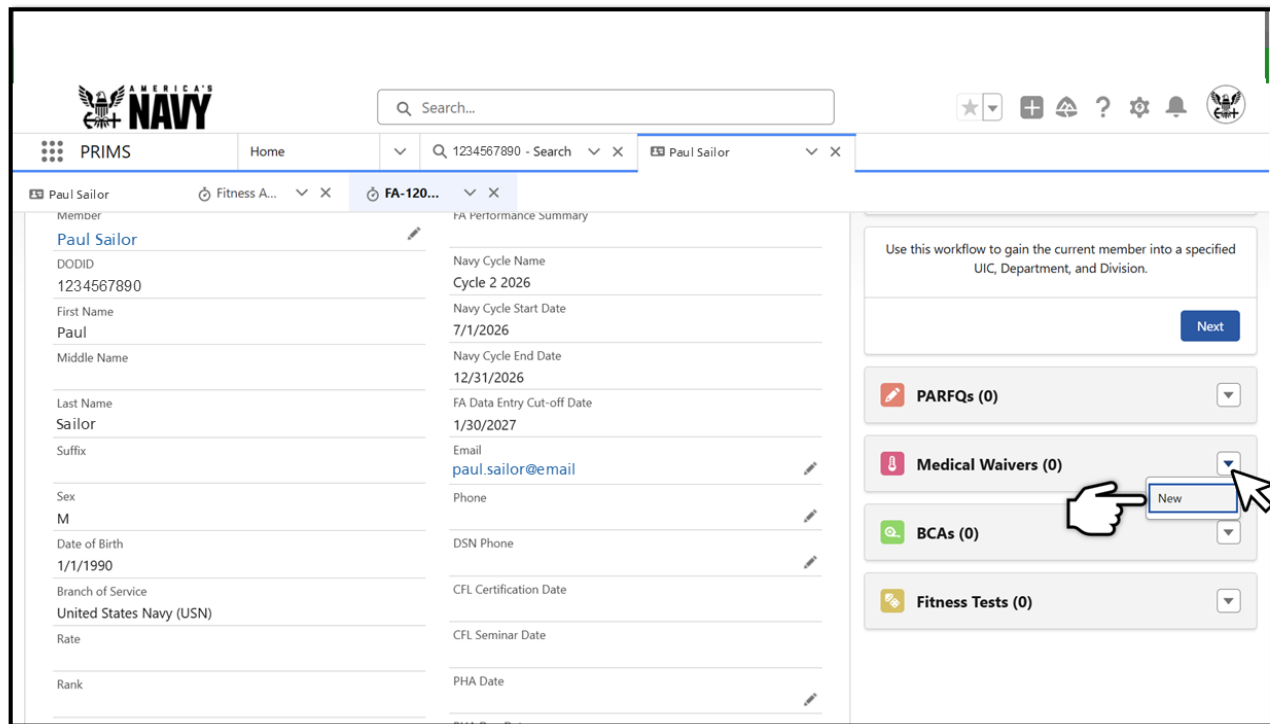
Learning Targets


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. On the left, there's a member profile for Paul Sailor (DODID: 1234567890). The main area displays the FA Performance Summary for Cycle 2 2026. On the right, there's a sidebar with 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 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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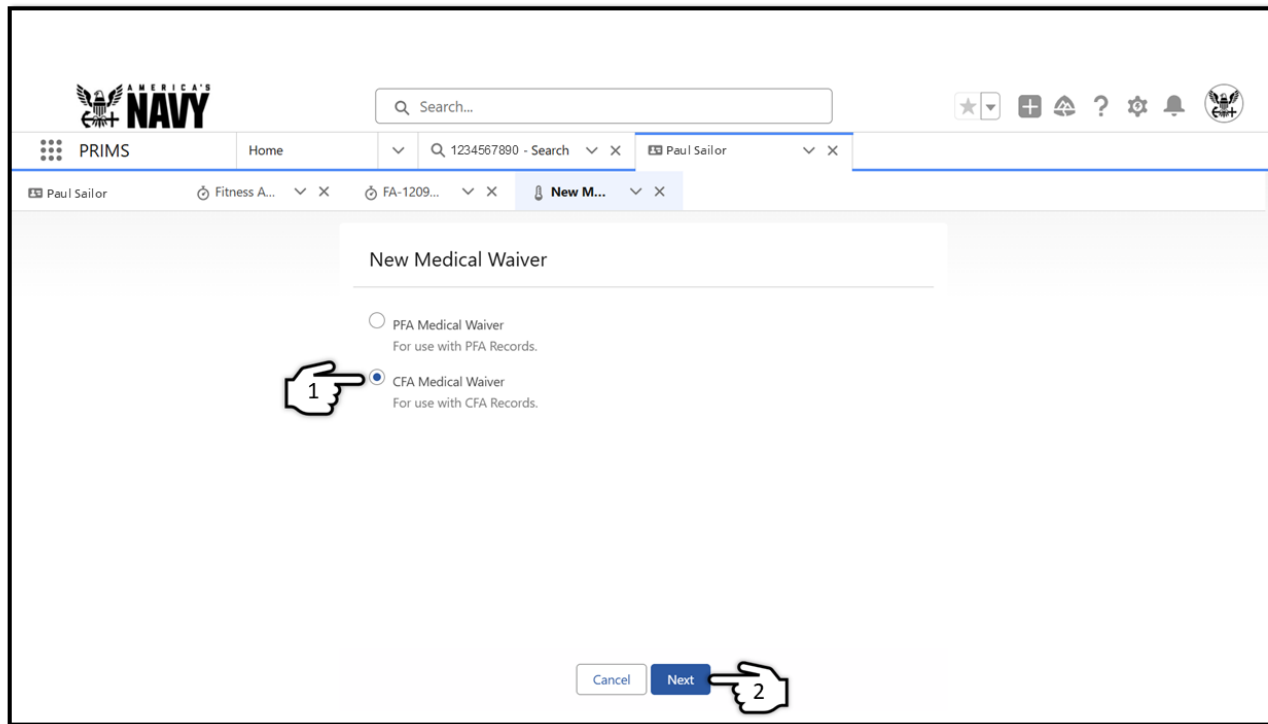
Step-By-Step
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Quick Steps



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



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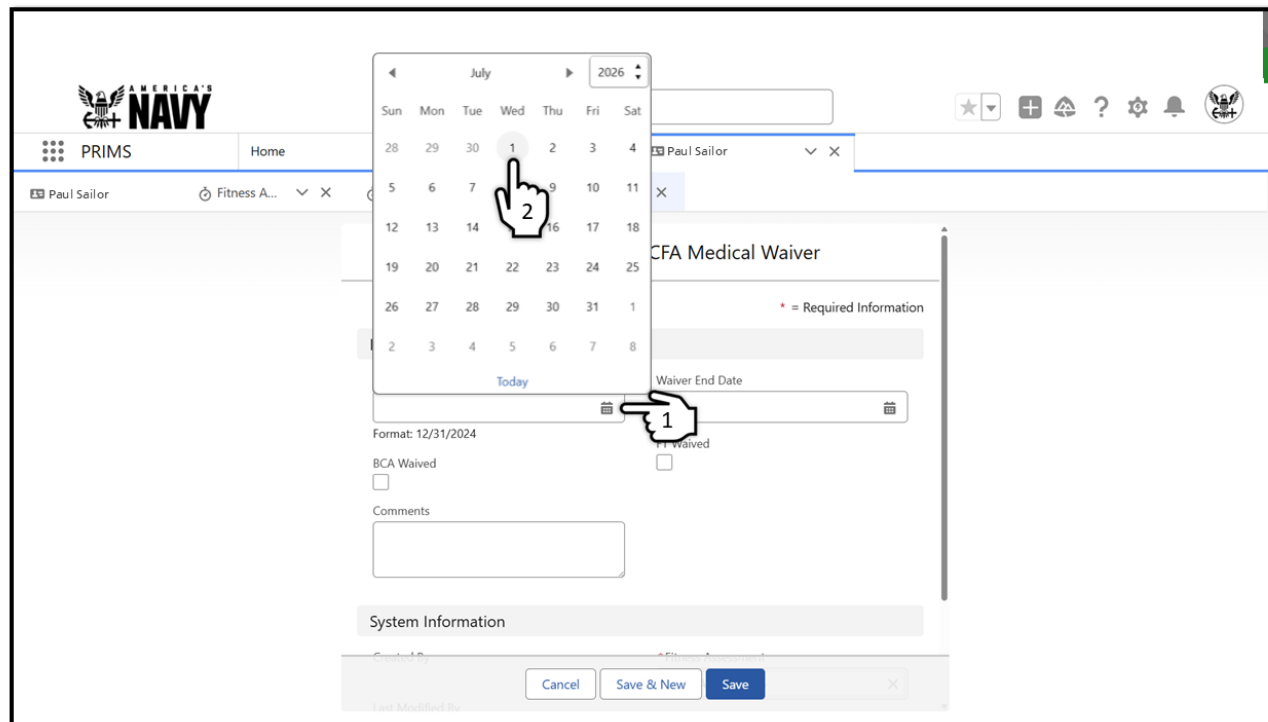
Step-By-Step
Instructions



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 'CFA Medical Waiver' form. A calendar overlay is displayed, showing the month of July 2026. A hand icon labeled '2' points to the date '1' on the calendar. Another hand icon labeled '1' points to the 'Waiver Start Date' field. The form includes fields for 'Format: 12/31/2024', 'BCA Waived' (checkbox), 'Comments', and 'System Information'. At the bottom, there are 'Cancel', 'Save & New', and 'Save' buttons.



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



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Learning Targets



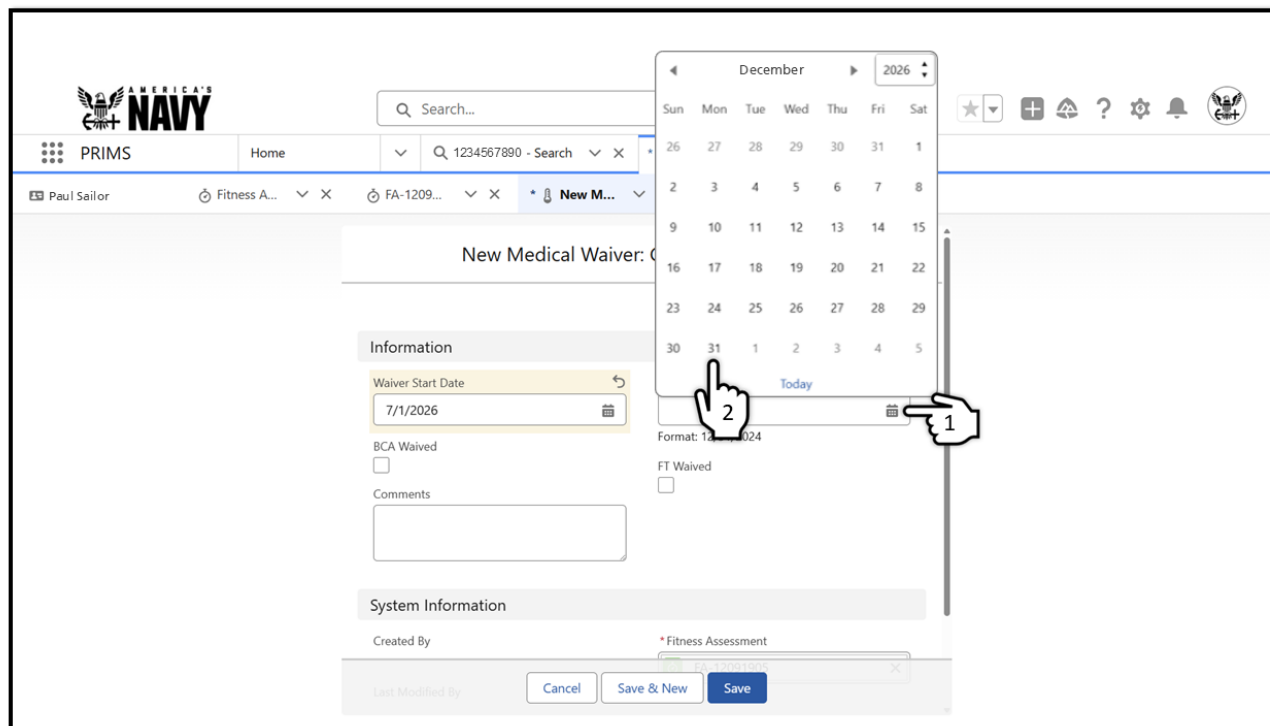
Step-By-Step
Instructions



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 'New Medical Waiver' form. The 'Waiver Start Date' is set to 7/1/2026. The 'Waiver End Date' field has a calendar icon next to it. A calendar overlay is shown, displaying December 2026. A hand icon labeled '1' points to the calendar icon, and another hand icon labeled '2' points to the date '31' on the calendar. The form includes sections for 'Information' and 'System Information'.

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



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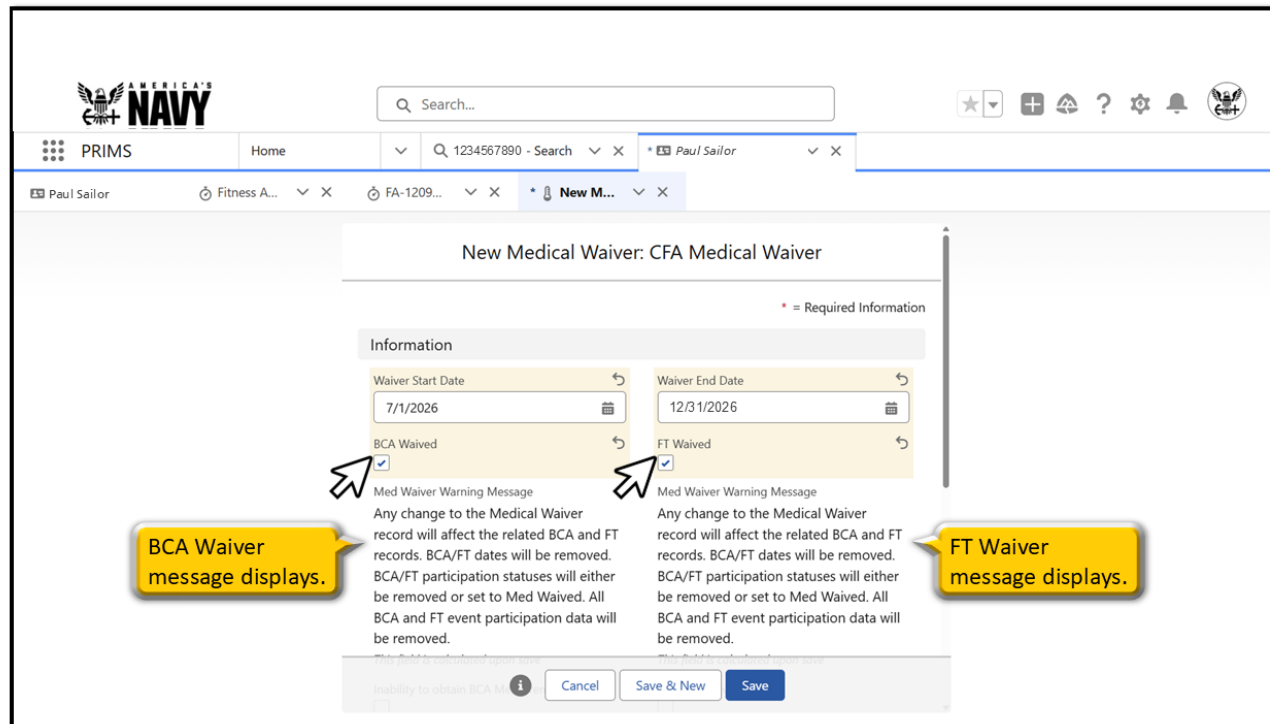
Step-By-Step
Instructions



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.



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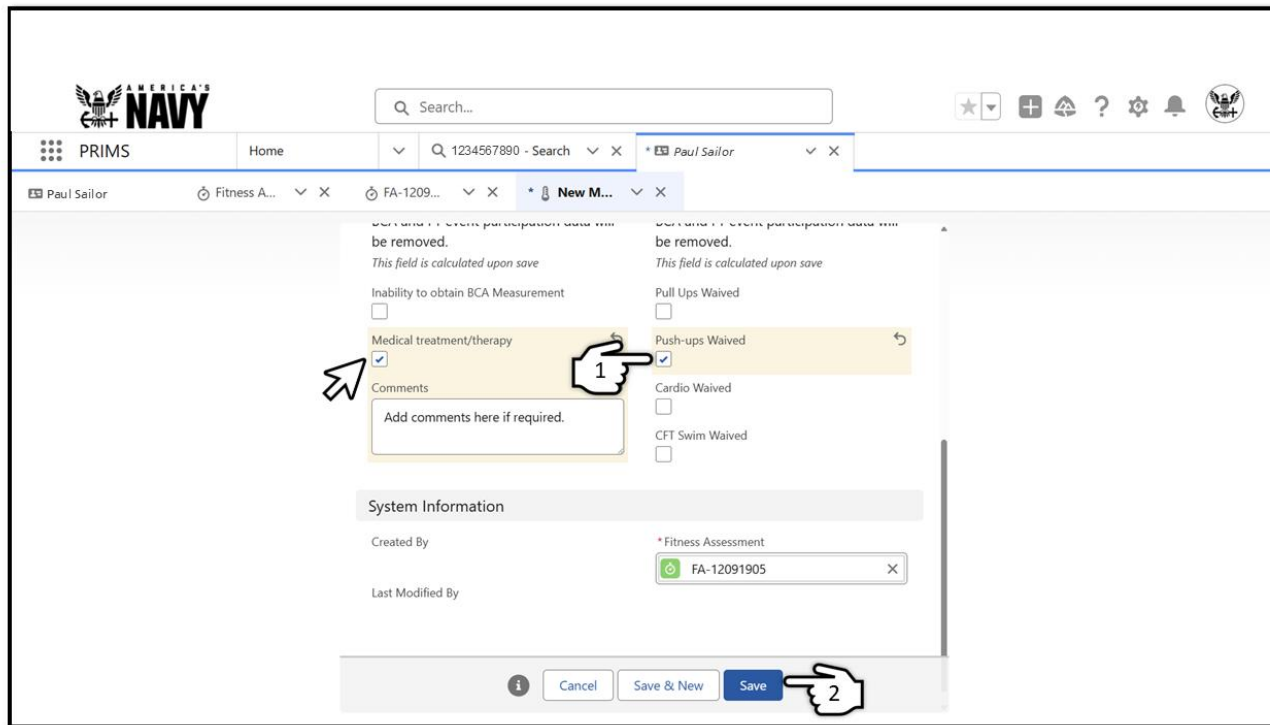
Step-By-Step
Instructions



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 interface for a user named Paul Sailor. The form is titled 'New M...' and includes a search bar and navigation tabs. 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 this is a 'Cardio Waived' section with a checkbox that is unchecked. At the bottom of the form is a 'System Information' section with fields for 'Created By', 'Last Modified By', and 'Fitness Assessment'. The 'Fitness Assessment' field is set to 'FA-12091905'. At the bottom right of the form are three buttons: 'Cancel', 'Save & New', and 'Save'. 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.

How To Create a Medical Waiver

Step-By-Step Instructions



Overview



Tutorial
Navigation



Policy Insights



Learning Targets



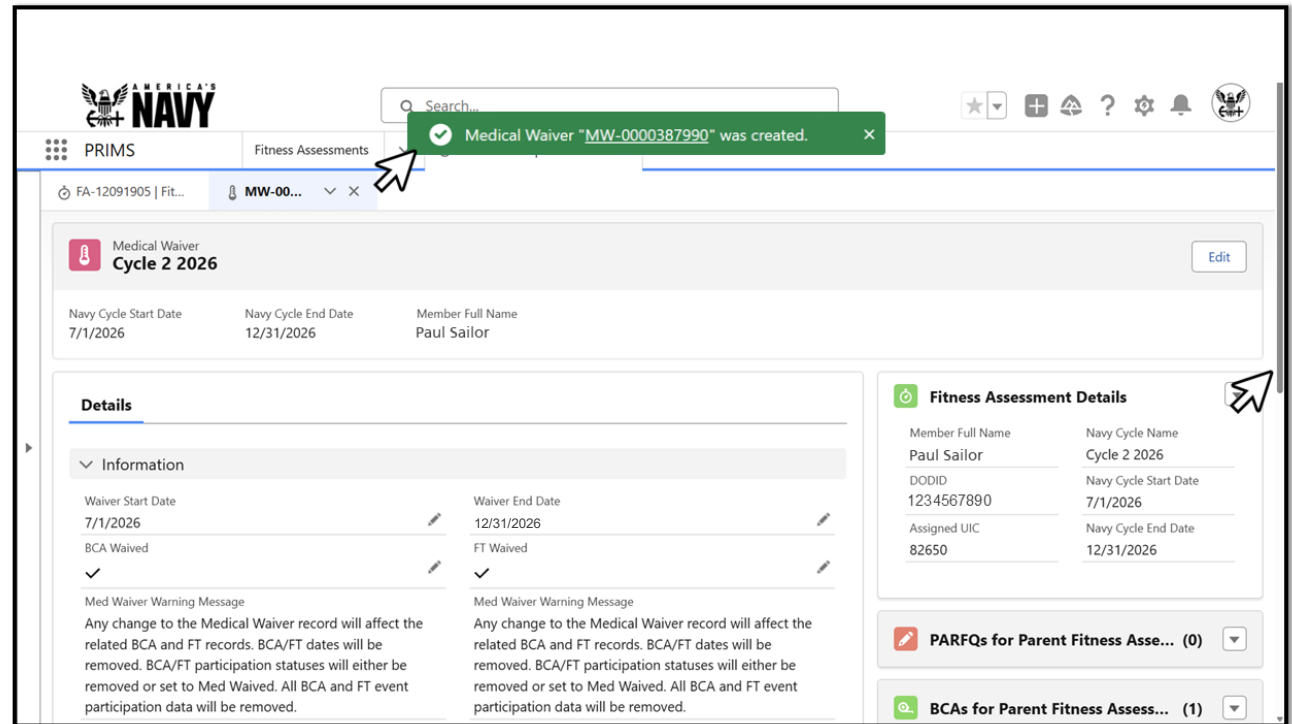
Step-By-Step
Instructions



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 (Physical Readiness Information Management System) interface. A green banner at the top states: "Medical Waiver 'MW-0000387990' was created." Below the banner, the "Medical Waiver Cycle 2 2026" section displays the following information:

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

The "Details" section is expanded, showing the following information:

Information	
Waiver Start Date	Waiver End Date
7/1/2026	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.	

The "Fitness Assessment Details" section on the right displays the following information:

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

At the bottom, there are two sections for "PARFQs for Parent Fitness Assessment":

- PARFQs for Parent Fitness Assessment (0)
- BCAs for Parent Fitness Assessment (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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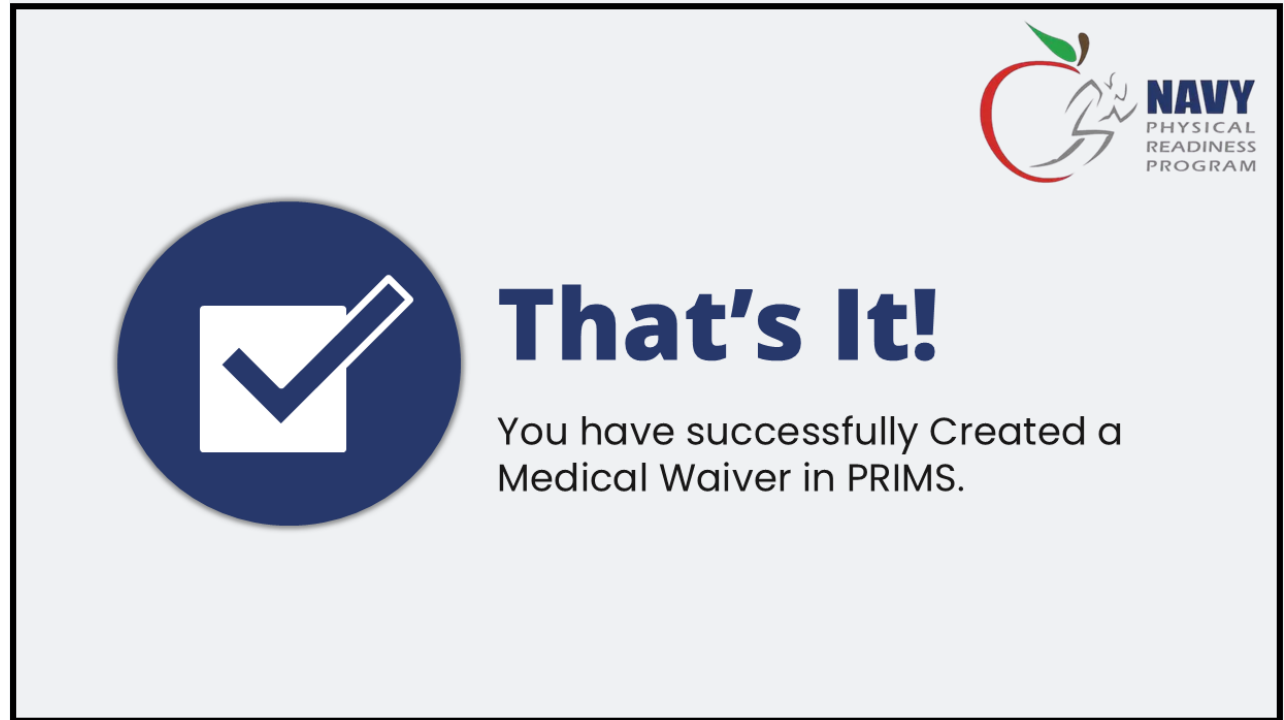
Learning Targets



Step-By-Step
Instructions



Quick Steps



Continue to Edit a Medical Waiver

How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



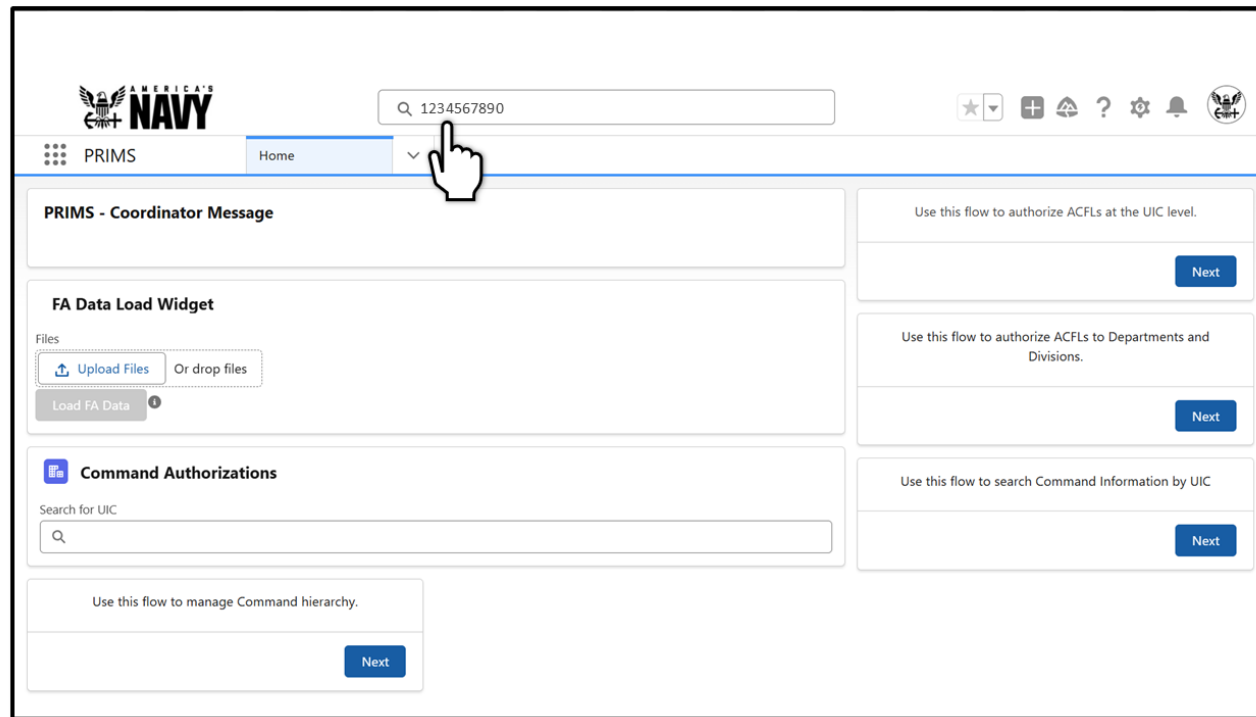
Step-By-Step
Instructions



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.



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



Overview



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Policy Insights



Learning Targets



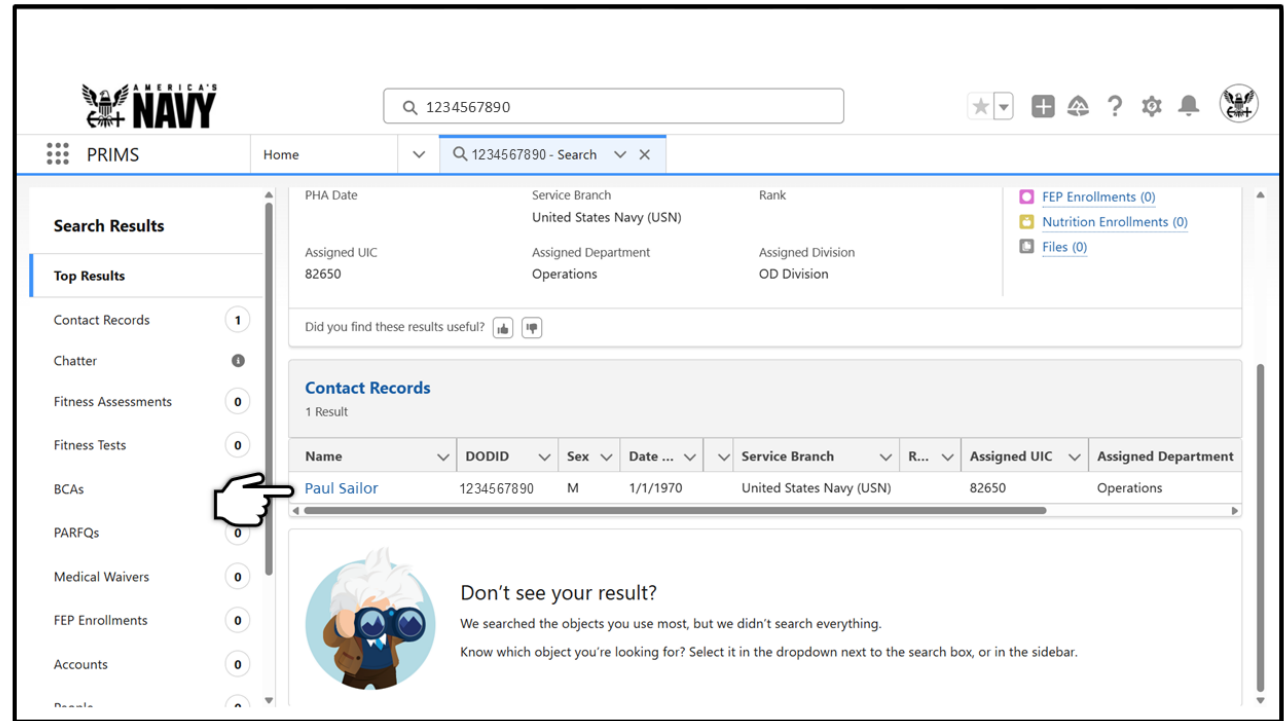
Step-By-Step
Instructions



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 (Physical Readiness Information Management System) interface. The top navigation bar includes the 'AMERICA'S NAVY' logo, a search bar with '1234567890', and various utility icons. The main content area displays search results for the query '1234567890 - Search'. On the left, a sidebar lists various categories with counts: Contact Records (1), Chatter (0), Fitness Assessments (0), Fitness Tests (0), BCAs (0), PARFQs (0), Medical Waivers (0), FEP Enrollments (0), and Accounts (0). The 'Contact Records' section is expanded, showing a table with one result for 'Paul Sailor'. A hand icon points to the 'Name' column header in the table. 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	R...	Assigned UIC	Assigned Department
Paul Sailor	1234567890	M	1/1/1970	United States Navy (USN)		82650	Operations

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

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



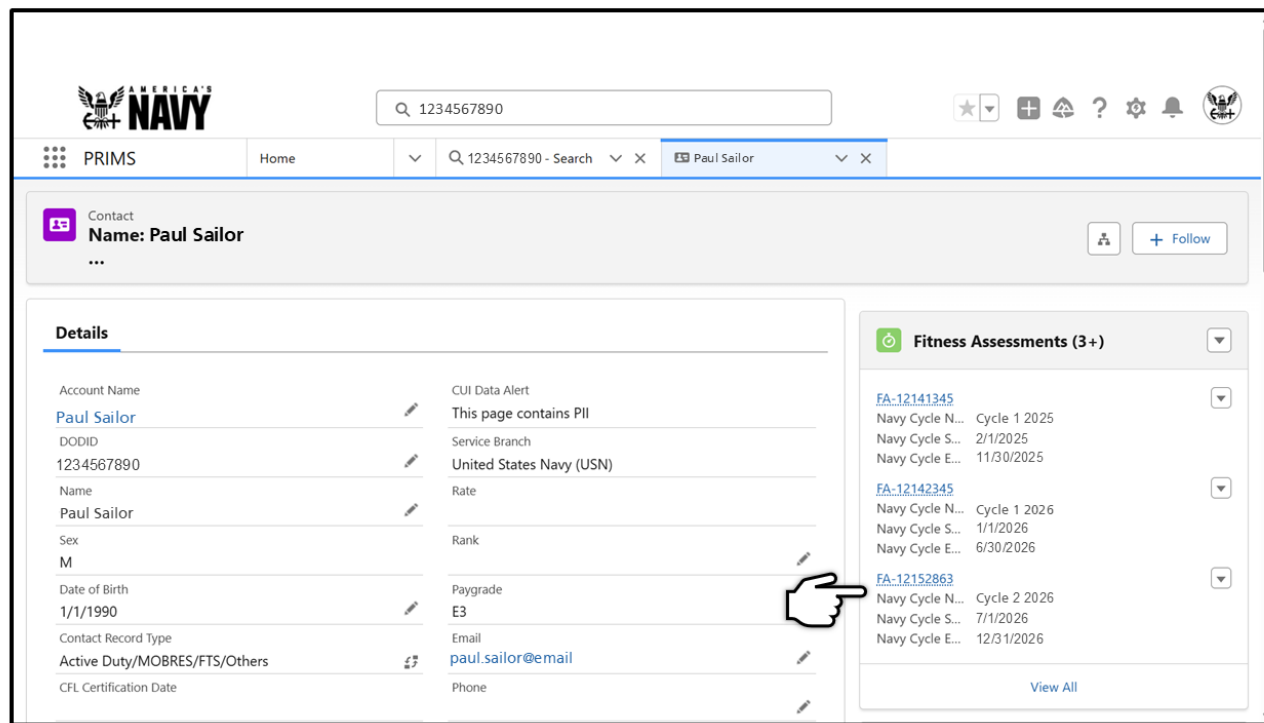
Step-By-Step
Instructions



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.



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

Step-By-Step Instructions



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Learning Targets



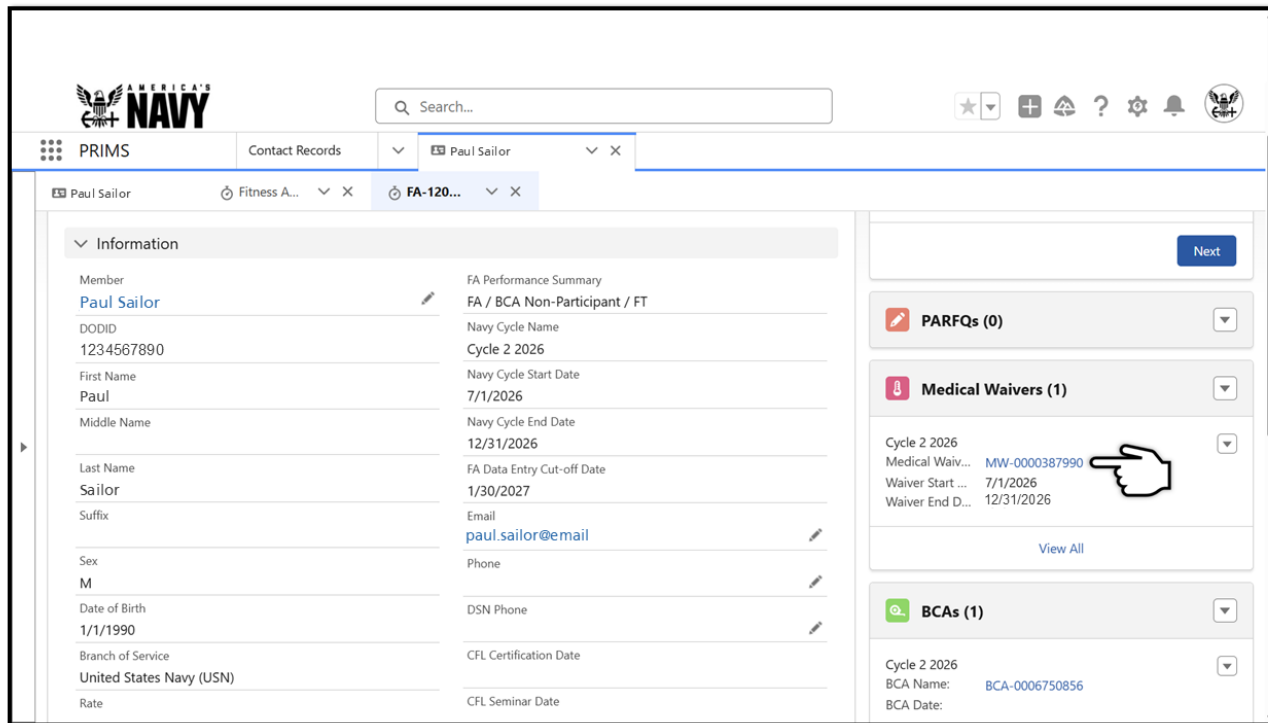
Step-By-Step
Instructions



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 (Physical Readiness Information Management System) interface. The user is logged in as 'Paul Sailor'. The main section displays 'Information' for the member, including details like 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. The right sidebar shows a list of 'Medical Waivers (1)' for Cycle 2 2026. A hand icon points to the 'Medical Waiv...' link, which is a hyperlink to 'MW-0000387990'. Below this, there is a 'View All' link. The bottom of the interface shows a row of seven circular navigation buttons, with the first four being dark blue and the last three being light gray.

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



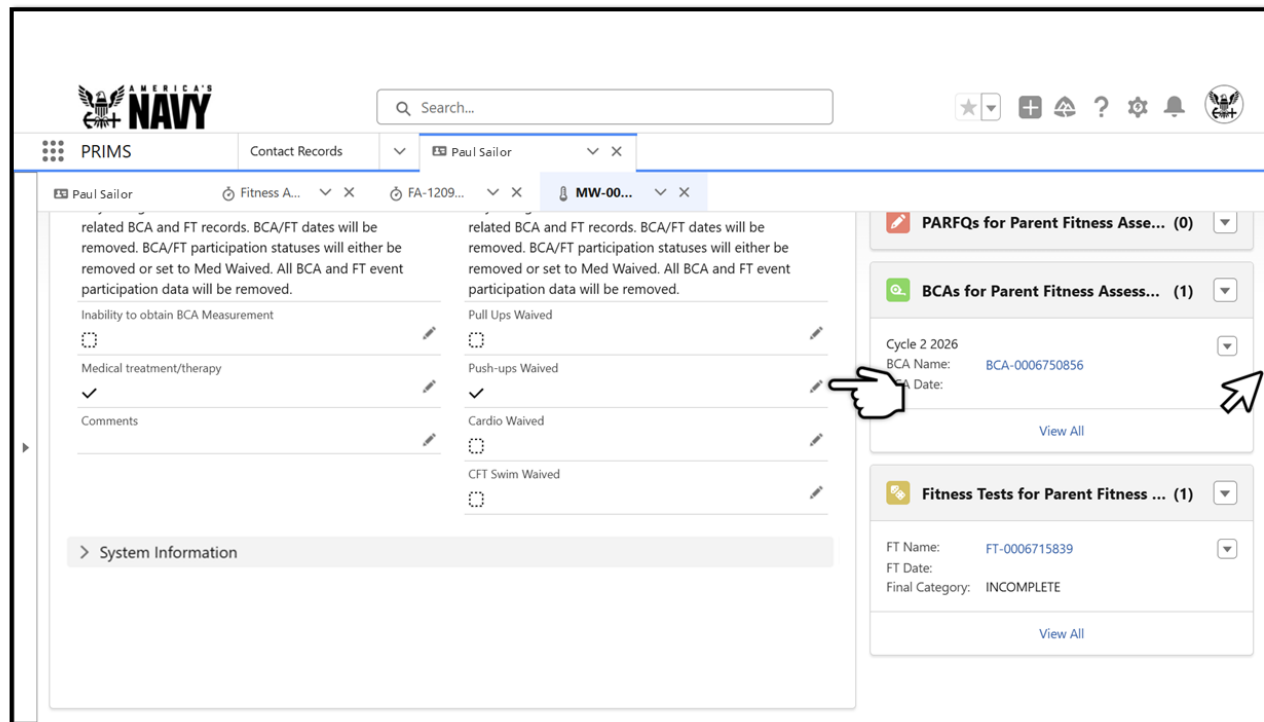
Step-By-Step
Instructions



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 'Fitness A...' section contains a table with columns for 'Inability to obtain BCA Measurement', 'Medical treatment/therapy', and 'Comments'. The 'FA-1209...' section contains a table with columns for 'Pull Ups Waived', 'Push-ups Waived', 'Cardio Waived', and 'CFT Swim Waived'. The 'MW-00...' section contains a table with columns for 'PARQs for Parent Fitness Assessment', 'BCAs for Parent Fitness Assessment', and 'Fitness Tests for Parent Fitness Assessment'. A hand icon points to the 'Push-ups Waived' field, and another hand icon points to the 'Edit' icon in the 'BCAs for Parent Fitness Assessment' section.

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



Overview



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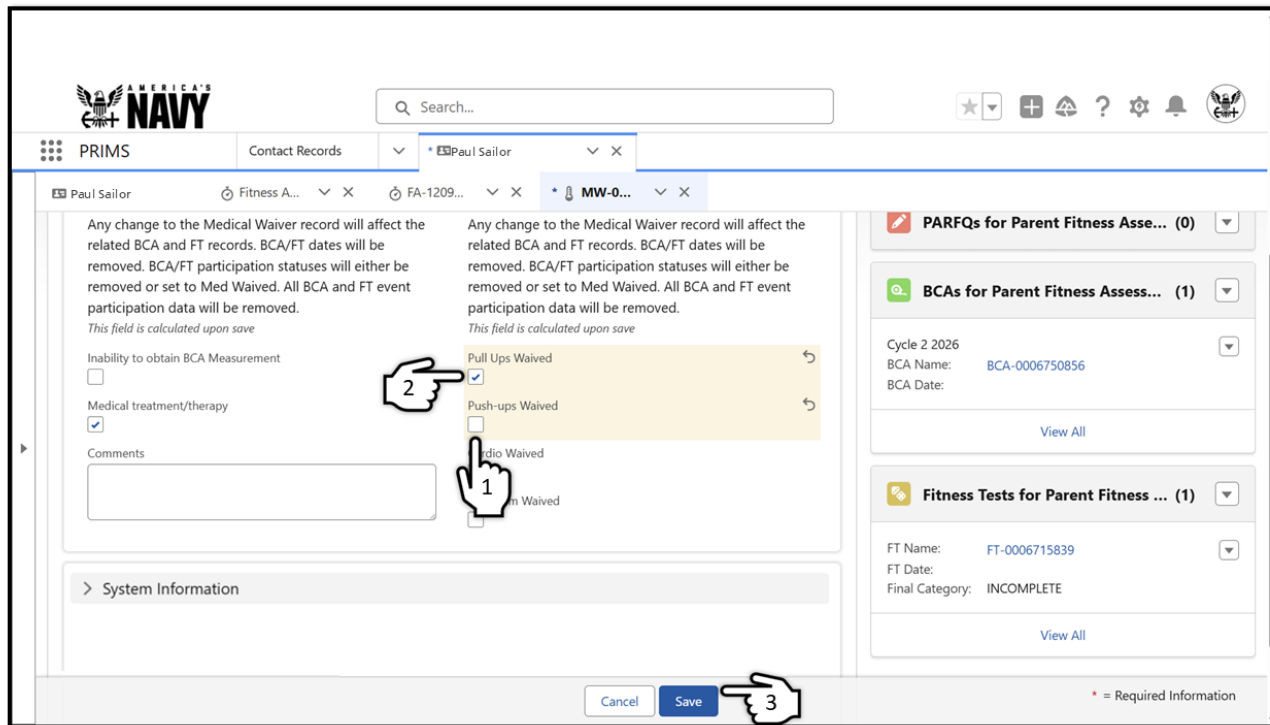
Step-By-Step
Instructions



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 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.

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



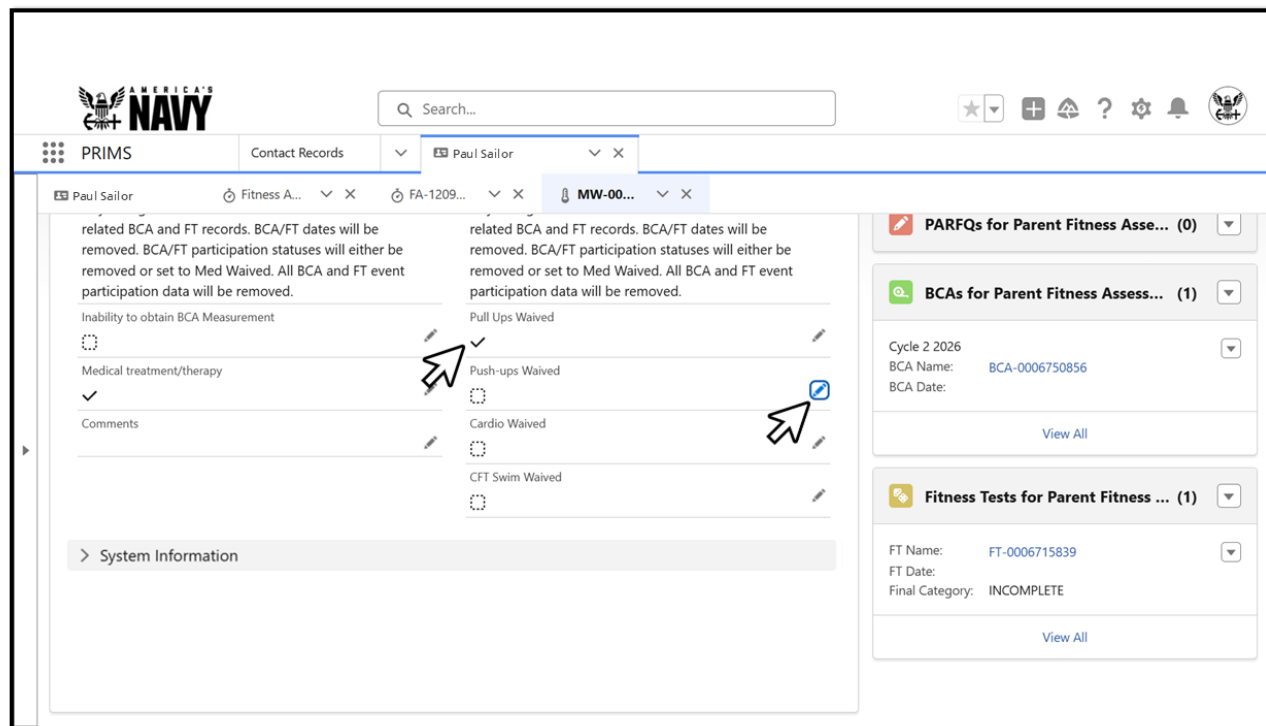
Step-By-Step
Instructions



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 (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', 'Fitness A...', 'FA-1209...', and 'MW-00...'. The 'MW-00...' tab is selected, displaying a medical waiver form. The form includes fields for 'related BCA and FT records', 'BCA/FT dates', 'BCA/FT participation statuses', 'Inability to obtain BCA Measurement', 'Medical treatment/therapy', and 'Comments'. The waiver status is 'Med Waived'. The interface also shows a sidebar with 'PARQs for Parent Fitness Assessment' and 'BCAs for Parent Fitness Assessment'. The 'BCAs for Parent Fitness Assessment' section shows 'Cycle 2 2026' and 'BCA Name: BCA-0006750856'. The 'Fitness Tests for Parent Fitness Assessment' section shows 'FT Name: FT-0006715839' and 'FT Date: INCOMPLETE'.



The waiver is updated and edit mode is closed.

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



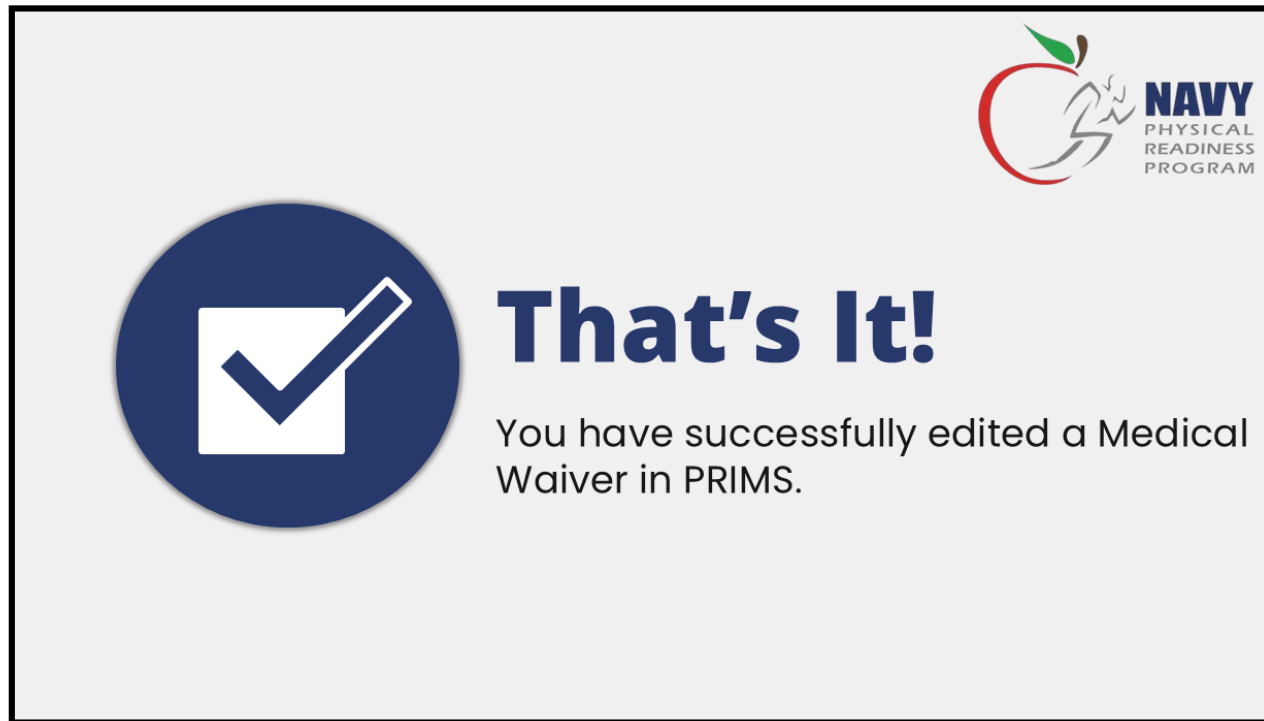
Step-By-Step
Instructions



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.



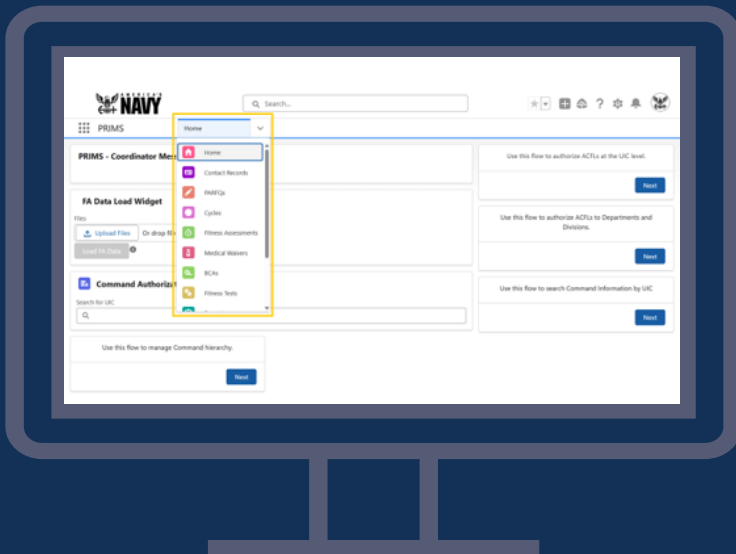
Continue to the BCA Lesson

Continue to the CFT lesson



CFL PRIMS Training

BCA for CFA *Service Console Display*



Start Tutorial



Overview



Tutorial Navigation



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Learning Targets



Step-By-Step Instructions



Quick Steps



Body Composition Assessment (BCA)

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 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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Quick Steps





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Quick Steps



BCA Policy Reminders



CFLs 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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Quick Steps



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

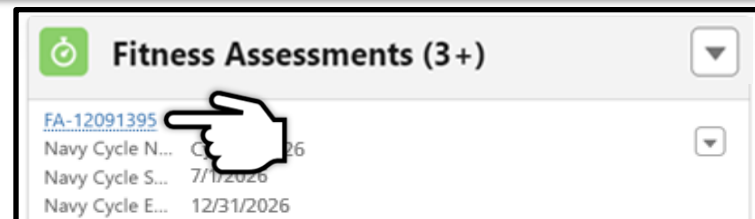
- 2 Select the **BCAs** drop-down list and select **New**.

- 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

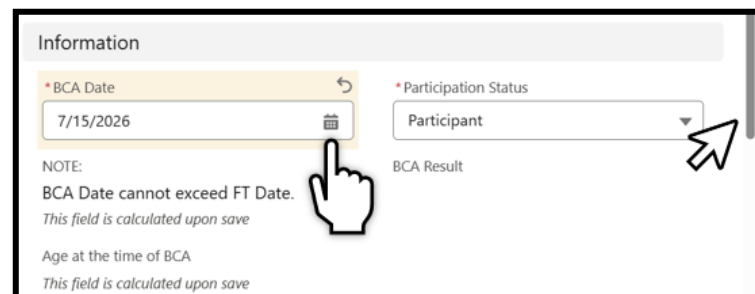
Navy Cycle E... 12/31/2026



BCAs (0)

Fitness Tests (0)

New



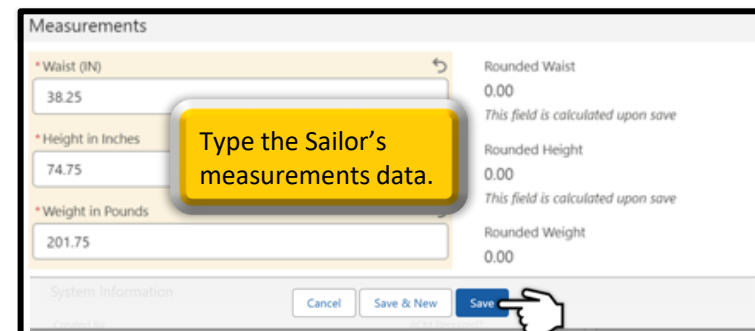
Information

* 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



Measurements

* Waist (IN): 38.25

* Height in Inches: 74.75

* Weight in Pounds: 201.75

Rounded Waist: 0.00

Rounded Height: 0.00

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.



Overview



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Learning Targets



Step-By-Step
Instructions



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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Learning Targets



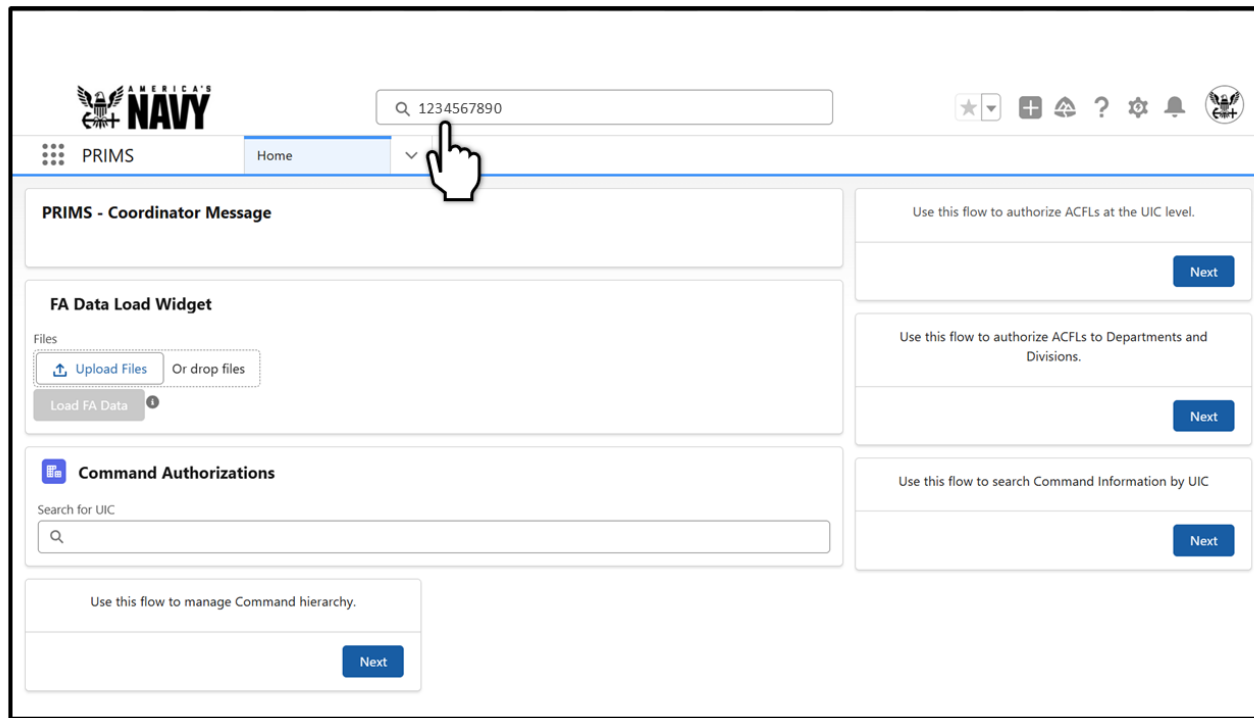
Step-By-Step
Instructions



Quick Steps



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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 several navigation buttons: "PRIMS", "Home", and a dropdown menu. A hand icon is pointing to the dropdown menu. The main content area is divided into several sections: "PRIMS - Coordinator Message", "FA Data Load Widget" (with "Upload Files" and "Load FA Data" buttons), "Command Authorizations" (with a "Search for UIC" field), and three "Next" buttons on the right side. The interface is designed for desktop use, with a clear layout and distinct buttons.

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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Learning Targets



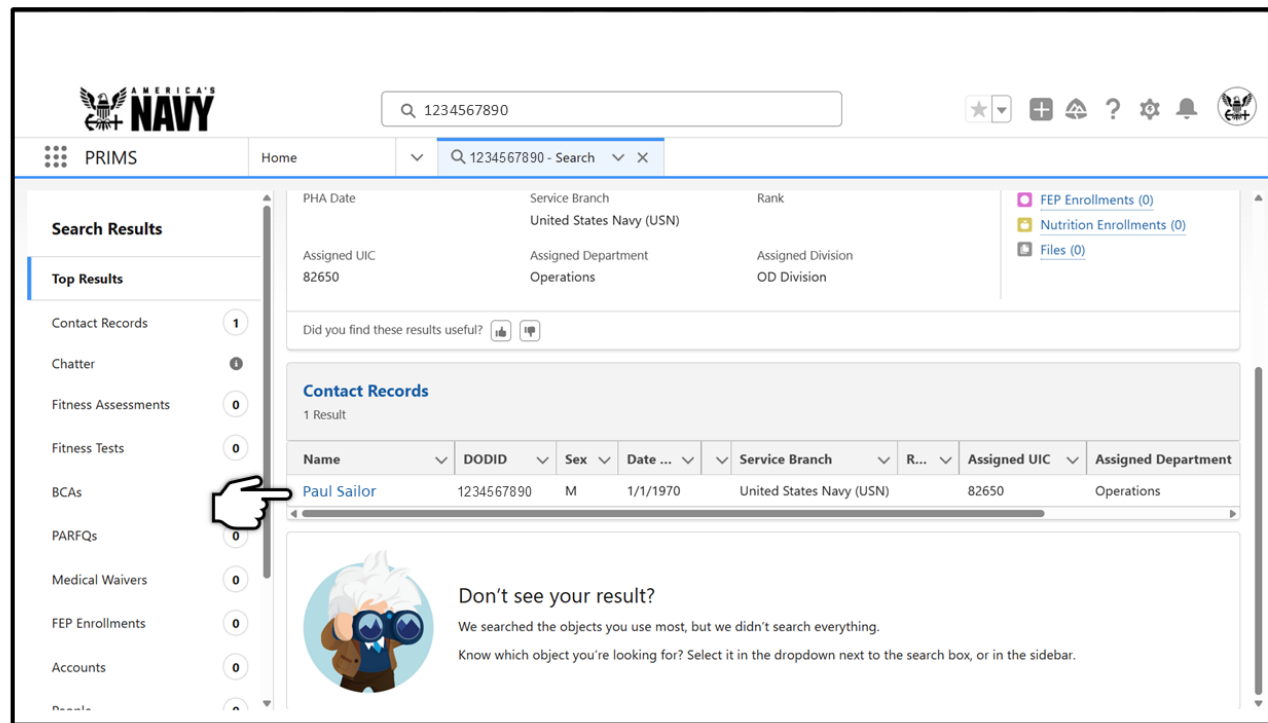
Step-By-Step
Instructions



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 (Physical Readiness Information Management System) interface. At the top, there's a search bar with the text "1234567890". Below the search bar, the interface is divided into sections. On the left, there's a sidebar with "Search Results" and a list of categories: Top Results, Contact Records (1), Chatter (0), Fitness Assessments (0), Fitness Tests (0), BCAs (0), PARFQs (0), Medical Waivers (0), FEP Enrollments (0), and Accounts (0). A hand icon points to the "Contact Records" category. The main content area shows the "Contact Records" section with a table of results. The table has columns: Name, DODID, Sex, Date, Service Branch, R..., Assigned UIC, and Assigned Department. The first row shows "Paul Sailor" with DODID "1234567890", Sex "M", Date "1/1/1970", Service Branch "United States Navy (USN)", Assigned UIC "82650", and Assigned Department "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 5: On the **Contact Records** tile, select the Sailor's **Name**.

How To View a BCA

Step-By-Step Instructions



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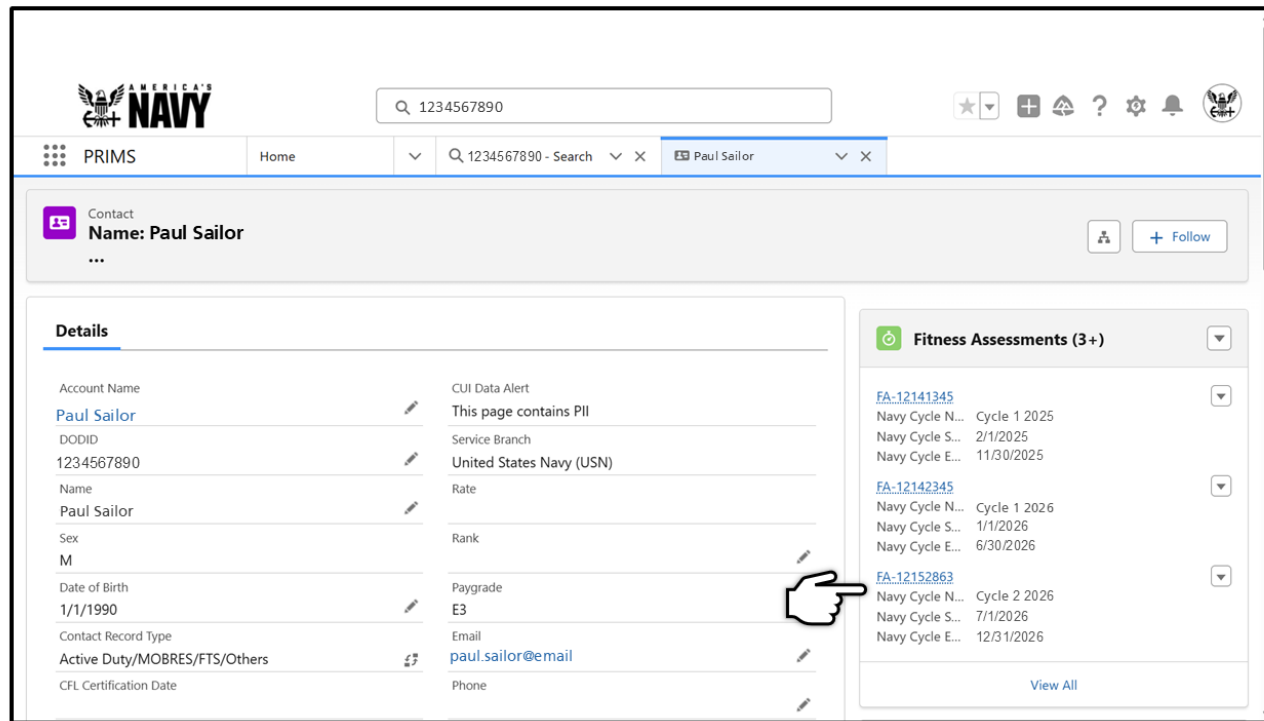
Step-By-Step
Instructions



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.



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

How To View a BCA

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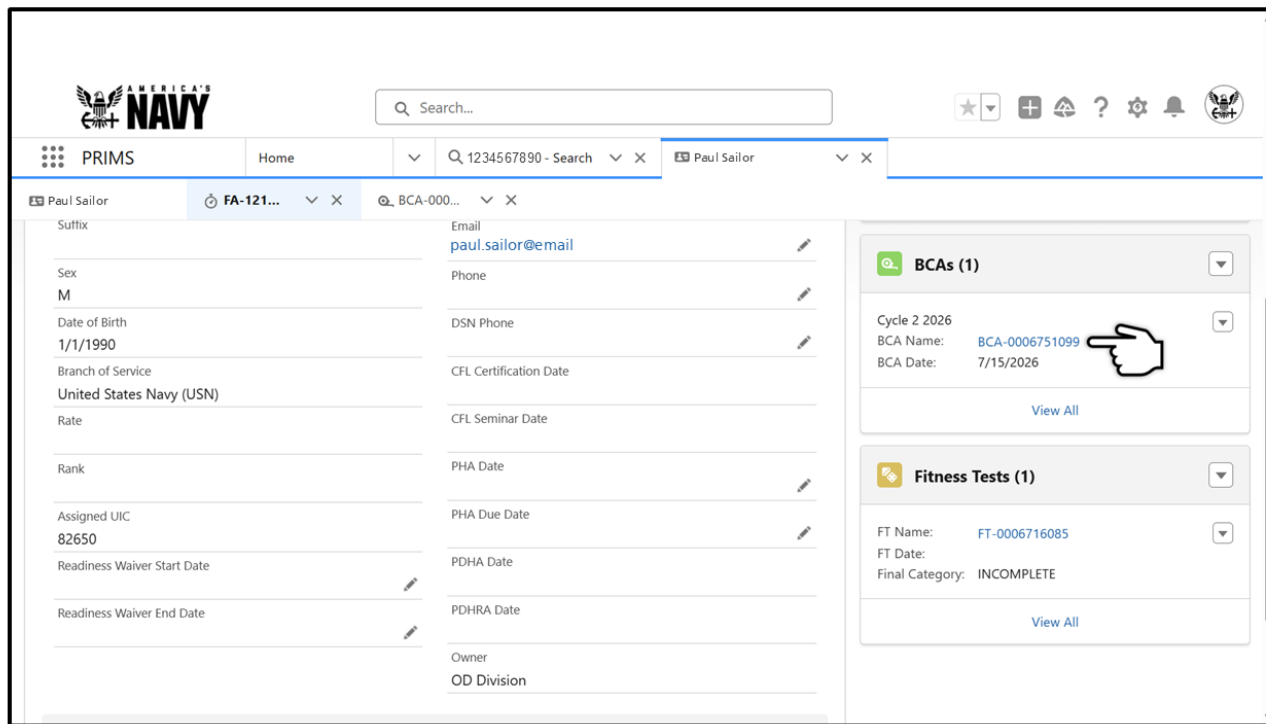
Step-By-Step
Instructions



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.



The screenshot displays the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the Navy logo, a search bar, and user information for 'Paul Sailor'. The main content area shows a detailed profile for 'Paul Sailor' with various personal and service-related fields. On the right, a sidebar contains sections for 'BCAs (1)' and 'Fitness Tests (1)'. In the 'BCAs (1)' section, the 'BCA Name' is listed as 'BCA-0006751099', which is a clickable hyperlink. A hand icon is pointing to this link, indicating the next step in the tutorial. Below the main profile, there are several blue and grey circular indicators representing the steps in the tutorial.

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

How To View a BCA

Step-By-Step Instructions



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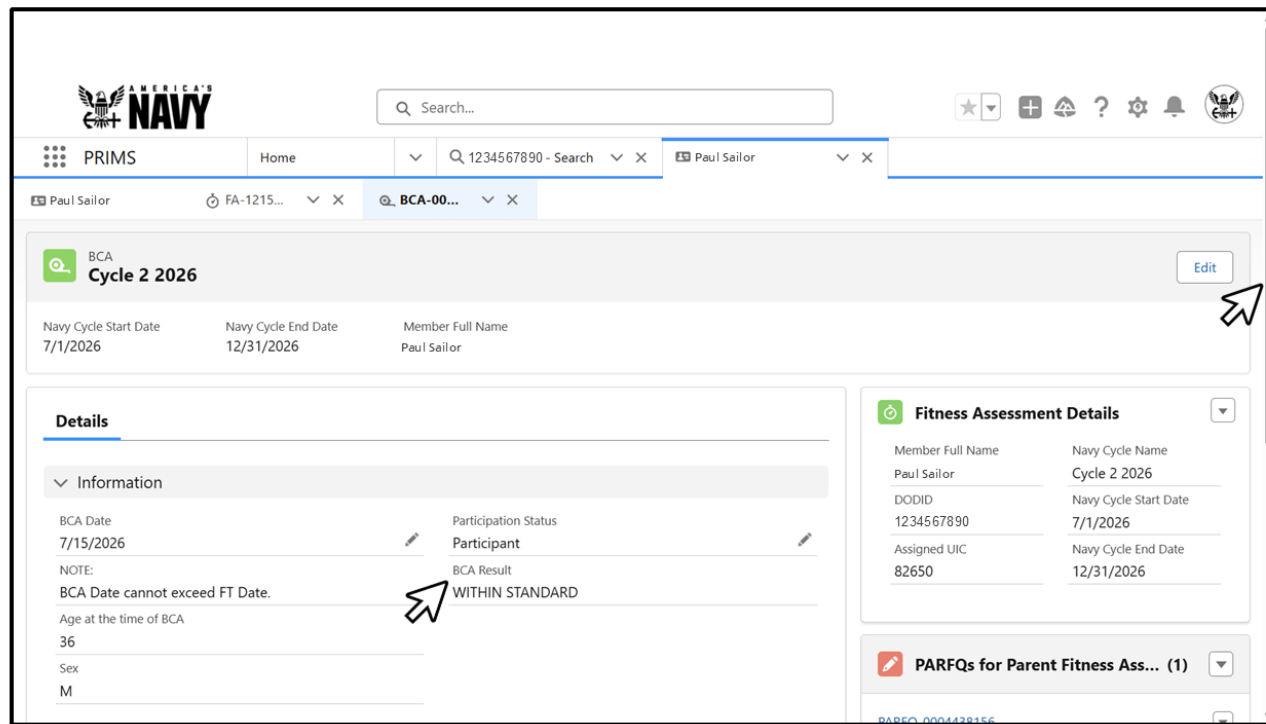
Step-By-Step
Instructions



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 displays the PRIMS interface for a user named Paul Sailor. The main section is titled "BCA Cycle 2 2026". Below this, there is a table with the following data:

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

Below the table, there is a "Details" section with a "Information" tab. The information includes:

- BCA Date: 7/15/2026
- Participation Status: Participant
- BCA Result: WITHIN STANDARD
- Age at the time of BCA: 36
- Sex: M

On the right side, there is a "Fitness Assessment Details" section with the following data:

Member Full Name	Navy Cycle Name
Paul Sailor	Cycle 2 2026

Below this, there is a "PARFQs for Parent Fitness Ass..." section with a dropdown menu showing "(1)".

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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Learning Targets



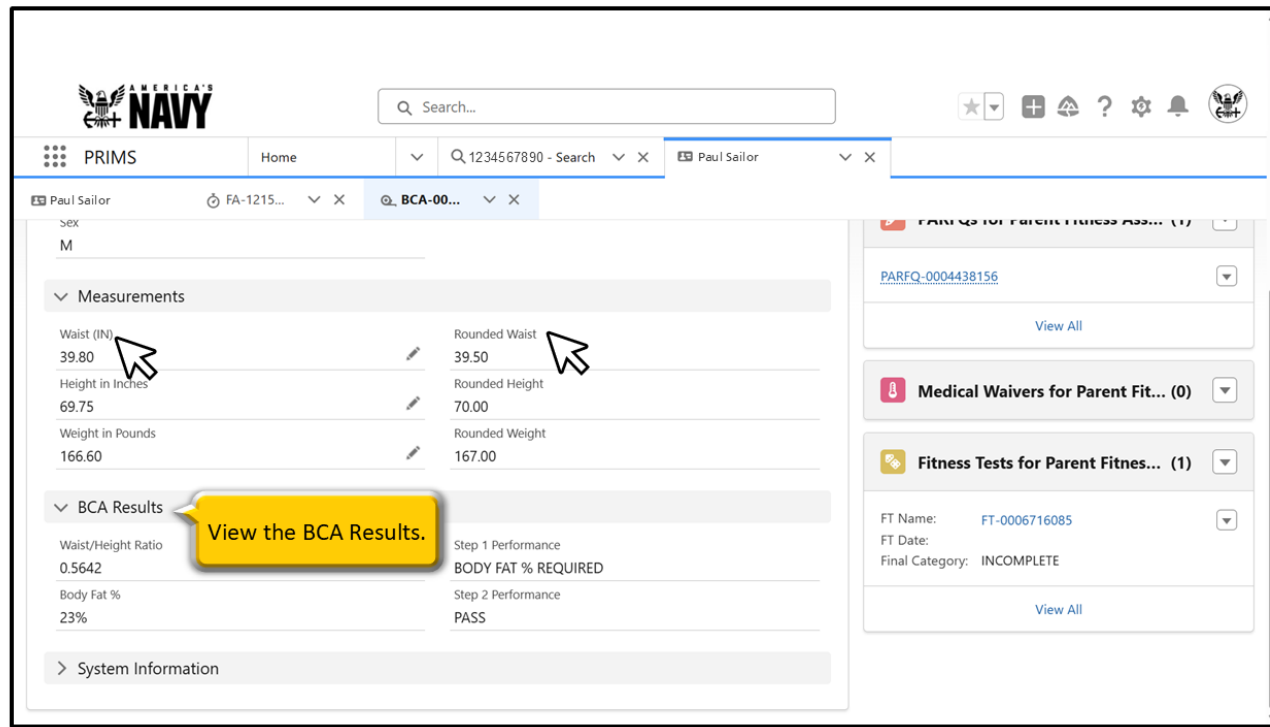
Step-By-Step
Instructions



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 sailor named Paul Sailor. The interface includes a search bar, navigation tabs (PRIMS, Home), and a sidebar with various filters. The main content area displays the sailor's profile, including sex (M), and a table of measurements. A yellow callout box points to the 'View the BCA Results.' link in the 'BCA Results' section.

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

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

[View the BCA Results.](#)

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.



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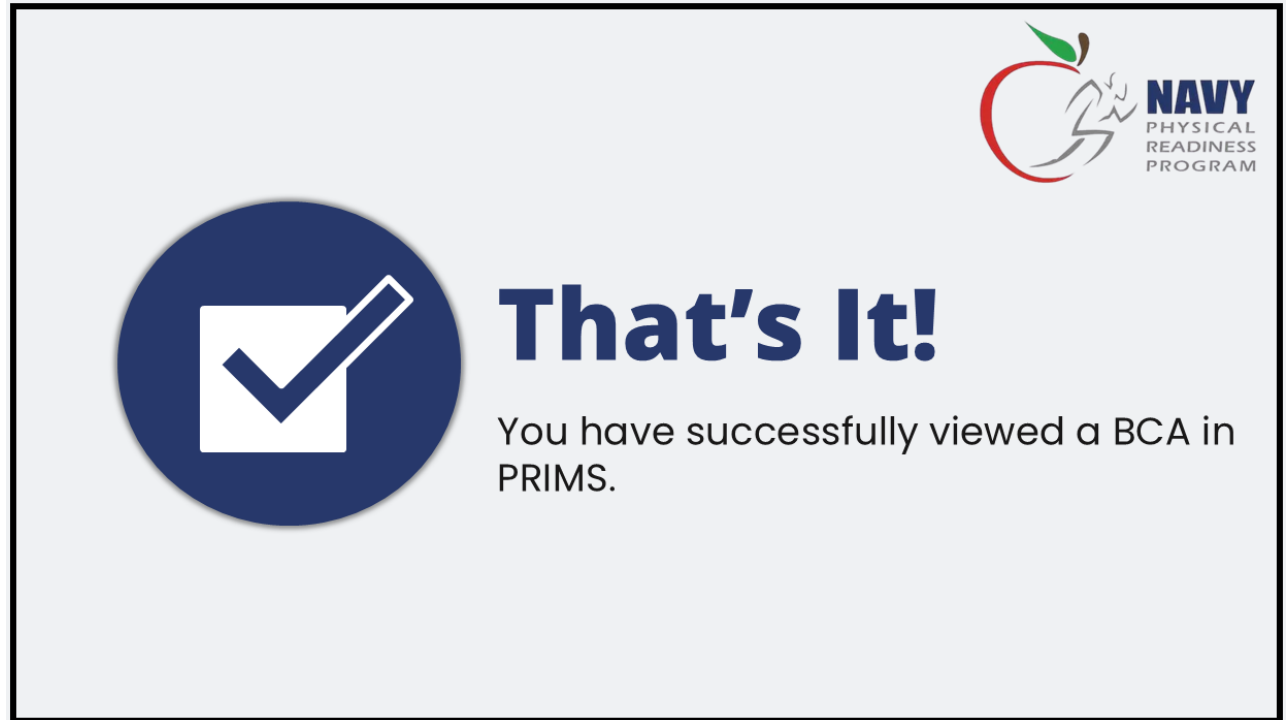
Learning Targets



Step-By-Step
Instructions



Quick Steps



Continue to Create a BCA

How To Create a BCA

Step-By-Step Instructions



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Learning Targets



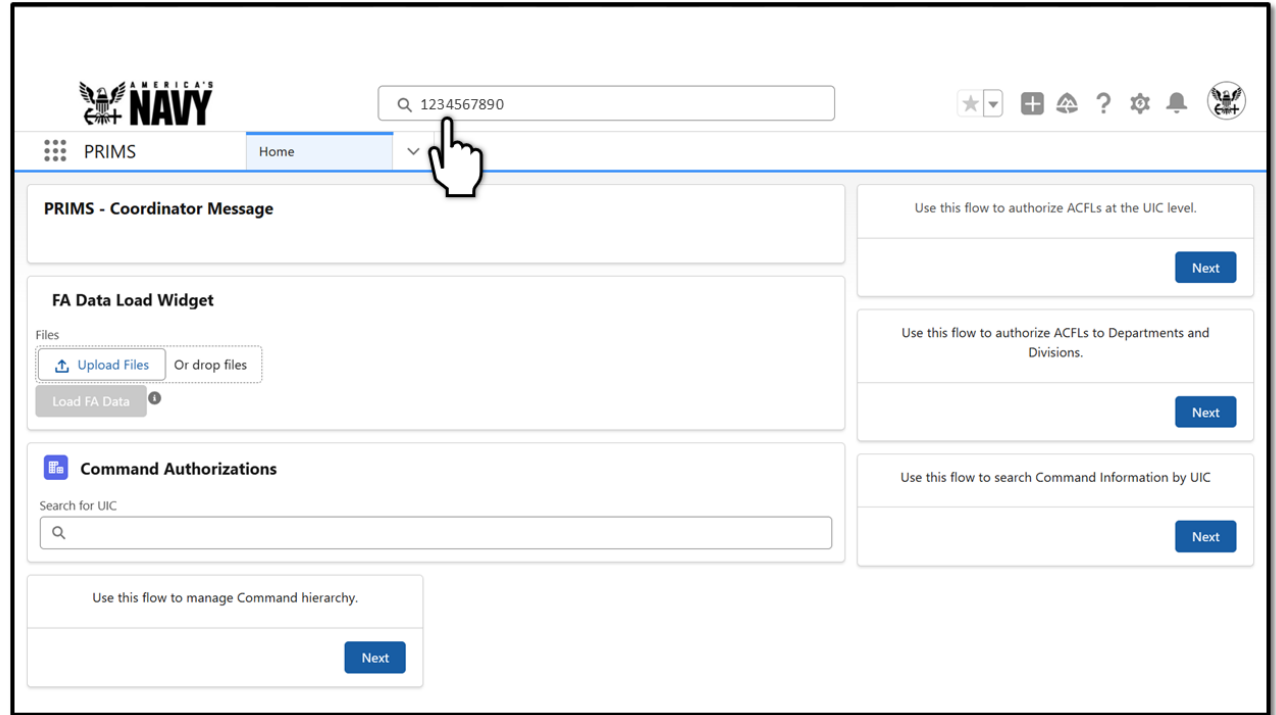
Step-By-Step
Instructions



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.



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

How To Create a BCA

Step-By-Step Instructions



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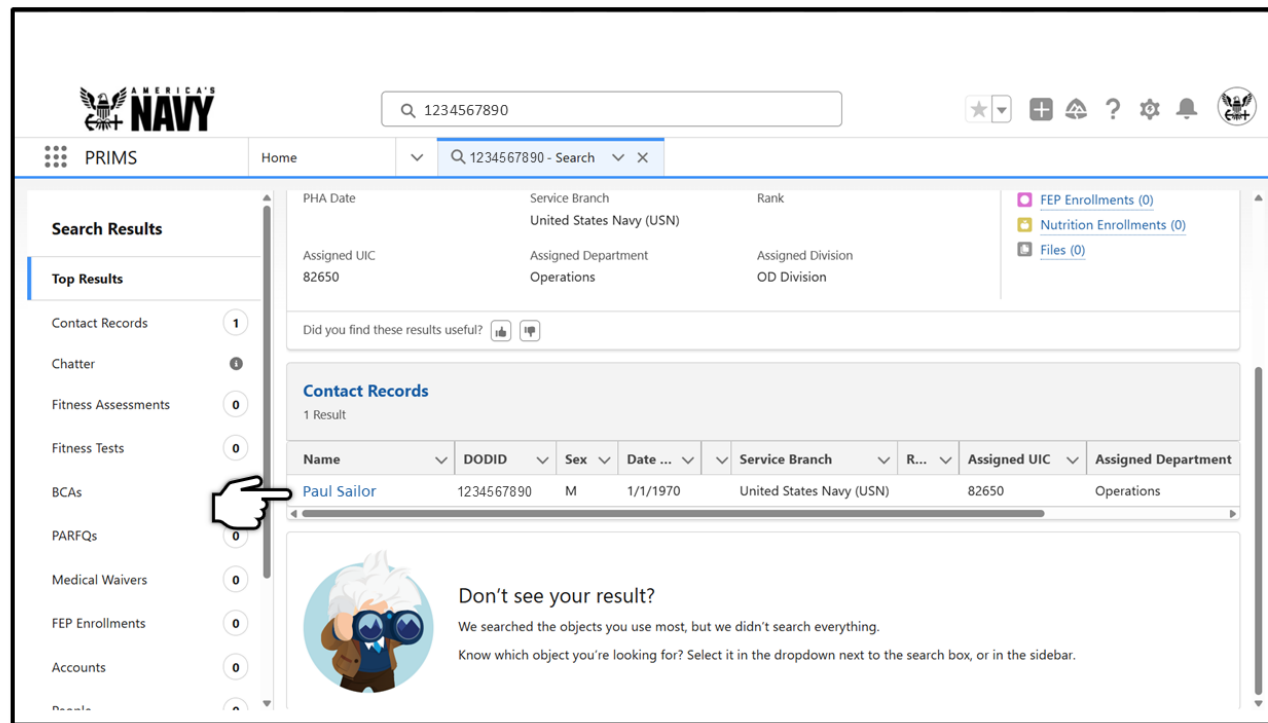
Step-By-Step
Instructions



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.



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

Search Results

PHIA Date: 12/31/2019
Service Branch: United States Navy (USN)
Rank: O-6
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 9: On the **Contact Records** tile, select the Sailor's **Name**.

How To Create a BCA

Step-By-Step Instructions



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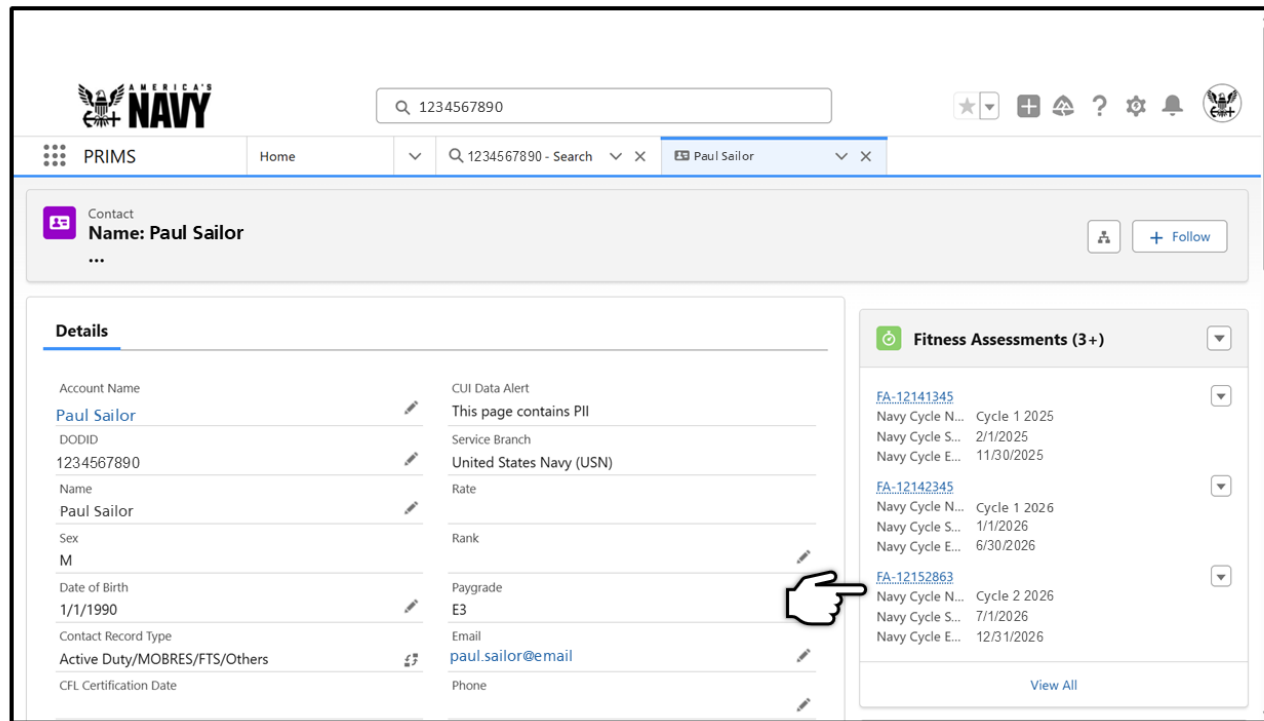
Step-By-Step
Instructions



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.



AMERICA'S **NAVY**

Q 1234567890

PRIMS Home Q 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

Step-By-Step Instructions



Overview



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Learning Targets



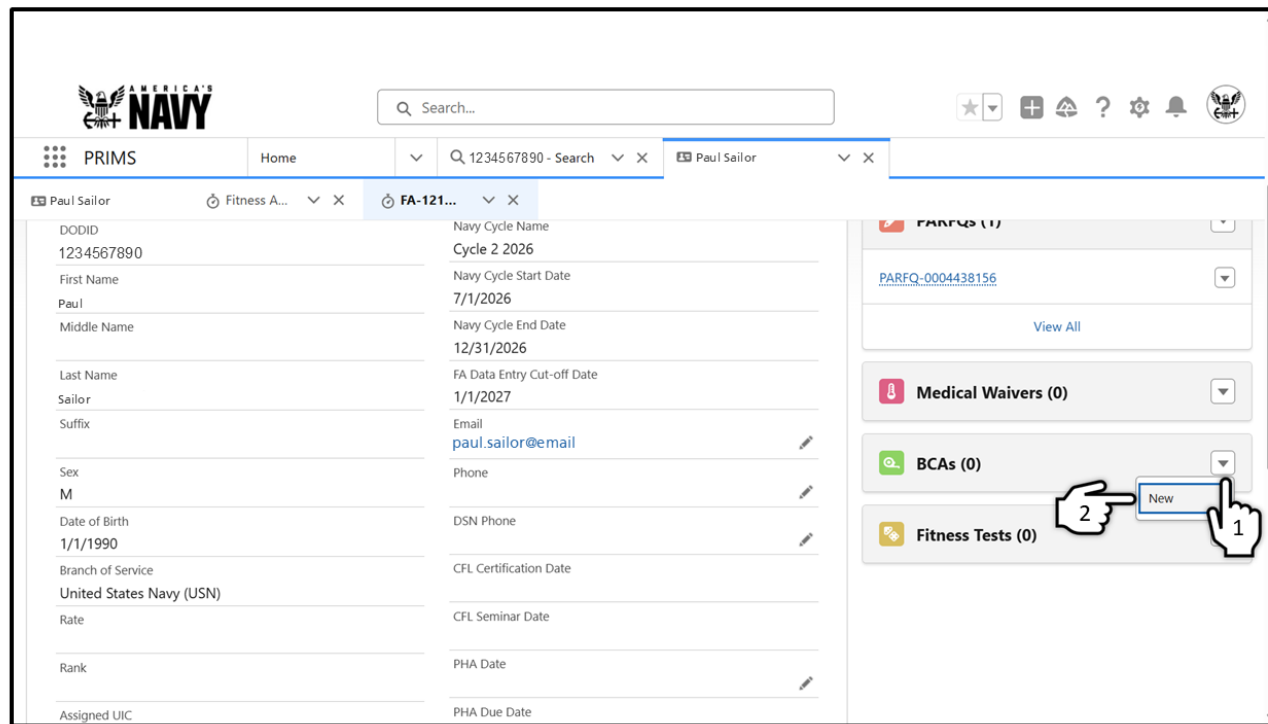
Step-By-Step
Instructions



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 (Physical Readiness Information Management System) interface. The top navigation bar includes the Navy logo, a search bar, and tabs for 'PRIMS', 'Home', and a search result for '1234567890 - Search'. The main content area displays the profile of 'Paul Sailor' (FA-121...). The profile includes fields for DODID, First Name, Middle Name, Last Name, Sailor, Suffix, Sex, Date of Birth, Branch of Service, Rate, Rank, and Assigned UIC. The 'BCAs' (Body Composition Assessments) section is highlighted, showing a dropdown menu with 'New' selected. A hand icon with the number '1' points to the 'New' button, and another hand icon with the number '2' points to the 'BCAs' dropdown menu.

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



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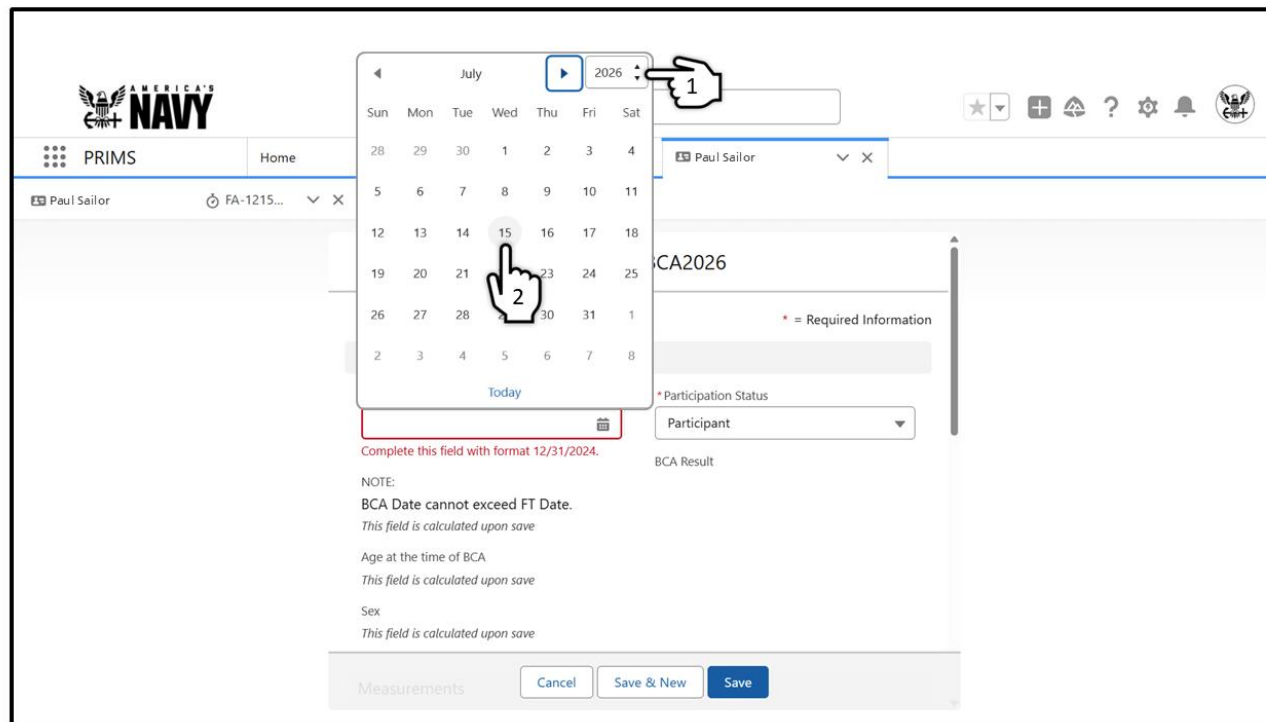
Learning Targets


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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.



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

How To Create a BCA

Step-By-Step Instructions



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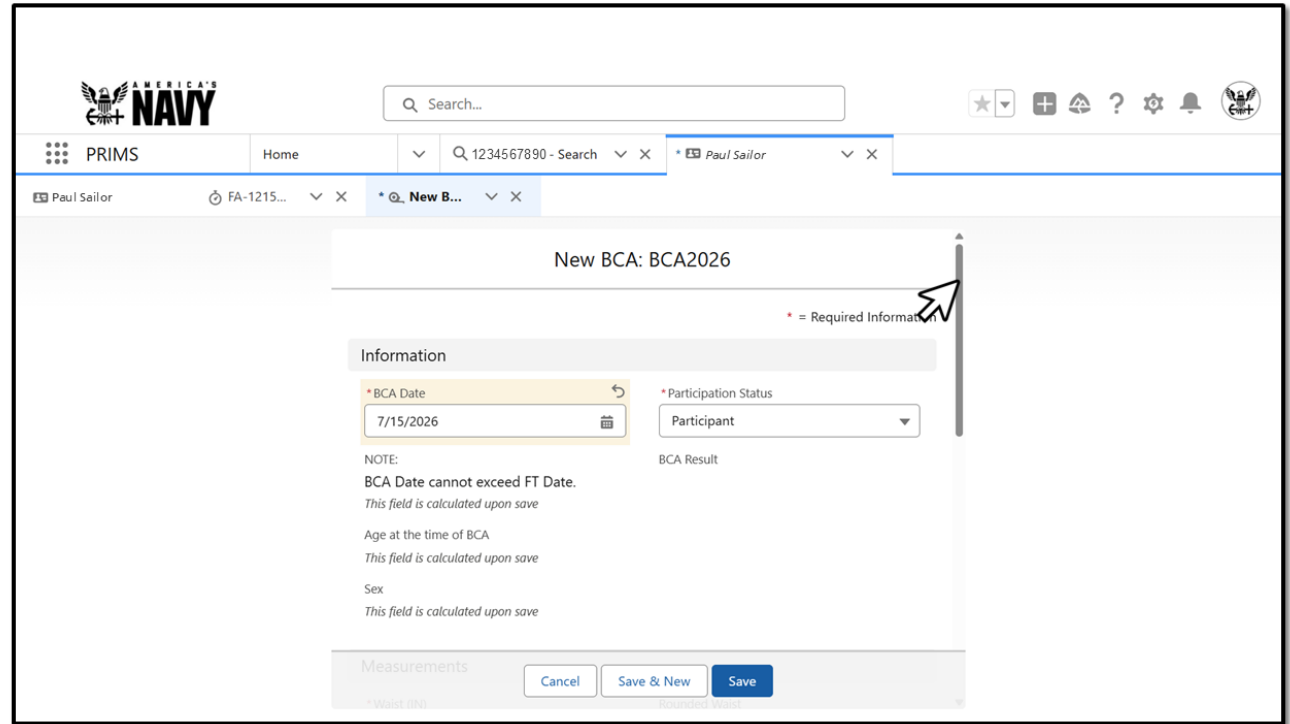
Step-By-Step
Instructions



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

How To Create a BCA

Step-By-Step Instructions



Overview



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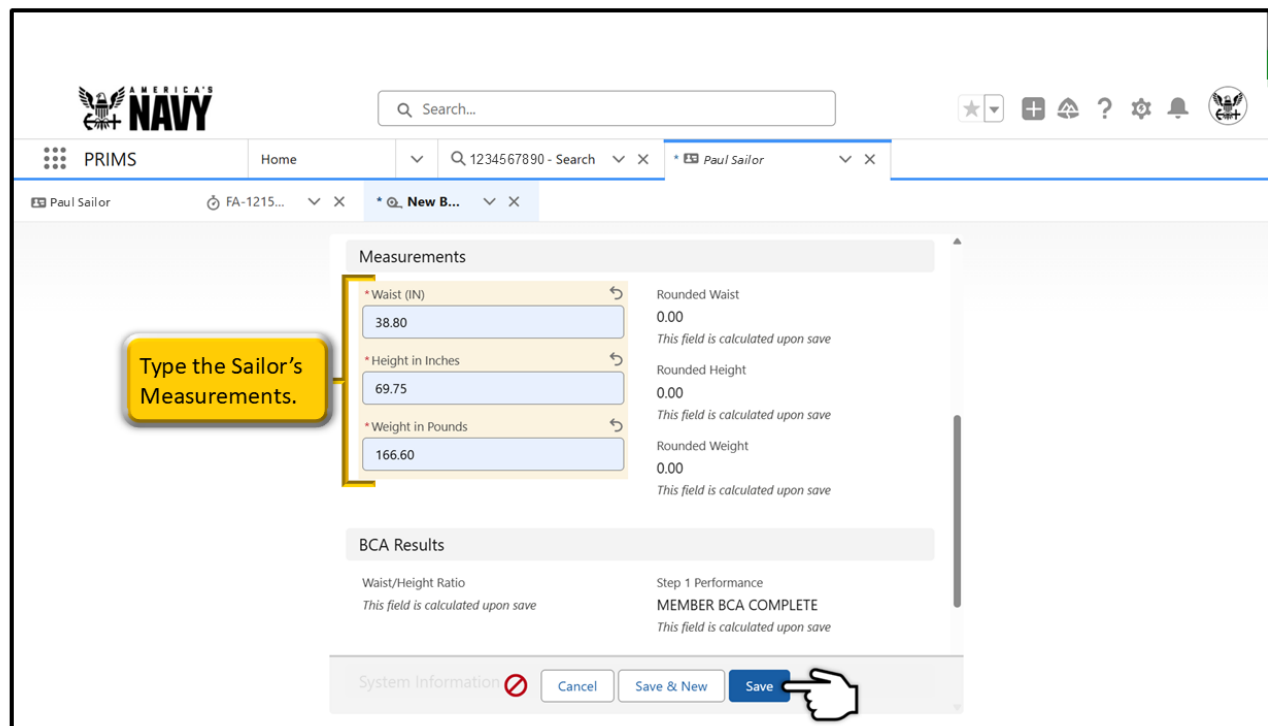
Step-By-Step
Instructions



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.



Measurements

* Waist (IN)	38.80	Rounded Waist	0.00
		<i>This field is calculated upon save</i>	
* Height in Inches	69.75	Rounded Height	0.00
		<i>This field is calculated upon save</i>	
* Weight in Pounds	166.60	Rounded Weight	0.00
		<i>This field is calculated upon save</i>	

BCA Results

Waist/Height Ratio	Step 1 Performance
<i>This field is calculated upon save</i>	MEMBER BCA COMPLETE
<i>This field is calculated upon save</i>	

System Information 

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



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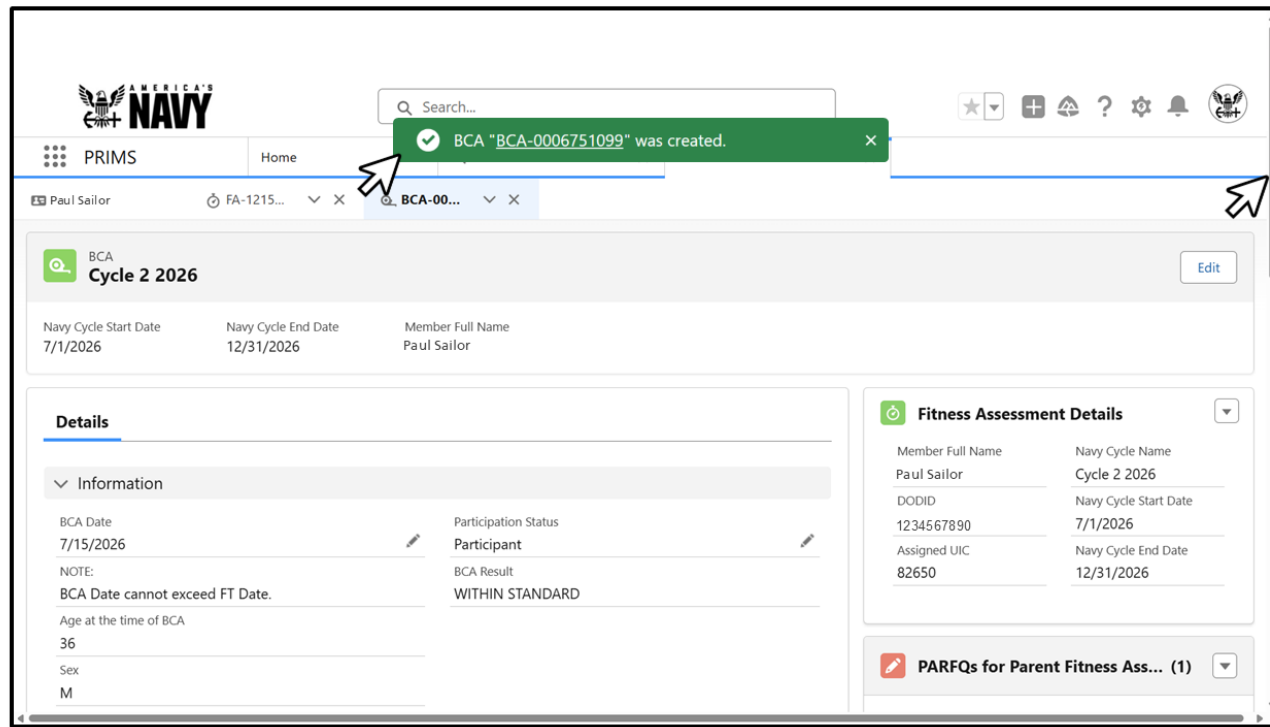
Step-By-Step
Instructions



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.



The screenshot shows the PRIMS interface. At the top, a green banner confirms: "BCA 'BCA-0006751099' was created." Below this, the main content area displays the details for "BCA Cycle 2 2026".

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)

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



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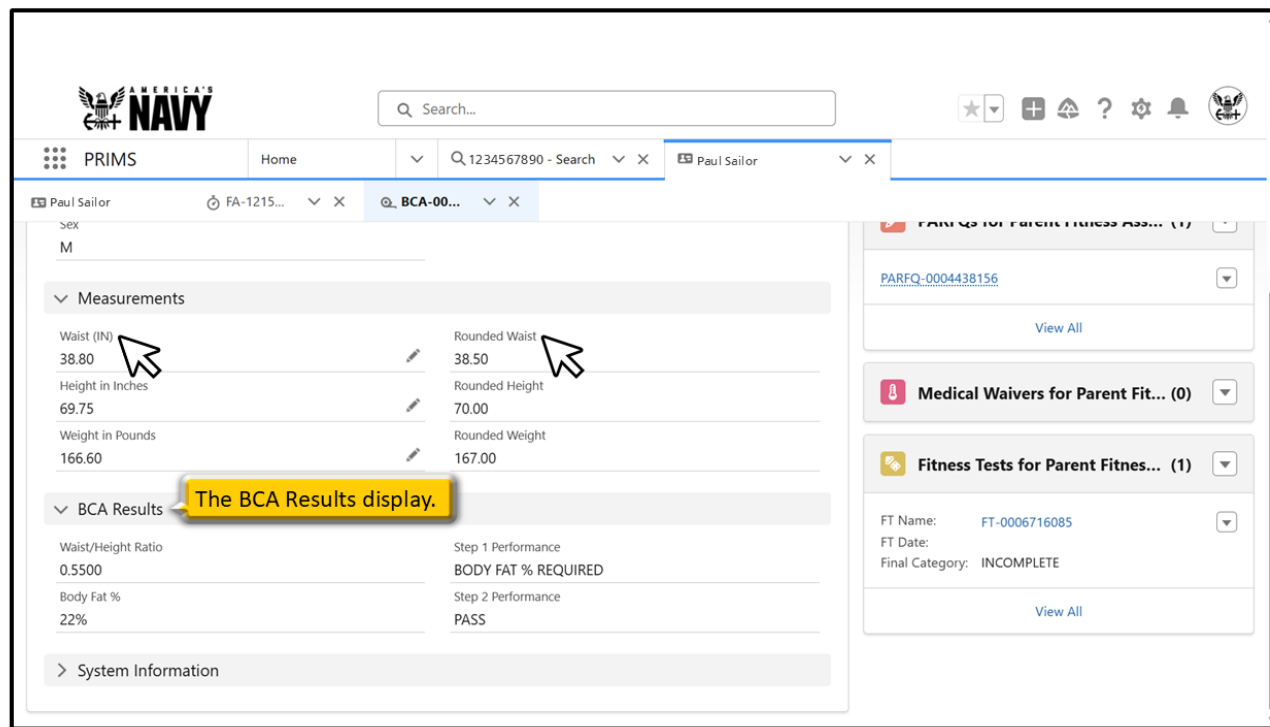
Step-By-Step
Instructions



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 for a user named Paul Sailor. The interface includes a search bar, navigation tabs (PRIMS, Home), and a list of tabs for the user's profile. The 'Measurements' section is expanded, showing various physical metrics. A yellow callout box points to the 'BCA Results' section, stating 'The BCA Results display.' The 'BCA Results' section displays the Waist/Height Ratio (0.5500), Body Fat % (22%), and Step 1 and Step 2 Performance (BODY FAT % REQUIRED and PASS). The right sidebar shows links to 'Medical Waivers for Parent Fit...' and 'Fitness Tests for Parent Fitness...'. Navigation arrows are visible on the left and right sides of the interface.

Measurements	
Waist (IN)	Rounded Waist
38.80	38.50
Height in Inches	Rounded Height
69.75	70.00
Weight in Pounds	Rounded Weight
166.60	167.00

BCA Results	
Waist/Height Ratio	Step 1 Performance
0.5500	BODY FAT % REQUIRED
Body Fat %	Step 2 Performance
22%	PASS

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.



Overview



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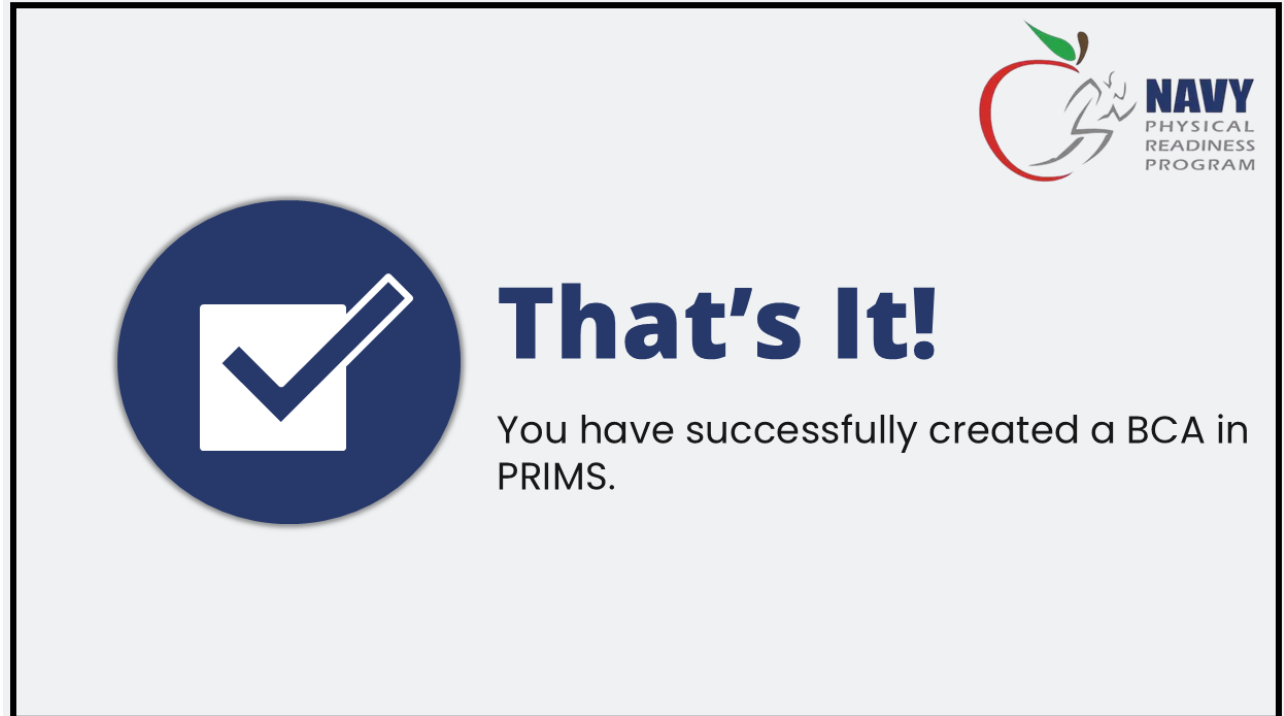
Learning Targets



Step-By-Step
Instructions



Quick Steps



Continue to Edit a BCA

How To Edit a BCA

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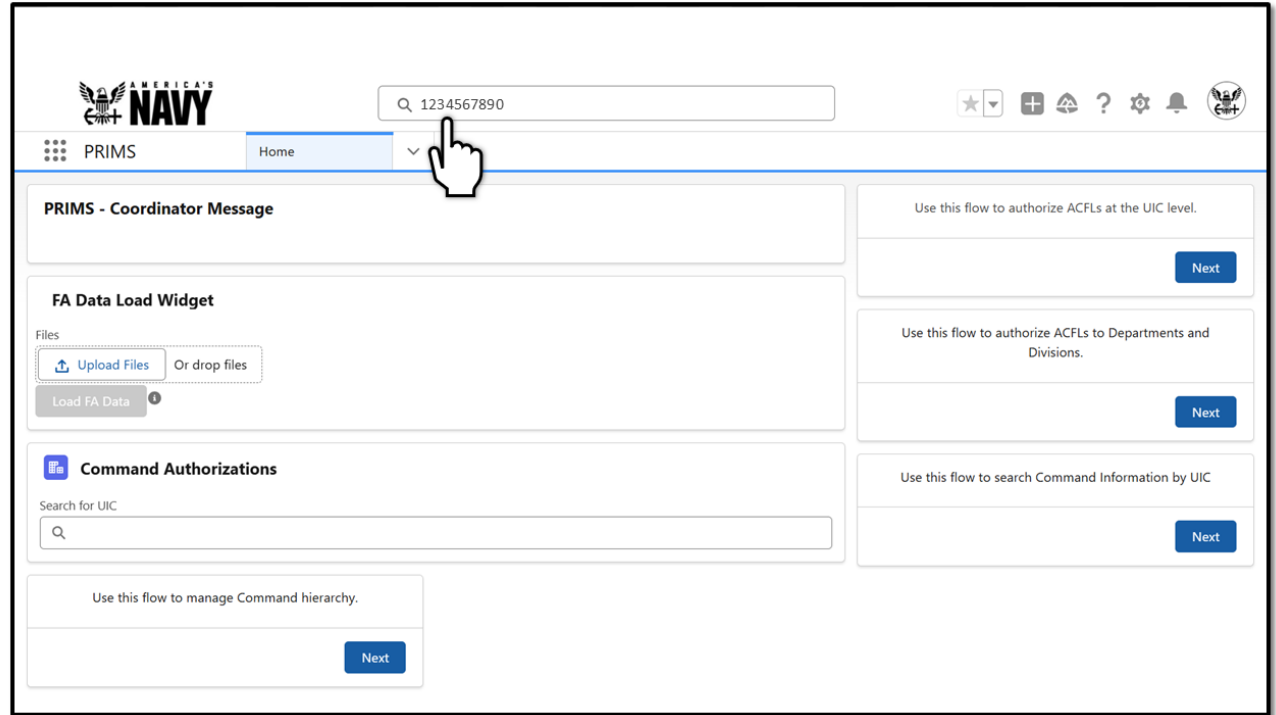
Step-By-Step
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Quick Steps



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 interface. At the top, there is a search bar with the text "Q 1234567890". Below the search bar, there is a navigation bar with "PRIMS" and "Home" tabs. A hand icon is pointing to the "Home" tab. The main content area is divided into several sections: "PRIMS - Coordinator Message", "FA Data Load Widget" (with "Upload Files" and "Load FA Data" buttons), "Command Authorizations" (with a "Search for UIC" field), and three "Next" buttons on the right side. The interface is designed for desktop use, with a clear search field and navigation options.

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



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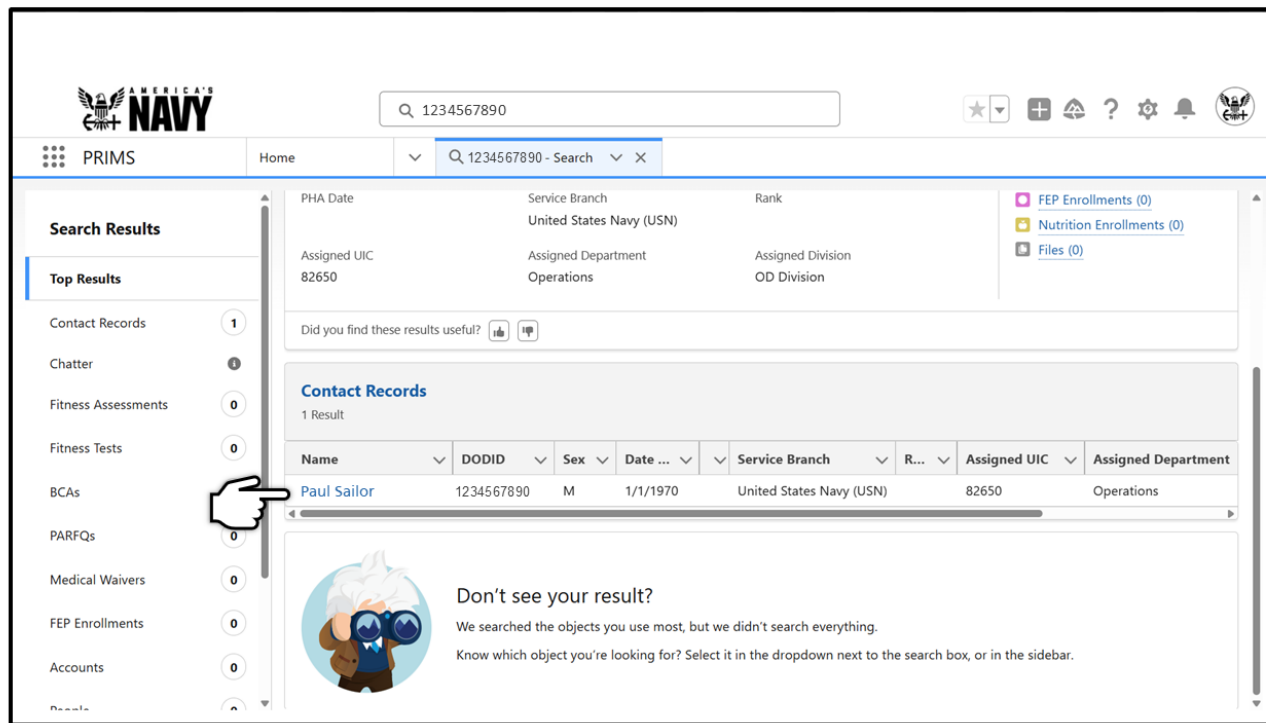
Learning Targets


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 PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar with the text '1234567890'. Below the search bar, the 'Search Results' section is active, displaying 'Top Results'. A list of categories is on the left, including 'Contact Records', 'Chatter', 'Fitness Assessments', 'Fitness Tests', 'BCAs', 'PARFQs', 'Medical Waivers', 'FEP Enrollments', and 'Accounts'. The 'Contact Records' category is selected, showing 1 result. A hand icon points to the 'Name' column in the table. The table has columns: Name, DODID, Sex, Date, Service Branch, R..., Assigned UIC, and Assigned Department. The row for 'Paul Sailor' is highlighted. 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.'

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



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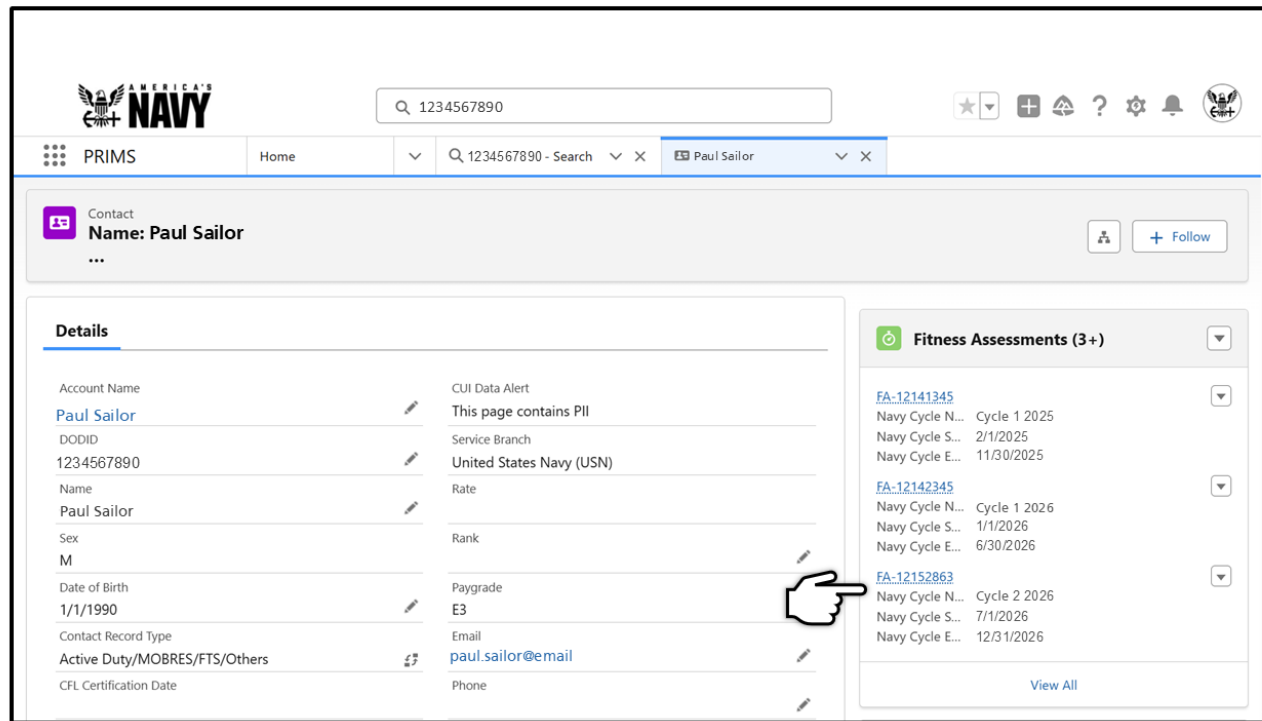
Step-By-Step
Instructions



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



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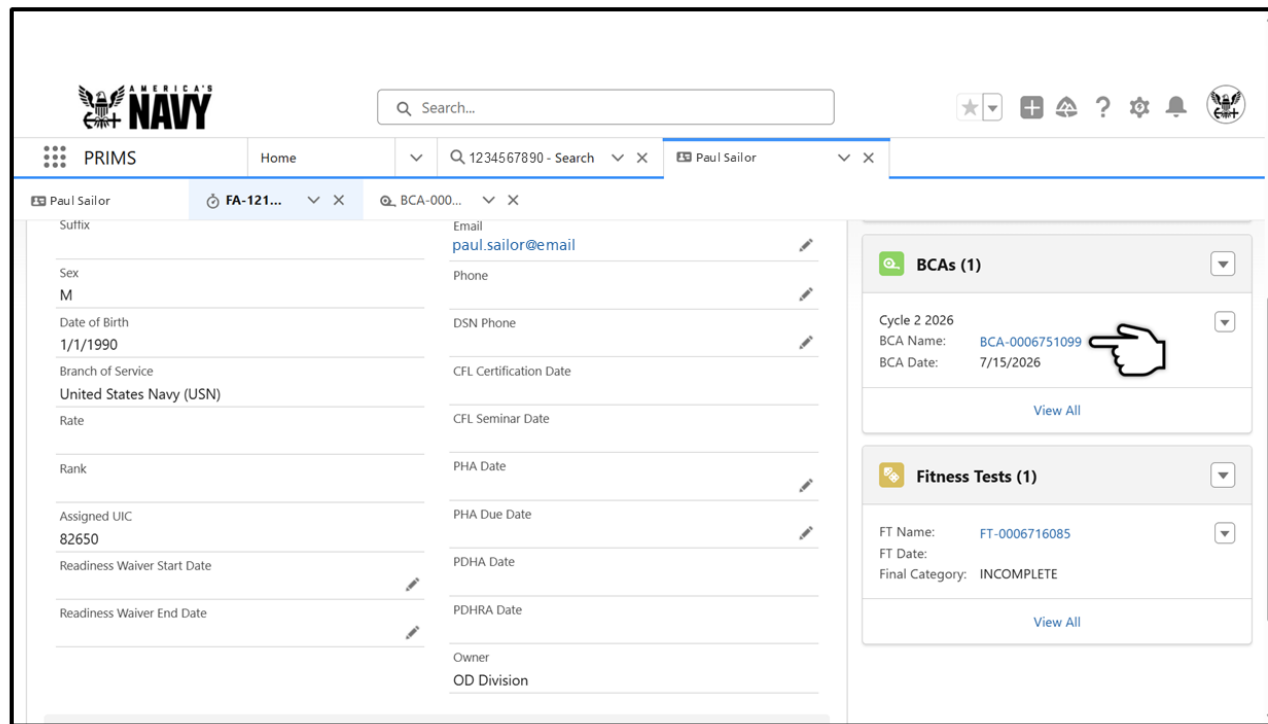
Step-By-Step
Instructions



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 user is logged in as 'Paul Sailor'. The main content area displays the sailor's profile information, including Suffix, Sex, Date of Birth, Branch of Service, Rank, and various dates. On the right side, there are two sections: 'BCAs (1)' and 'Fitness Tests (1)'. In the 'BCAs (1)' section, the 'BCA Name' is 'BCA-0006751099', which is a hyperlink. A hand cursor is pointing at this link. Below the 'BCAs (1)' section is a 'View All' link. The 'Fitness Tests (1)' section shows the 'FT Name' as 'FT-0006716085' and the 'Final Category' as 'INCOMPLETE'. There is also a 'View All' link below this section.

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



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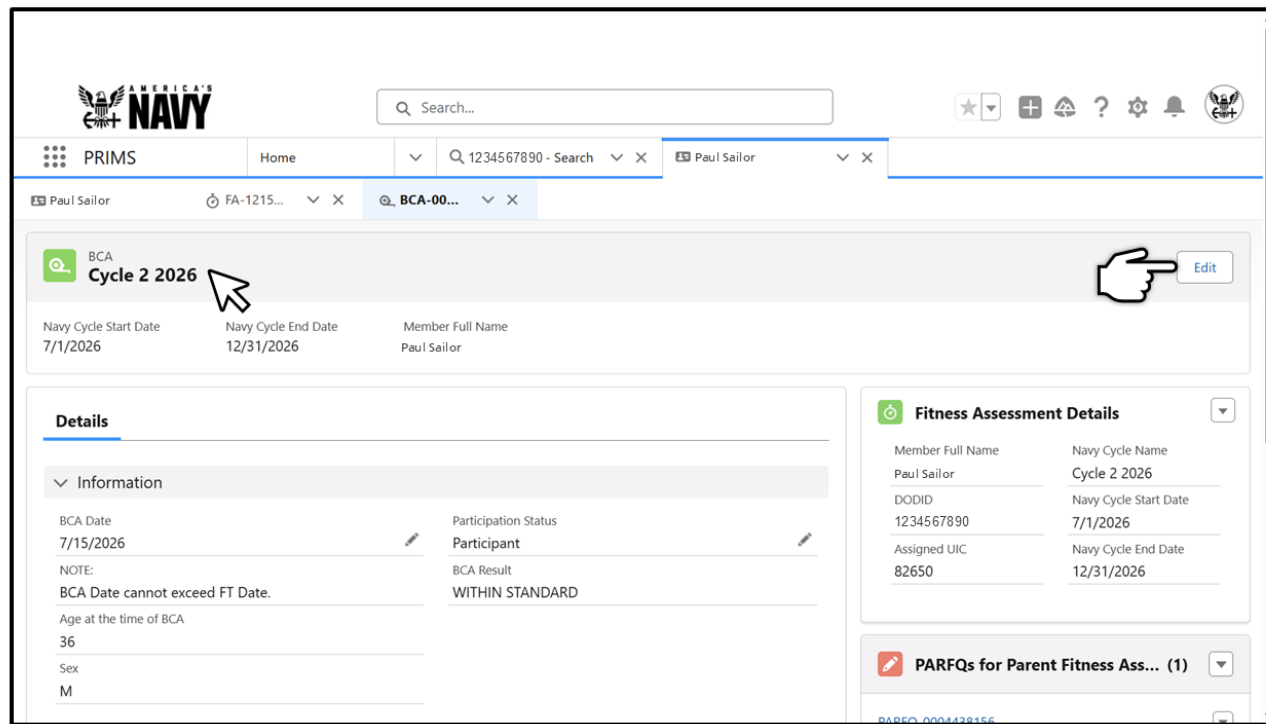
Step-By-Step
Instructions



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 BCA Cycle 2 2026. The interface includes a search bar, navigation tabs, and a main content area with a table of details. A mouse cursor points to the 'Edit' button in the top right corner of the table.

BCA Cycle 2 2026	FA-1215...	BCA-00...
BCA Cycle 2 2026	FA-1215...	BCA-00...
Navy Cycle Start Date 7/1/2026	Navy Cycle End Date 12/31/2026	Member Full Name 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 8: Select **Edit**.

How To Edit a BCA

Step-By-Step Instructions



Overview



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Learning Targets



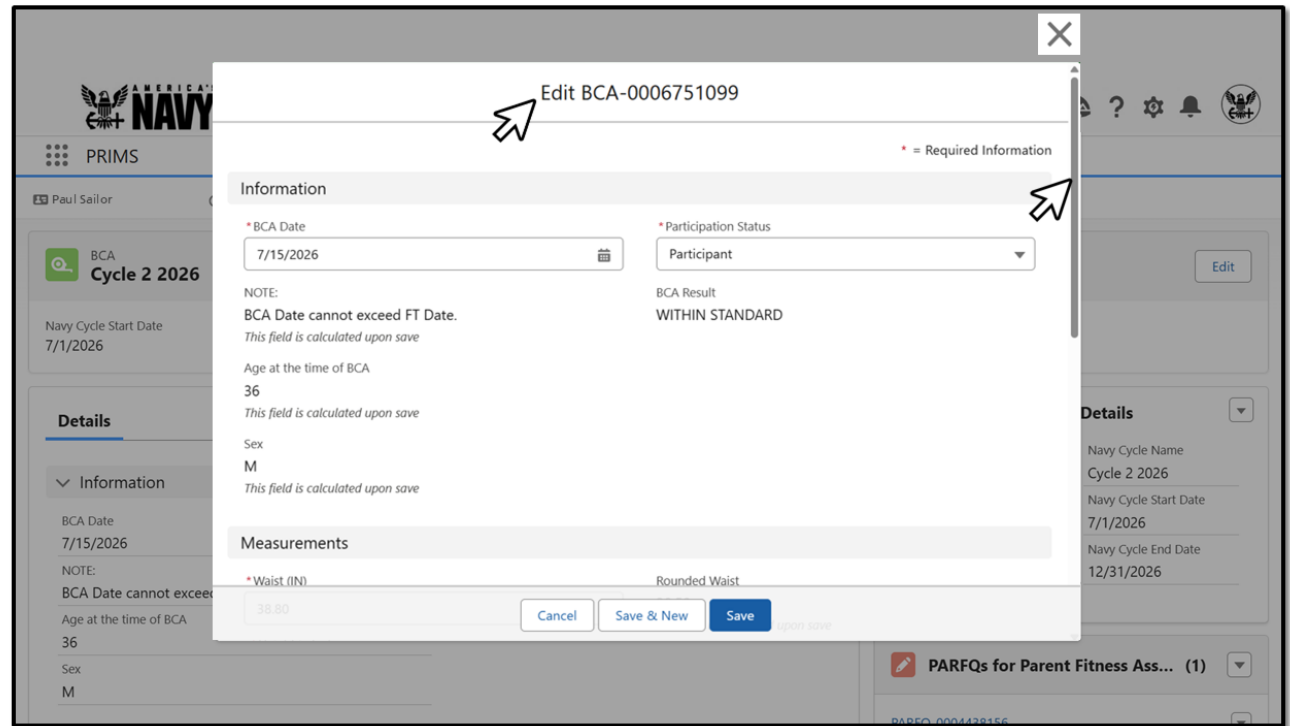
Step-By-Step
Instructions



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 a web application interface for editing a BCA. A modal window titled "Edit BCA-0006751099" is open, displaying the "Measurements" section. The background shows a sidebar with navigation options like "Overview", "Tutorial Navigation", "Policy Insights", "Learning Targets", "Step-By-Step Instructions", and "Quick Steps". The main content area shows details for "Paul Sailor" and "BCA Cycle 2 2026". The modal window has a close button (X) in the top right corner. The "Information" section includes fields for "BCA Date" (7/15/2026) and "Participation Status" (Participant). A note states: "BCA Date cannot exceed FT Date. This field is calculated upon save". The "Age at the time of BCA" is 36, with a note: "This field is calculated upon save". The "Sex" is M, with a note: "This field is calculated upon save". The "Measurements" section includes a field for "Waist (IN)" with a value of 38.80. There are "Cancel", "Save & New", and "Save" buttons at the bottom of the modal. A "PARFQs for Parent Fitness Ass..." dropdown is visible at the bottom right of the modal.

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

How To Edit a BCA

Step-By-Step Instructions



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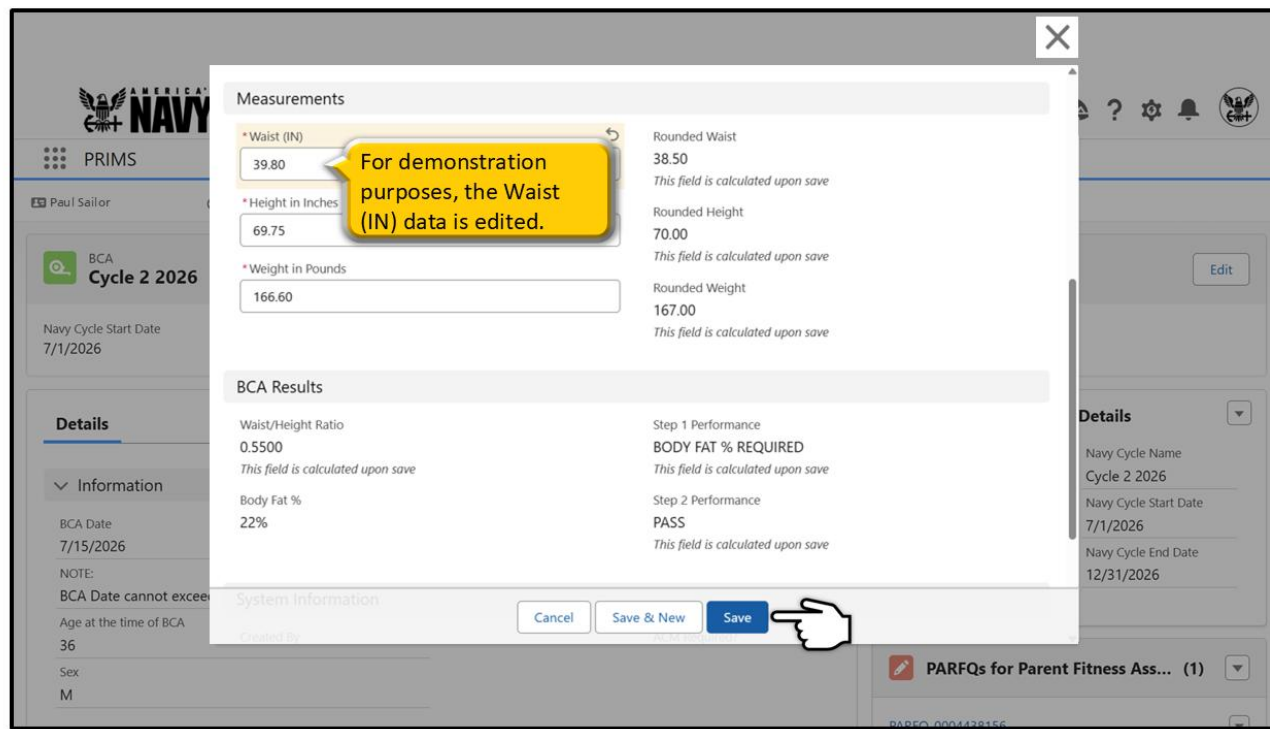
Step-By-Step
Instructions



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.



Measurements

* Waist (IN) 39.80 Rounded Waist 38.50
This field is calculated upon save

* Height in Inches 69.75 Rounded Height 70.00
This field is calculated upon save

* Weight in Pounds 166.60 Rounded Weight 167.00
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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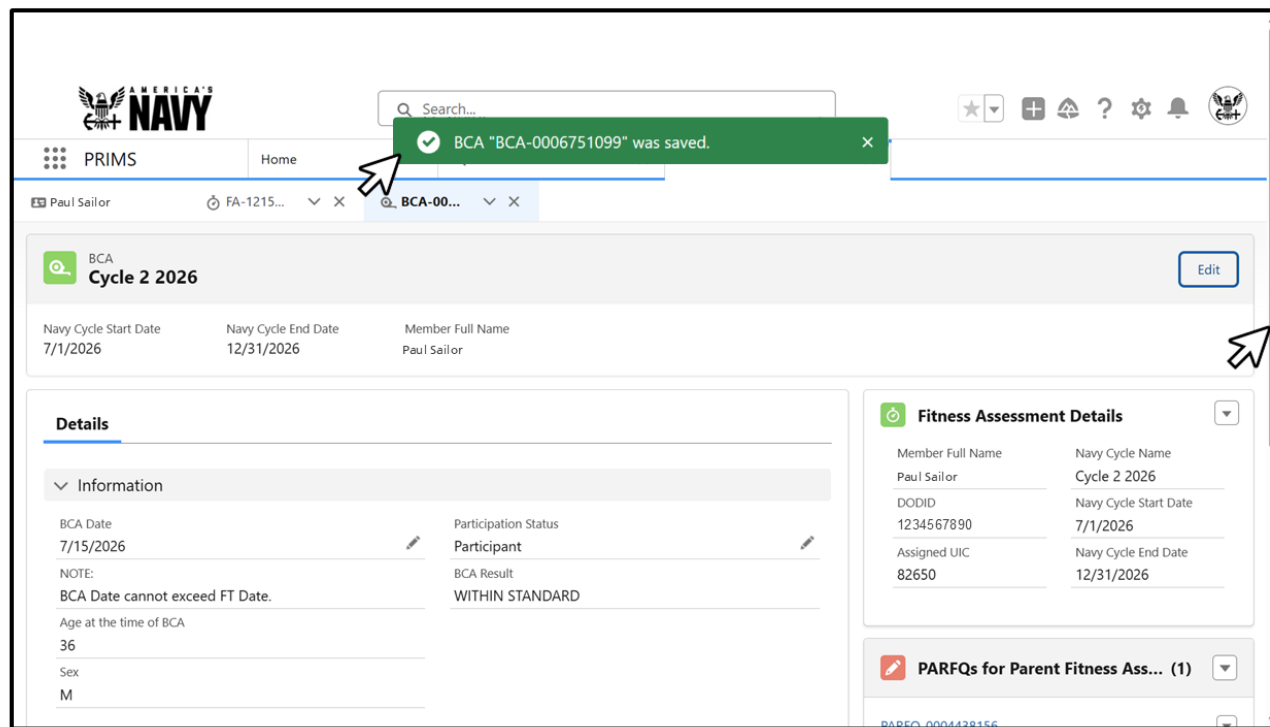
Step-By-Step
Instructions



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



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Learning Targets



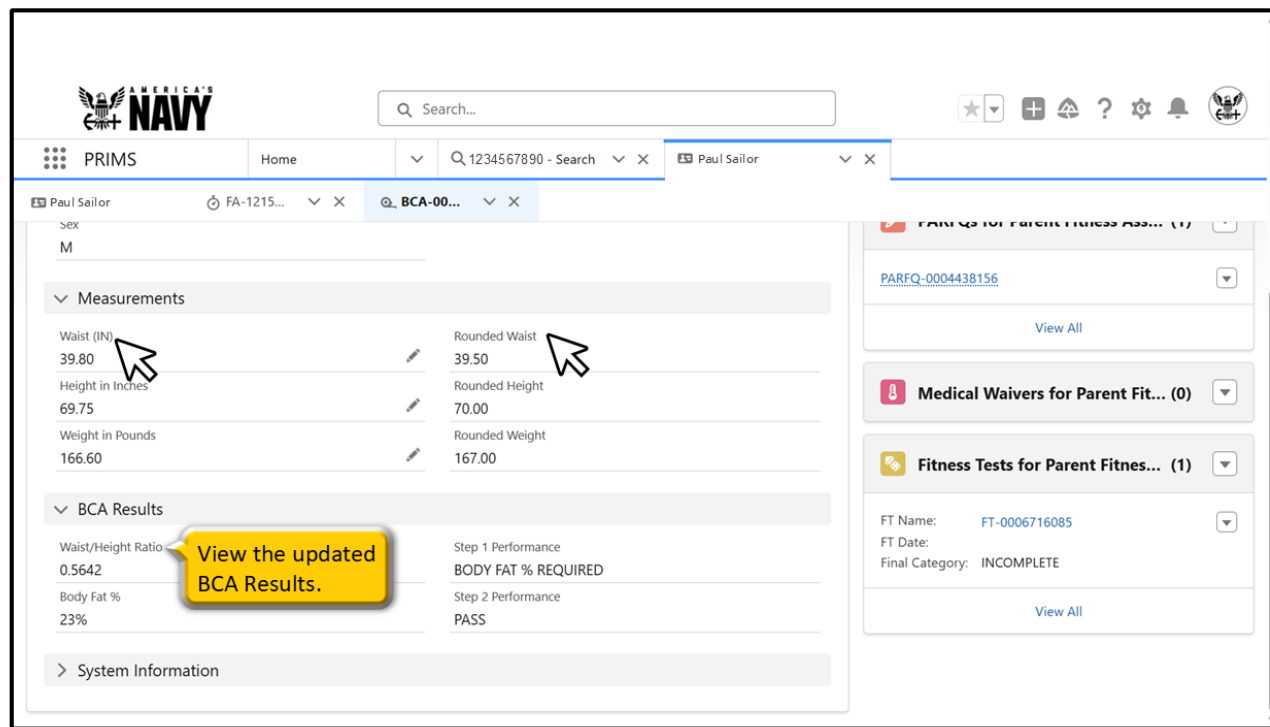
Step-By-Step
Instructions



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.



Measurements

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

Step-By-Step Instructions



Overview



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Learning Targets



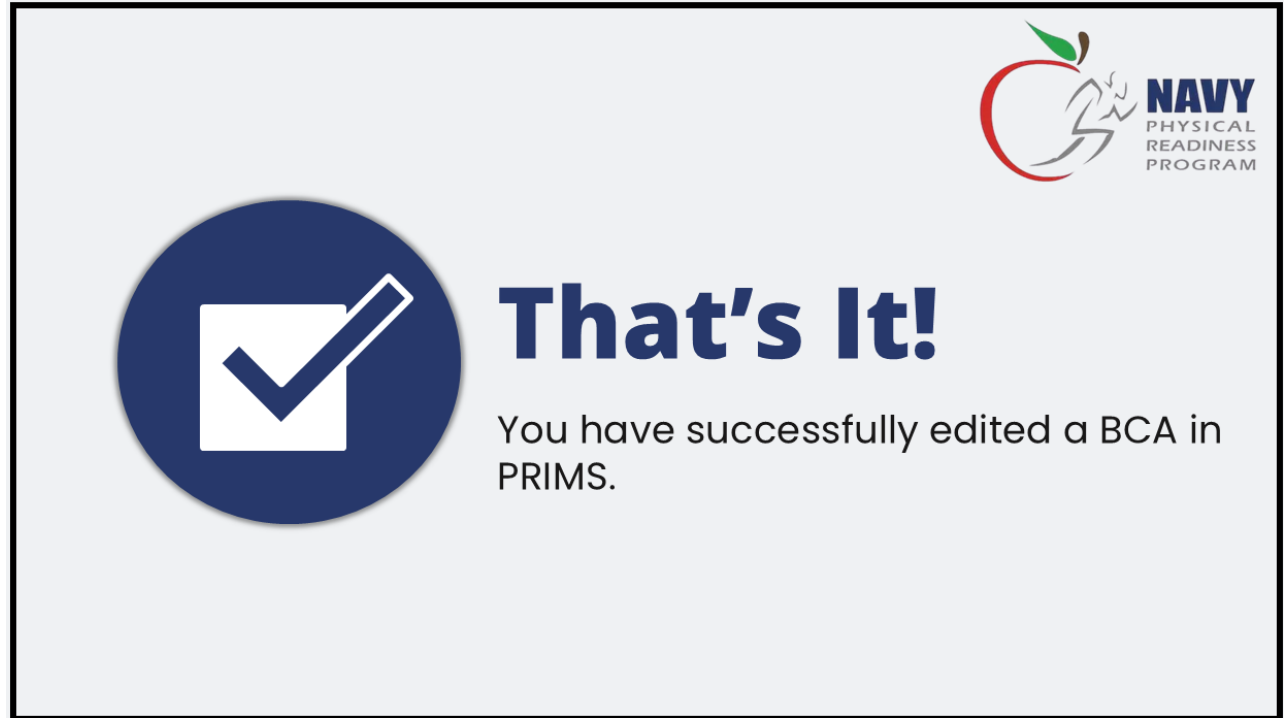
Step-By-Step
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Quick Steps



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.



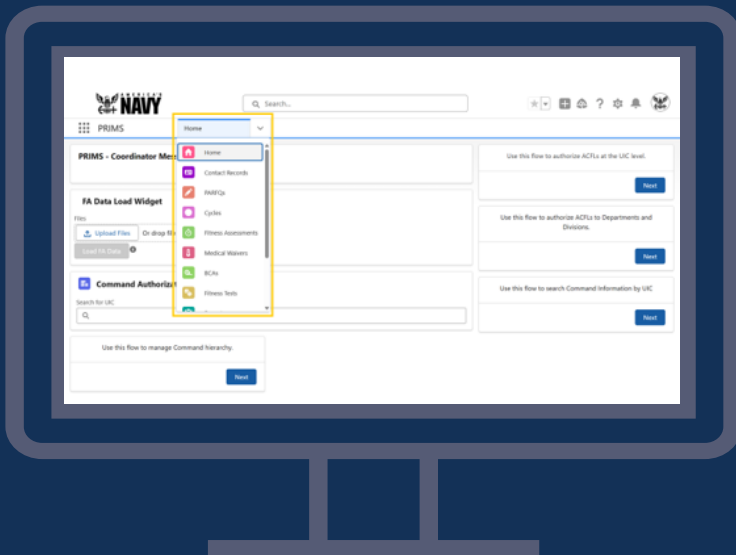
[Return to the Medical Waiver lesson](#)

[Continue to the CFT lesson](#)



CFL PRIMS Training

Combat Fitness Test (CFT) *Service Console Display*



Start Tutorial



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



Overview



Tutorial Navigation



Policy Insights



Learning Targets



Step-By-Step Instructions



Quick Steps



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



CFLs and/or ACFLs administer the CFT.



Sailor completes the 4 identified CFT events in sequence.



CFL 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 BCA that you can print & reference.



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As a CFL, 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 CFLs and/or ACFLs.
- 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.



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 CFT

2

Create a CFT

3

Edit a CFT

1 How To View a CFT

Step-By-Step Instructions



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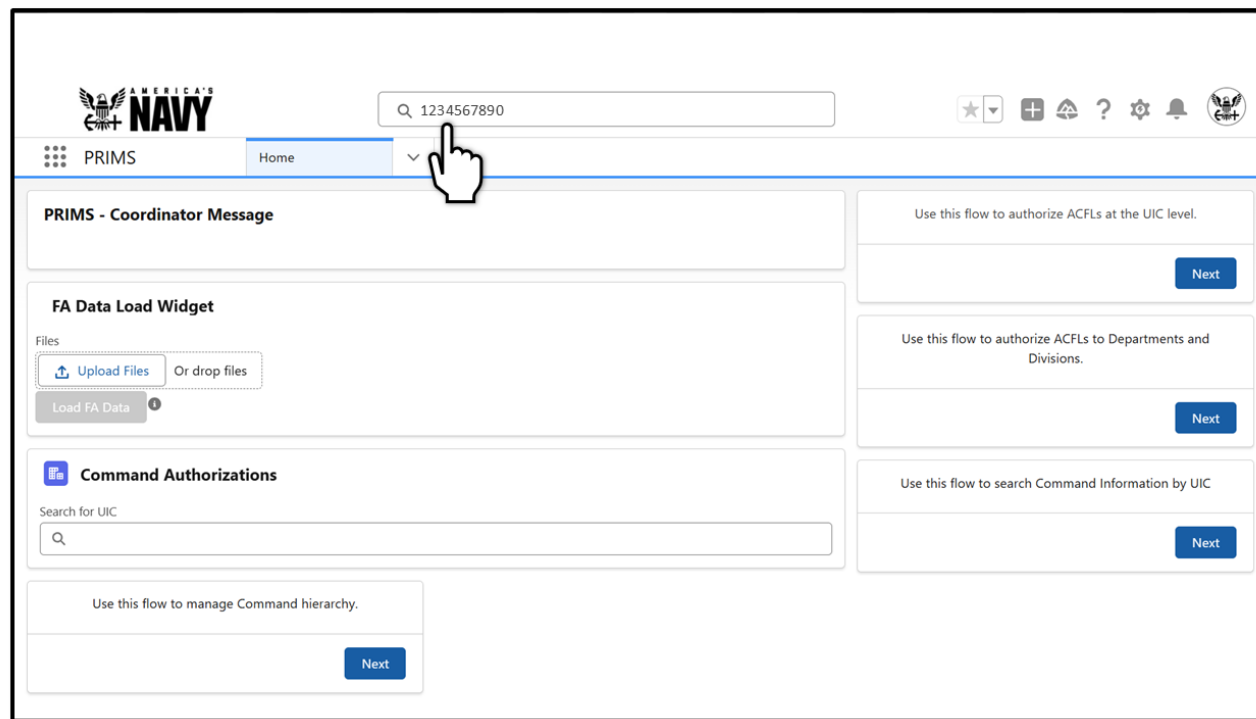
Step-By-Step
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Quick Steps



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 icon is pointing to the "Home" tab. The main content area is divided into several sections: "PRIMS - Coordinator Message", "FA Data Load Widget" (with "Upload Files" and "Load FA Data" buttons), "Command Authorizations" (with a "Search for UIC" field), and a "Next" button. On the right side, there are three panels with instructions and "Next" buttons: "Use this flow to authorize ACFLs at the UIC level.", "Use this flow to authorize ACFLs to Departments and Divisions.", and "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

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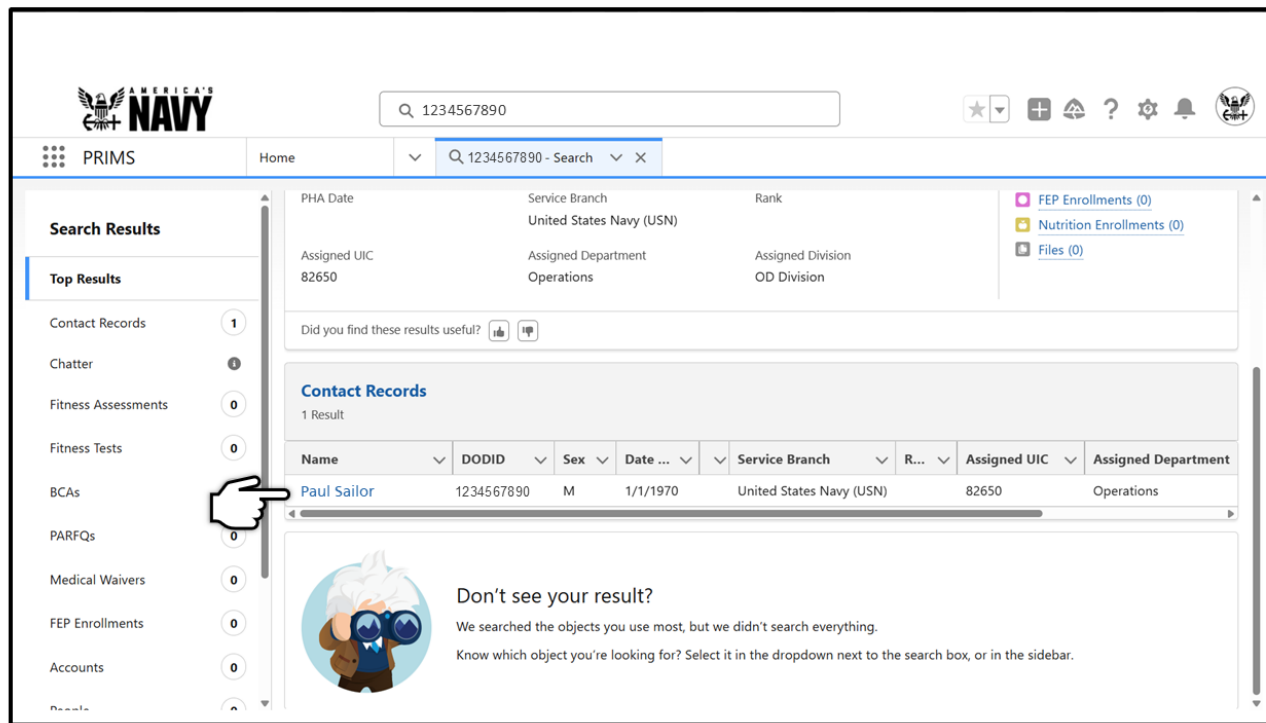
Step-By-Step
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Quick Steps



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

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

1 How To View a CFT

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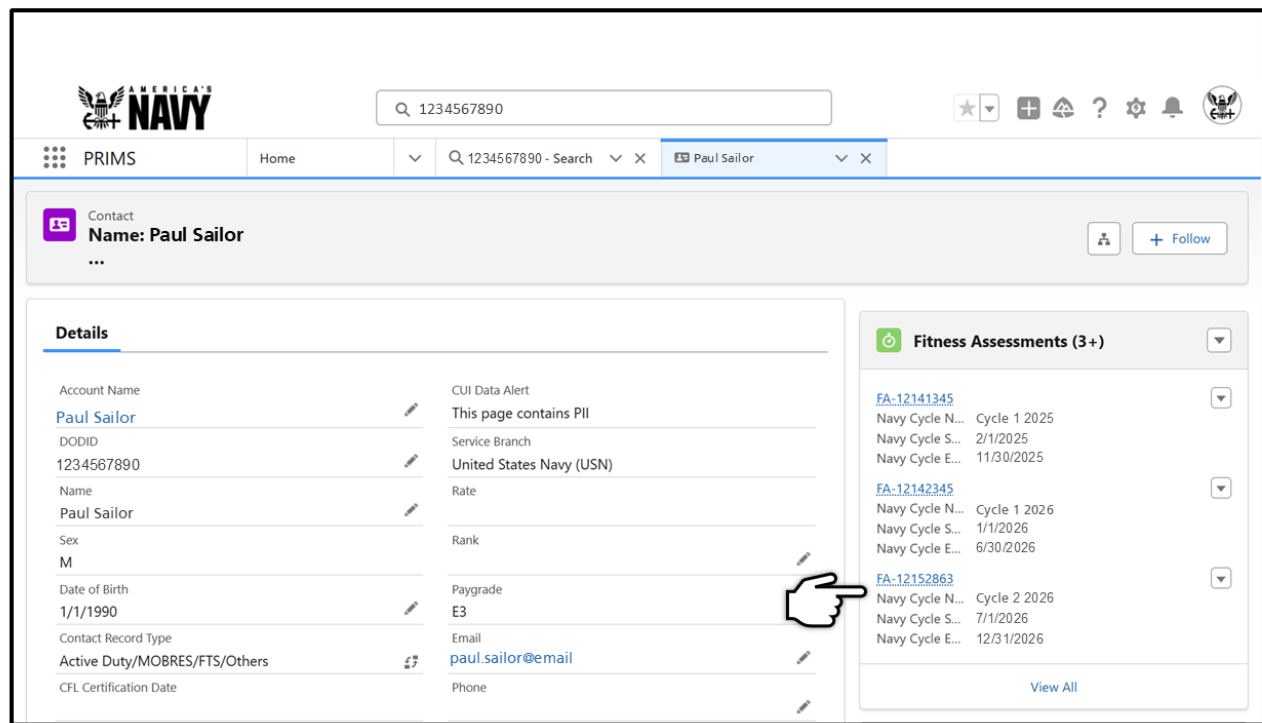
Step-By-Step
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Quick Steps



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.



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)**.

How To View a CFT

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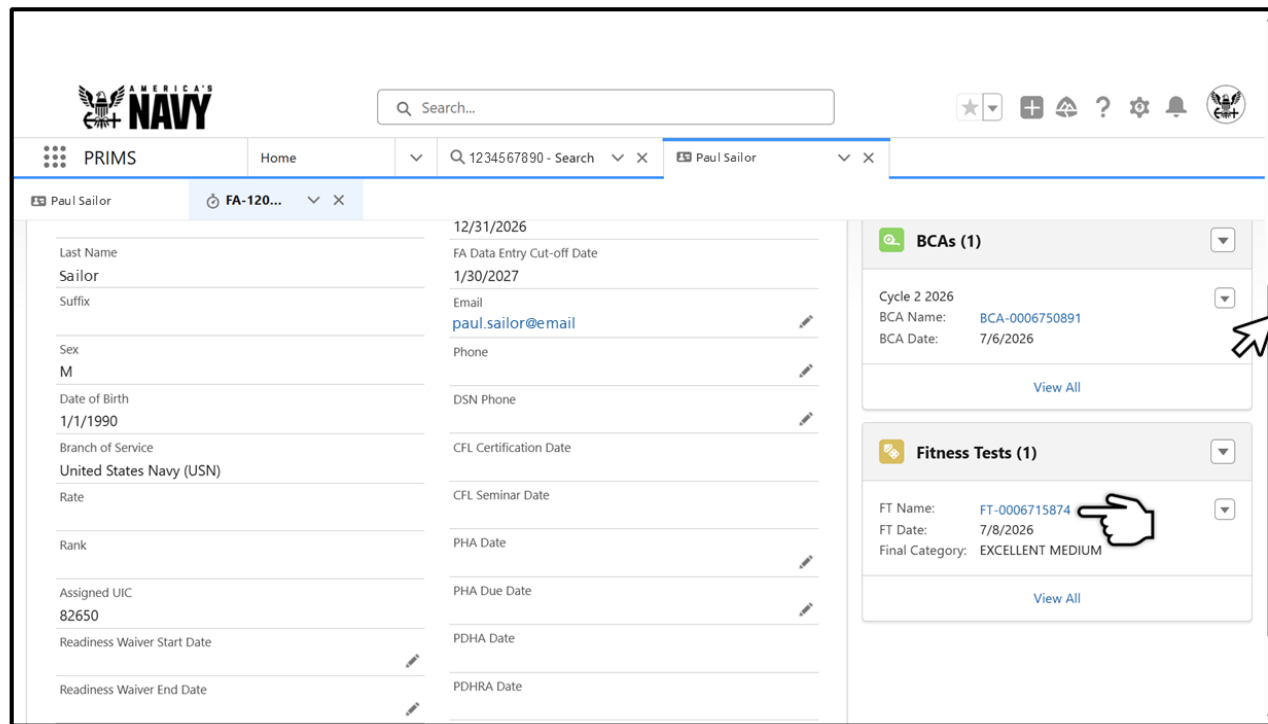
Step-By-Step
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Quick Steps



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 name 'FT-0006715874', date '7/8/2026', and category 'EXCELLENT MEDIUM'. A hand icon points to the 'FT Name' hyperlink. Below the tiles, a row of seven circular indicators is shown, with the first four being dark blue and the last three being light gray, indicating the current step in the tutorial.

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



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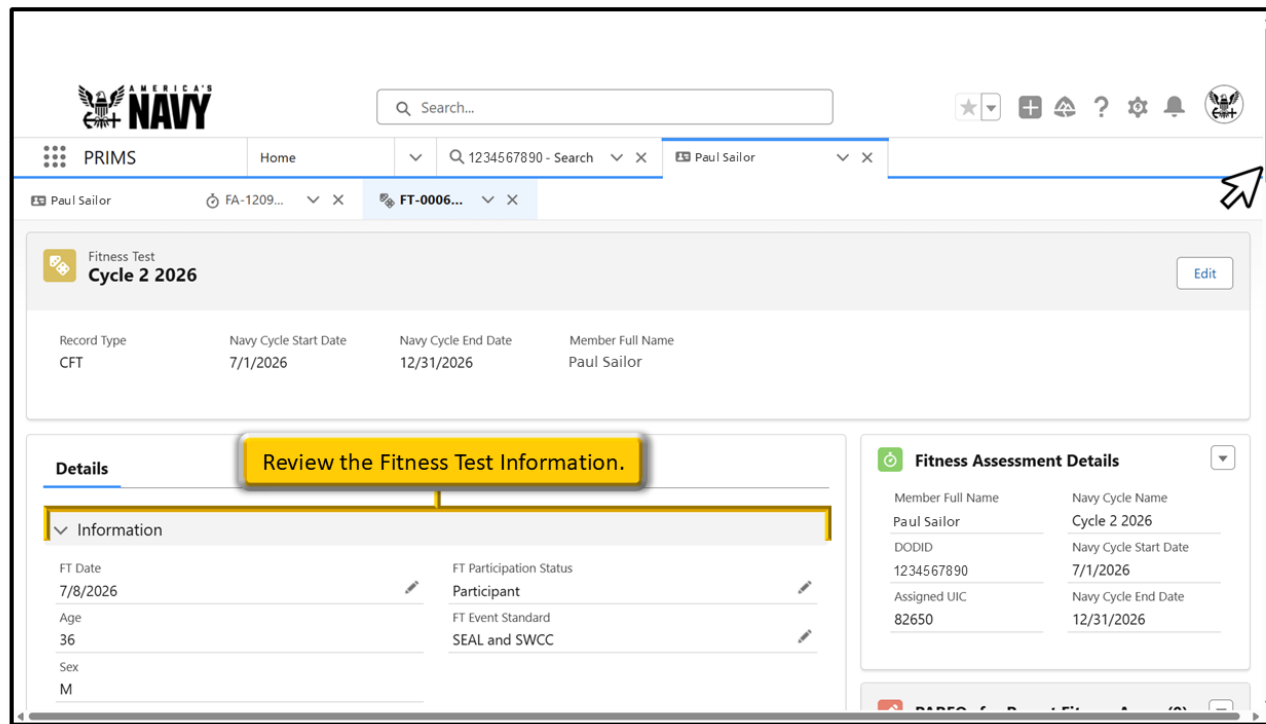
Step-By-Step
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Quick Steps



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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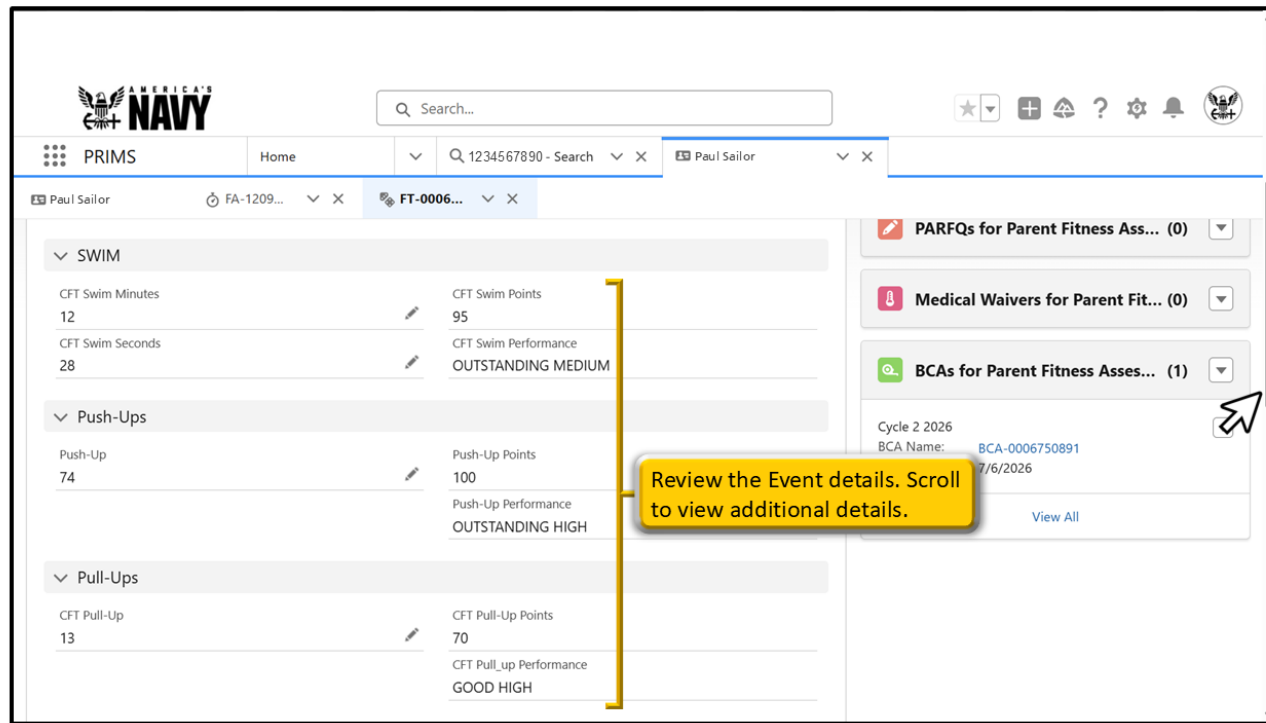
Step-By-Step
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Quick Steps



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. At the top, there's a search bar and navigation tabs for 'PRIMS', 'Home', and a search result for '1234567890 - Search'. Below this, the user 'Paul Sailor' is logged in. The main content area shows performance metrics for 'SWIM' and 'Push-Ups'. A yellow callout box with the text 'Review the Event details. Scroll to view additional details.' points to the 'View All' link under the 'BCAs for Parent Fitness Asses...' section on the right.

Activity	Score	Performance
CFT Swim Minutes	12	CFT Swim Points: 95
CFT Swim Seconds	28	CFT Swim Performance: OUTSTANDING MEDIUM
Push-Up	74	Push-Up Points: 100
		Push-Up Performance: OUTSTANDING HIGH
CFT Pull-Up	13	CFT Pull-Up Points: 70
		CFT Pull-up Performance: GOOD HIGH

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



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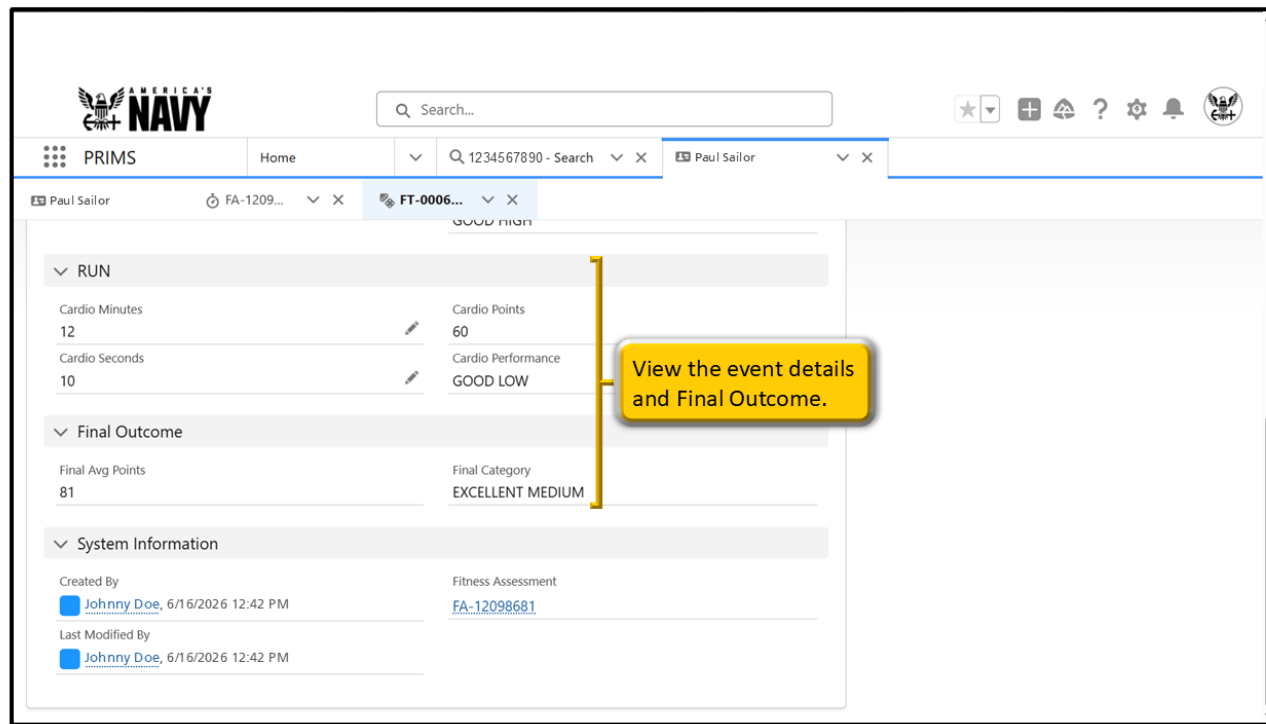
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Quick Steps



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. The user is logged in as 'Paul Sailor'. The main content area shows a summary for a 'RUN' event. A yellow callout box points to the 'Final Outcome' section, which includes 'Final Avg Points' (81) and 'Final Category' (EXCELLENT MEDIUM). Below this, the 'System Information' section shows the event was created by 'Johnny Doe' on 6/16/2026 at 12:42 PM, with a fitness assessment ID of 'FA-12098681'. The interface includes a search bar, navigation tabs, and a sidebar with various icons.



View the Final Outcome details.

1 How To View a CFT

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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.



That's It!

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



Continue to Create a CFT



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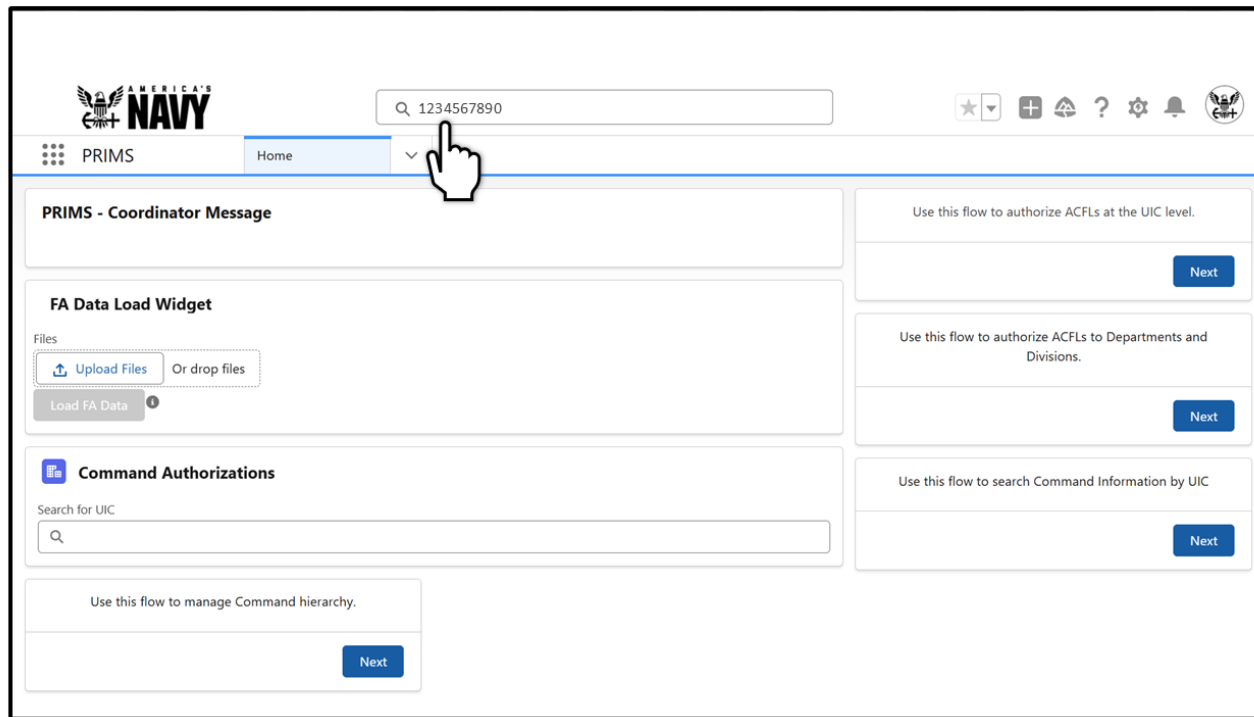
Step-By-Step
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Quick Steps



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.

How To Create a CFT

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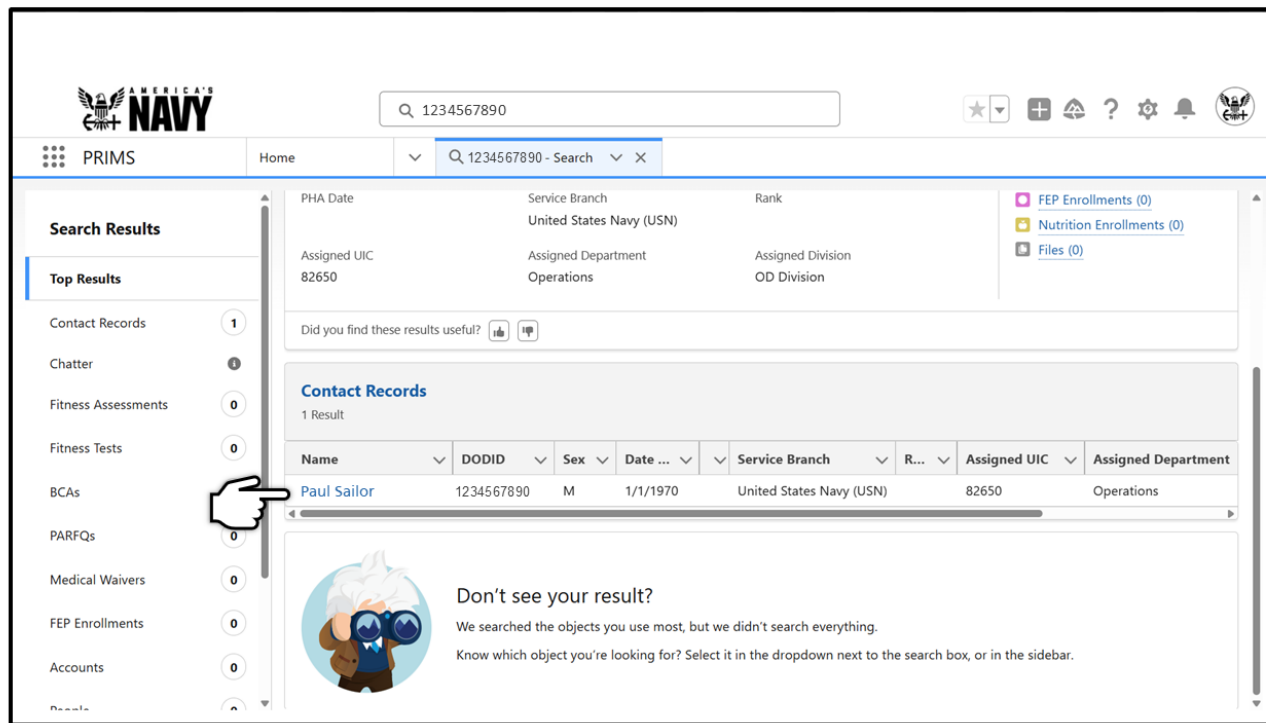
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Quick Steps



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.



PRIMS Home

Search: 1234567890 - Search

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: Assigned UIC: 82650

Service Branch: United States Navy (USN)

Assigned Department: Operations

Rank: OD Division

Did you find these results useful? [thumbs up] [thumbs down]

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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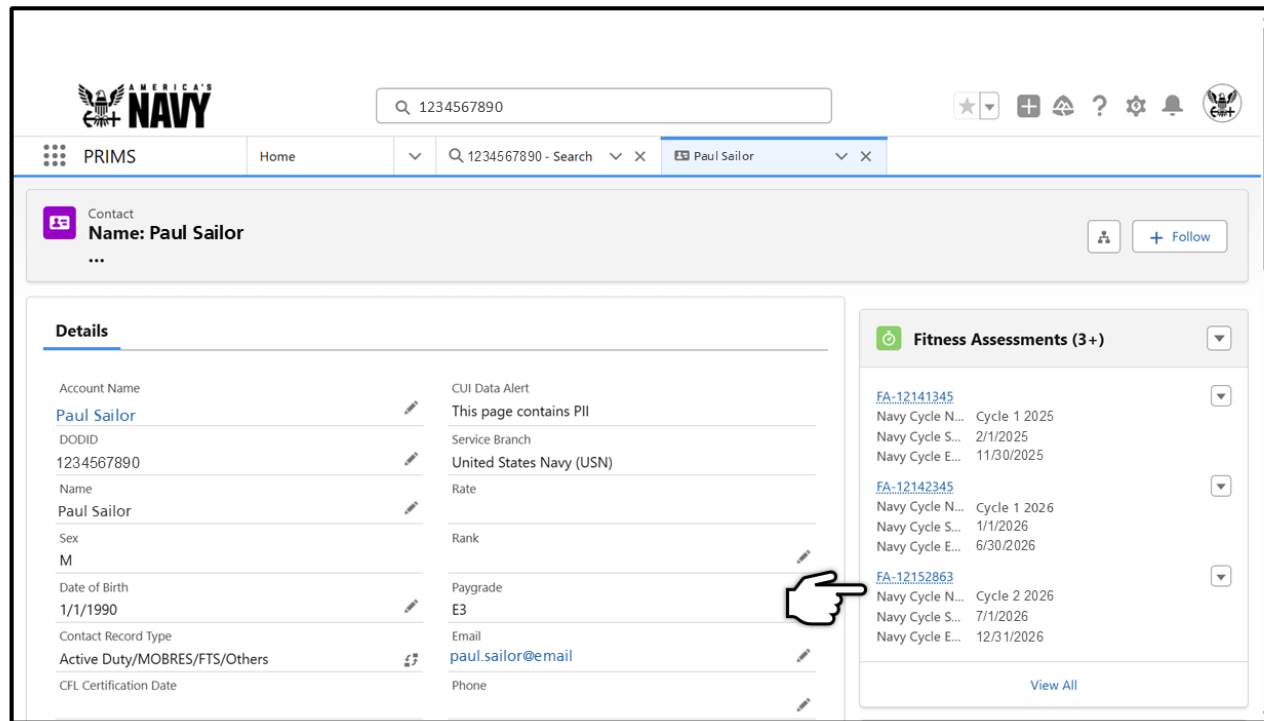
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Quick Steps



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 a sailor named Paul Sailor. The interface includes a search bar at the top with the ID 1234567890. Below the search bar, there are tabs for 'PRIMS', 'Home', and a search filter. The main content area is divided into two sections: 'Details' and 'Fitness Assessments (3+)'. The 'Details' section contains a table of personal and service information for Paul Sailor, including account name, DODID, name, sex, date of birth, contact record type, and email. The 'Fitness Assessments' section lists three assessments with their respective cycle numbers and dates. A hand icon points to the 'Fitness Assessments' section, indicating the next step in the process.

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

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



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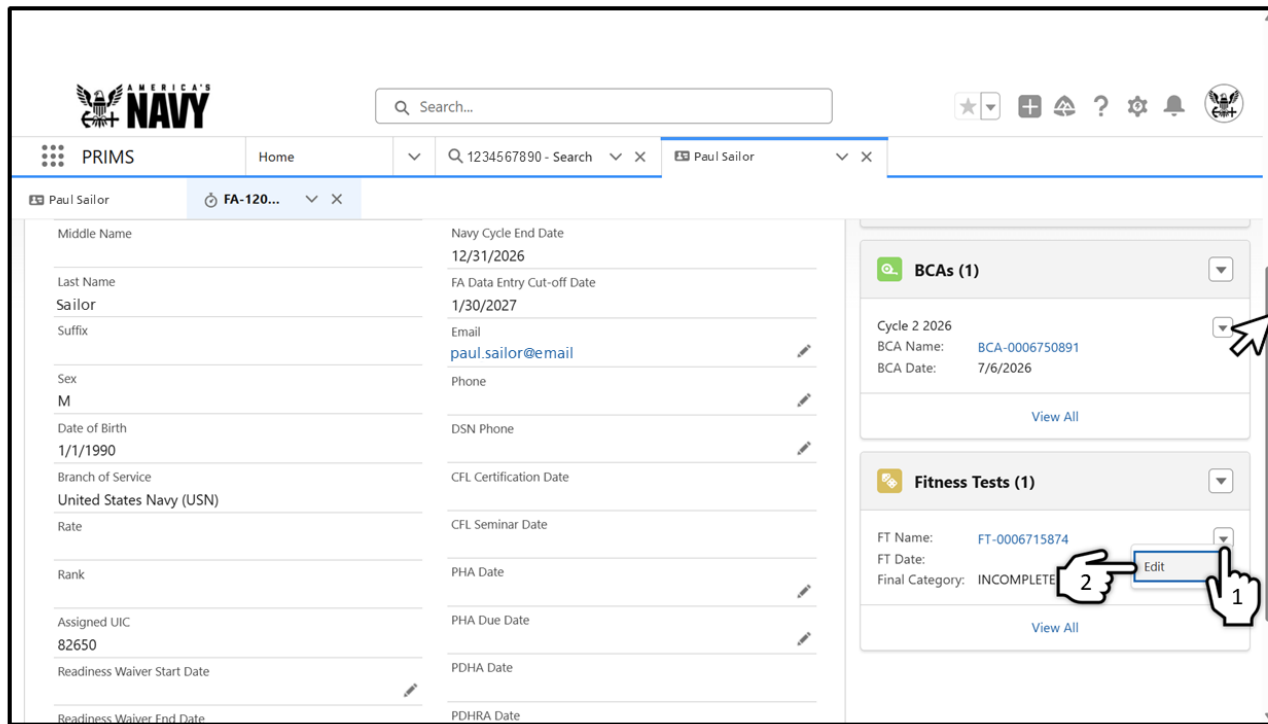
Step-By-Step
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Quick Steps



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 (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 with fields for personal and service information. On the right, there are two summary tiles: 'BCAs (1)' and 'Fitness Tests (1)'. The 'Fitness Tests (1)' tile shows a test with FT Name 'FT-0006715874', FT Date, and Final Category 'INCOMPLETE'. An 'Edit' button is visible next to the FT Name. Hand-drawn annotations show a mouse cursor clicking the 'Edit' button (labeled '1') and a finger icon pointing to the 'FT Name' drop-down list (labeled '2').

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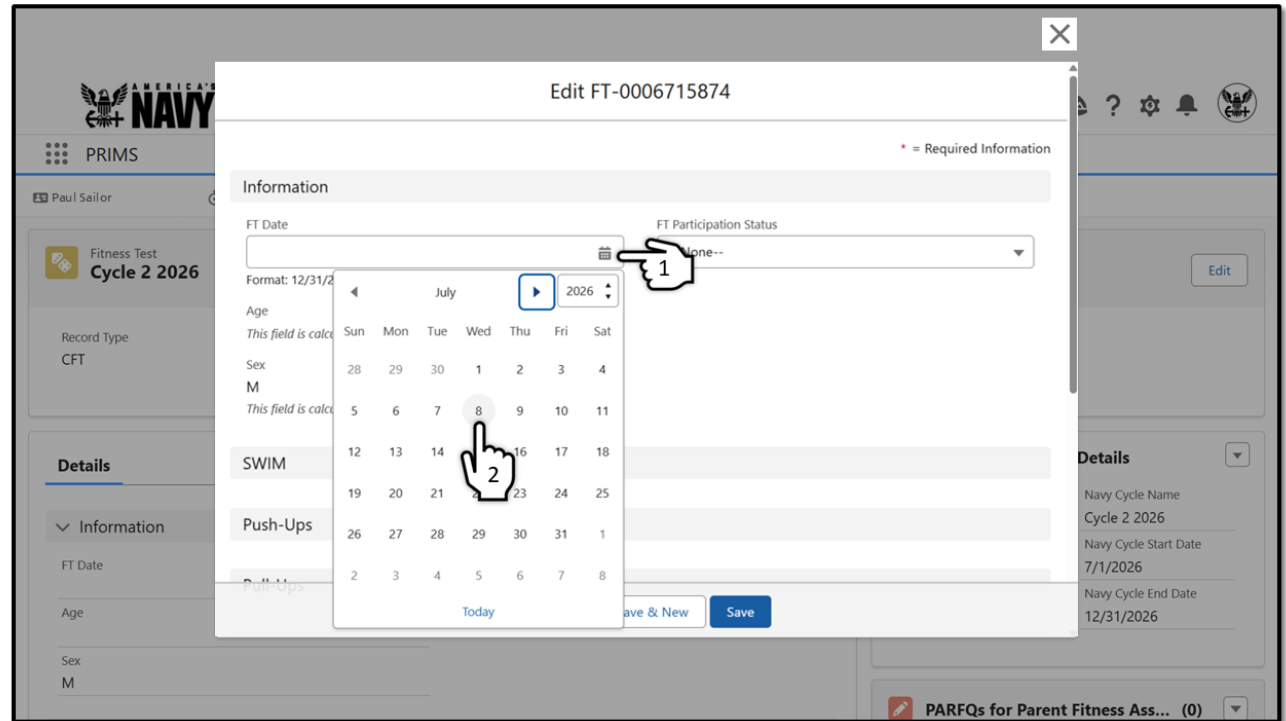
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICAN NAVY

PRIMS

Paul Sailor

Fitness Test
Cycle 2 2026

Record Type
CFT

Details

Information

FT Date

Format: 12/31/2

Age

Sex
M

SWIM

Push-Ups

FT Date

Age

Sex
M

FT Participation Status

None--

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Today

Save & New

Save

PARQs for Parent Fitness Ass... (0)

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

How To Create a CFT

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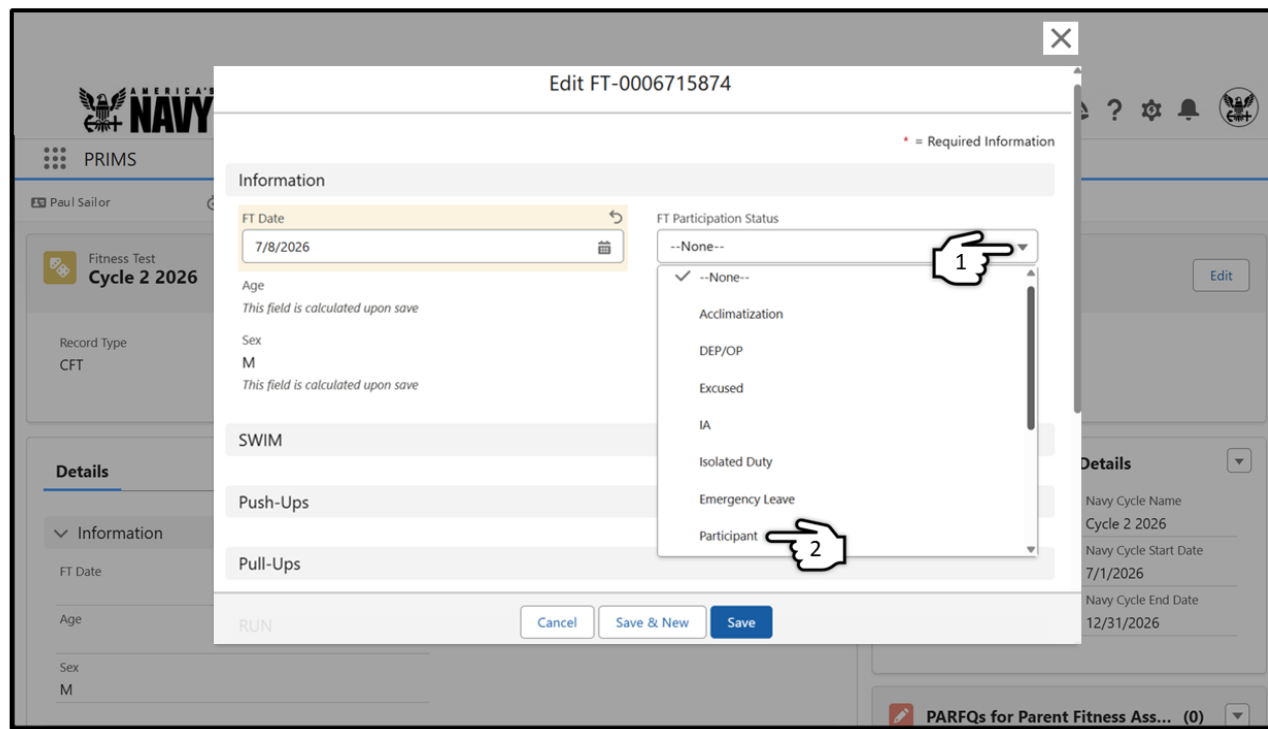
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



AMERICAN NAVY
PRIMS

Paul Sailor

Fitness Test
Cycle 2 2026

Record Type
CFT

Details

Information

FT Date
7/8/2026

Age
This field is calculated upon save

Sex
M
This field is calculated upon save

SWIM

Push-Ups

Pull-Ups

FT Participation Status

--None--

✓ --None--

Acclimatization

DEP/OP

Excused

IA

Isolated Duty

Emergency Leave

Participant

Cancel Save & New Save

PARFQs for Parent Fitness Ass... (0)

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



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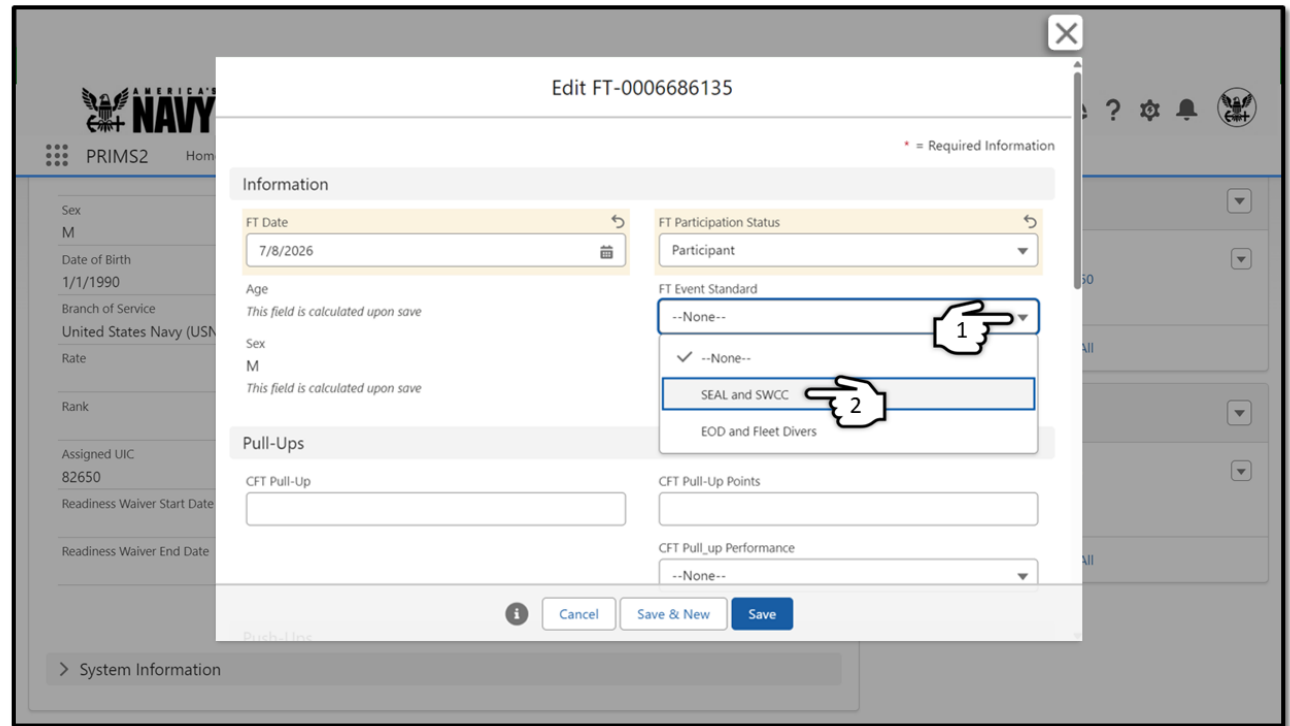
Step-By-Step
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Quick Steps



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**.

How To Create a CFT

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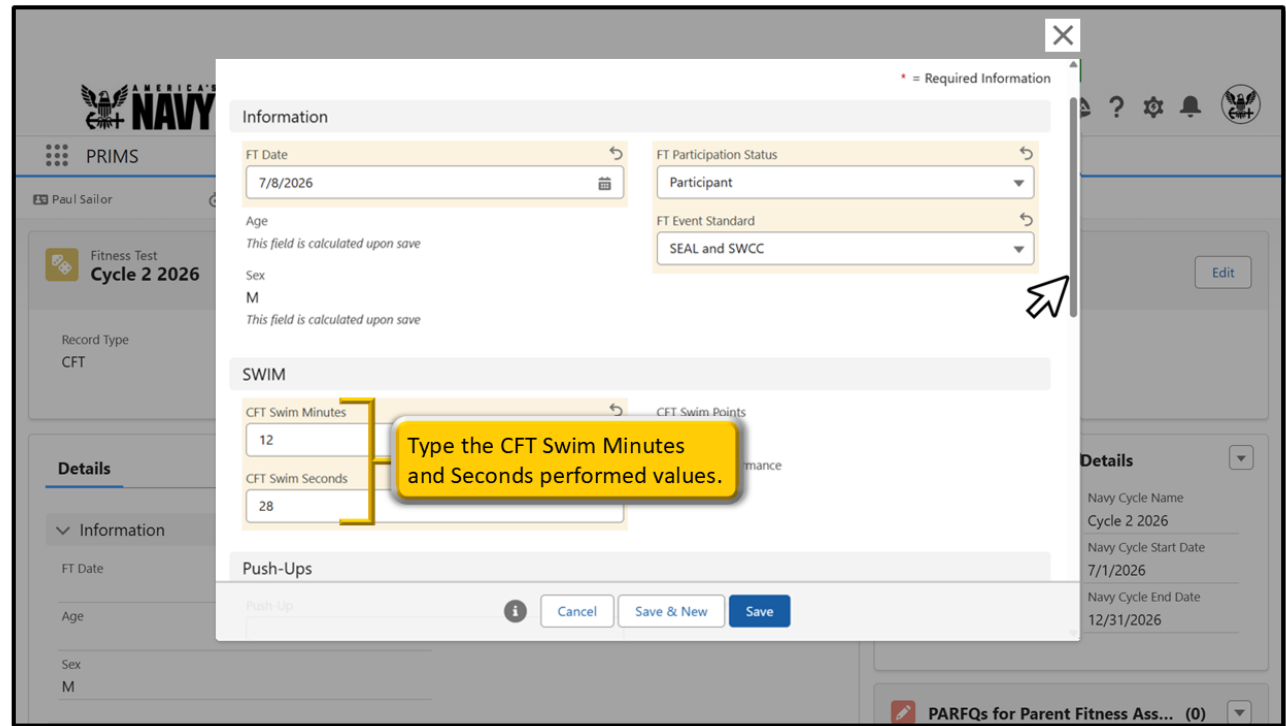
Step-By-Step
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Quick Steps



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 a web application interface for creating a CFT. A modal window titled "Information" is open, displaying fields for "FT Date" (7/8/2026), "FT Participation Status" (Participant), "FT Event Standard" (SEAL and SWCC), "Age" (M), and "Sex" (M). Below these fields is a section for "SWIM" with two input fields: "CFT Swim Minutes" (12) and "CFT Swim Seconds" (28). A yellow callout box with a bracket points to these two fields, containing the text: "Type the CFT Swim Minutes and Seconds performed values." The background shows a sidebar with navigation options like "PRIMS", "Fitness Test Cycle 2 2026", and "Details".

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



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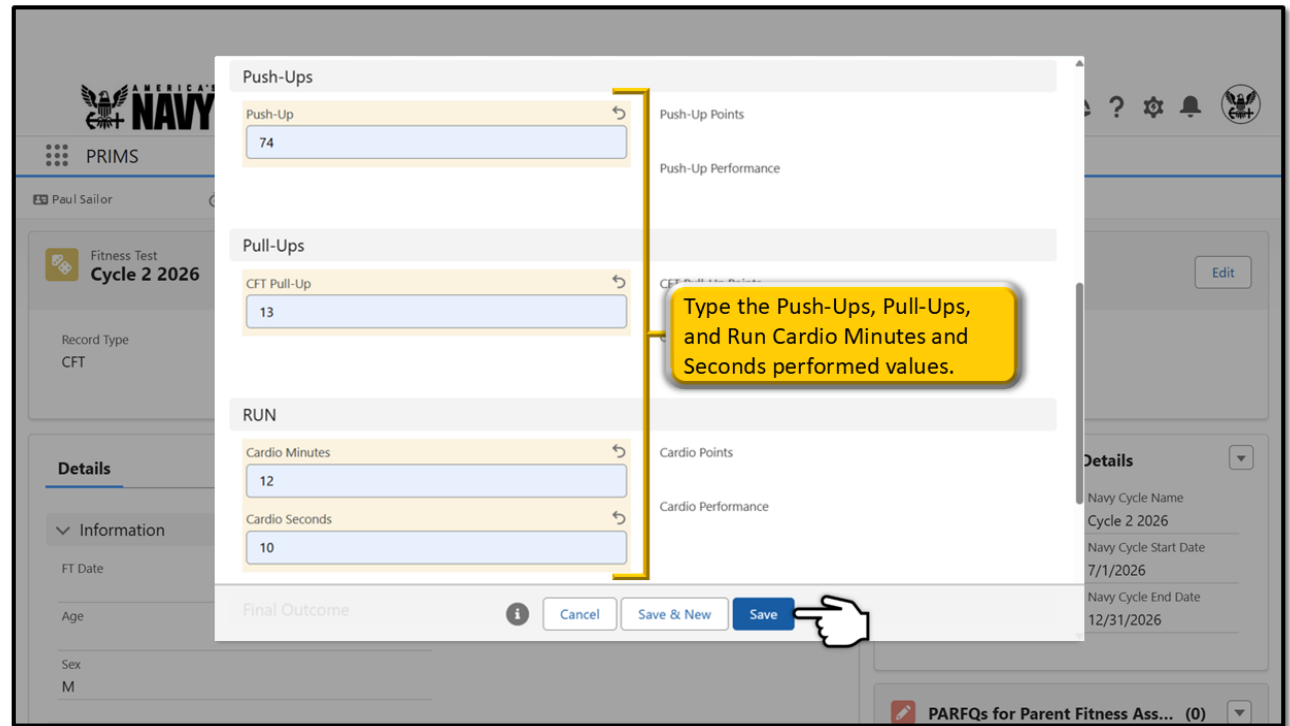
Step-By-Step
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Quick Steps



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.



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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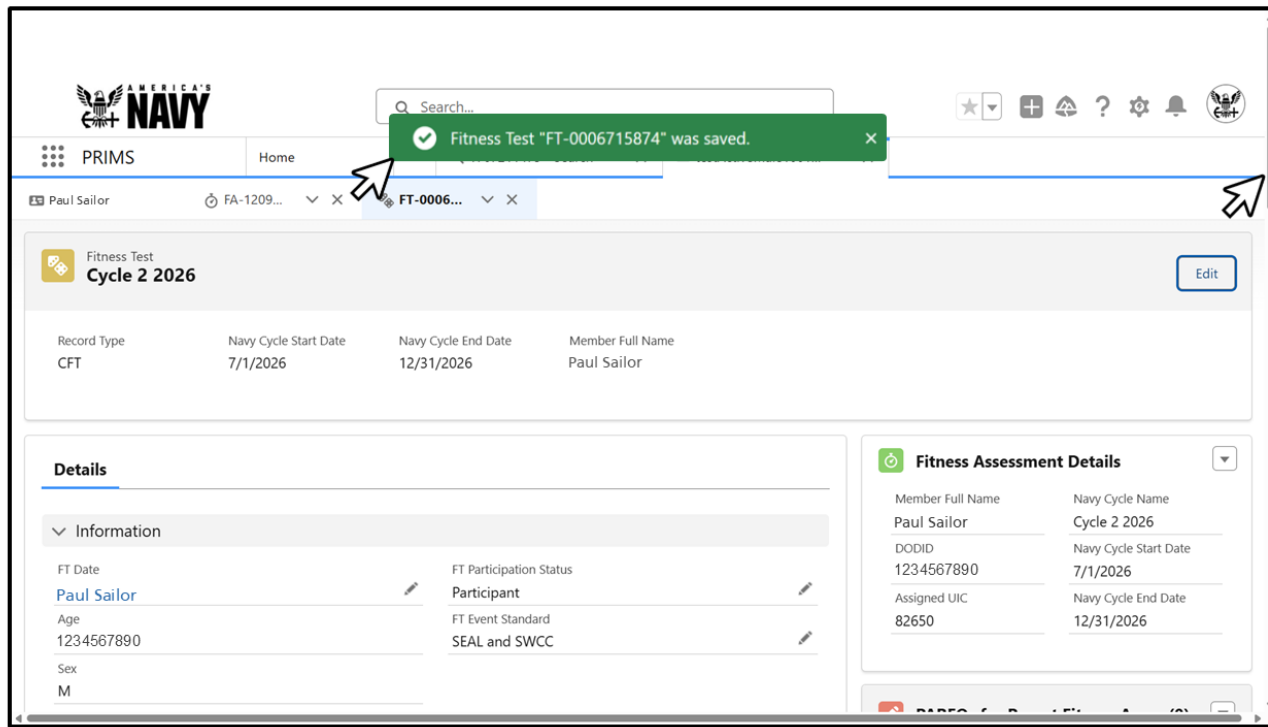
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Quick Steps



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 details include:

- 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

At the bottom of the screen, there's a row of 11 circular indicators, with the 10th indicator being highlighted in blue, indicating the current step in the tutorial.

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



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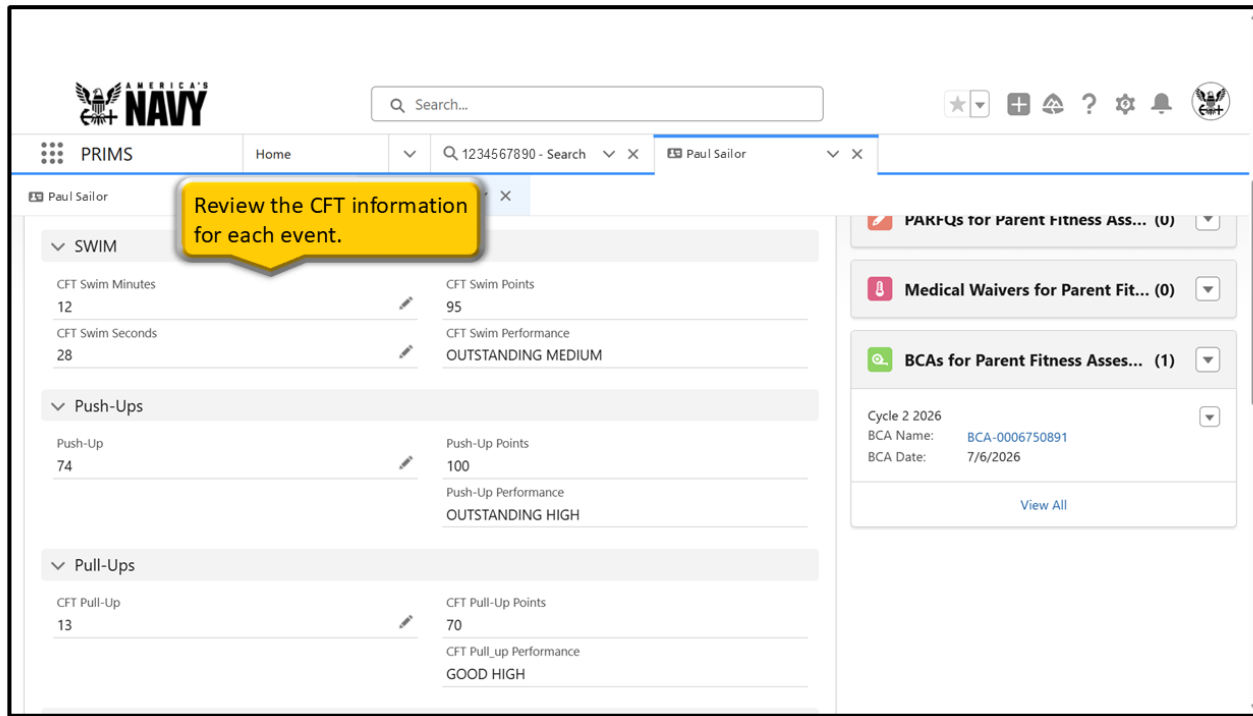
Step-By-Step
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



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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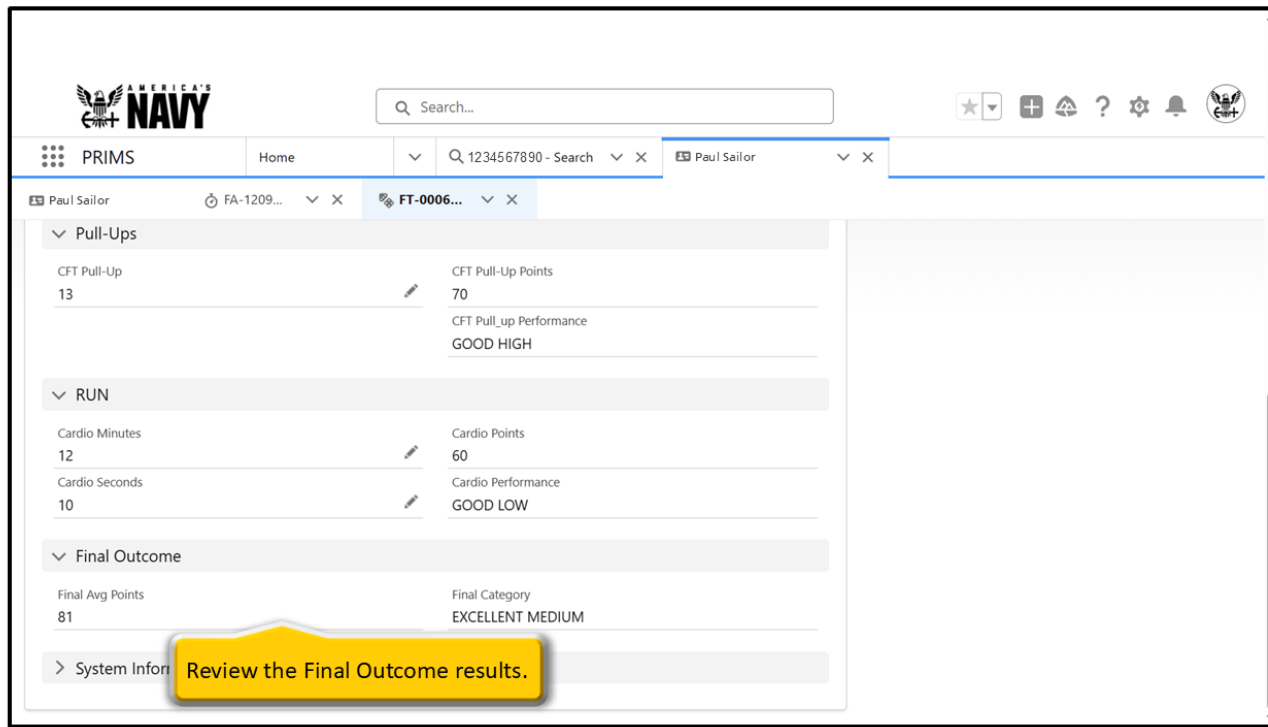
Step-By-Step
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Quick Steps



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 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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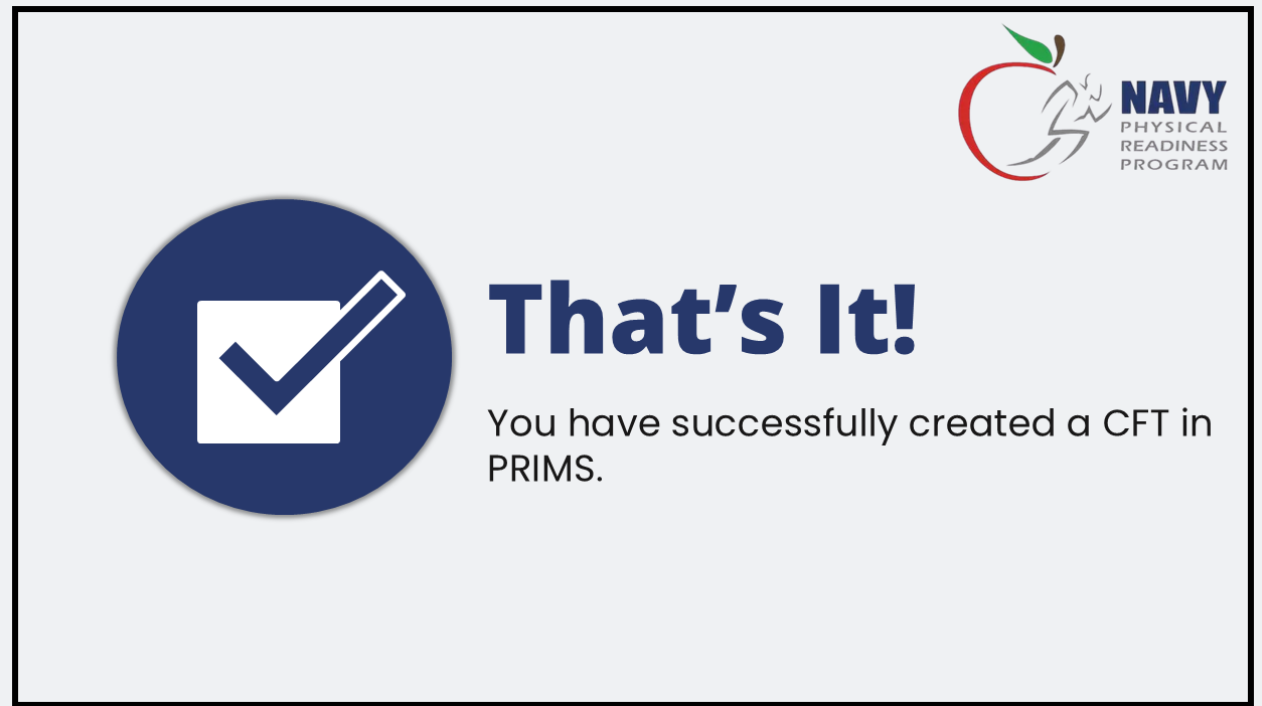
Learning Targets



Step-By-Step
Instructions



Quick Steps



Continue to Edit a CFT

How To Edit a CFT

Step-By-Step Instructions



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Learning Targets



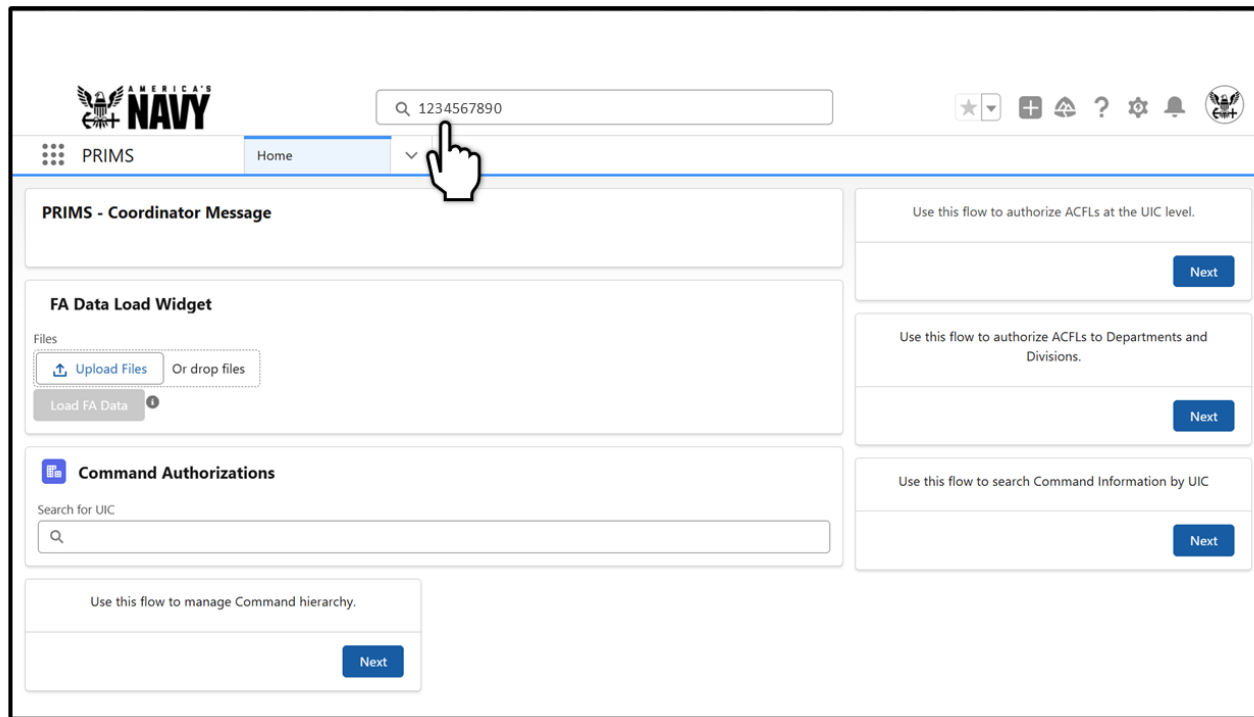
Step-By-Step
Instructions



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.



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



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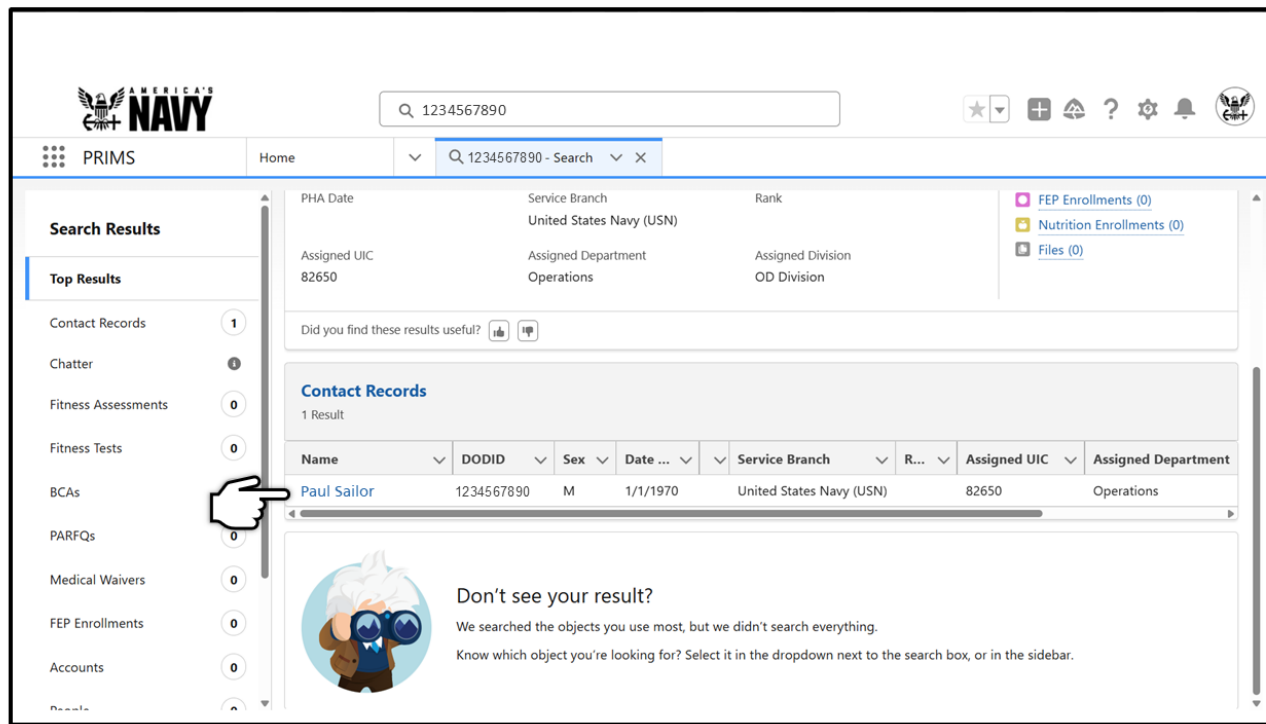
Step-By-Step
Instructions



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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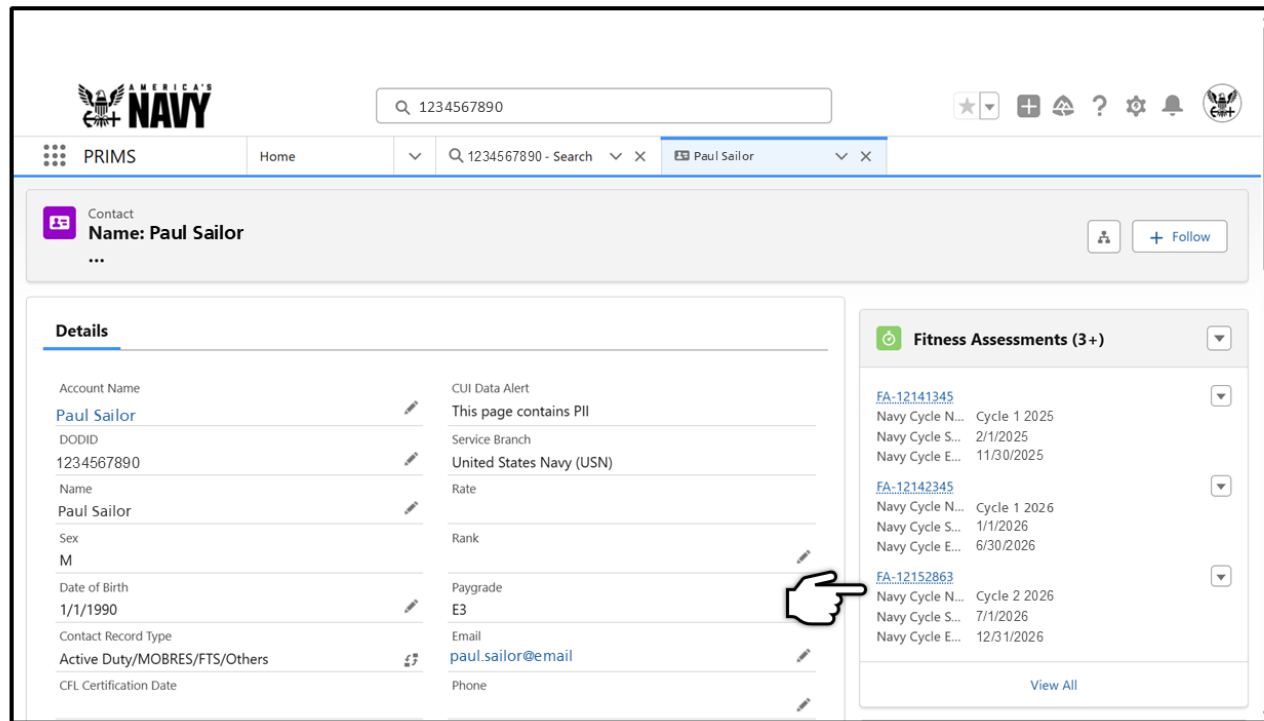
Step-By-Step
Instructions



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.



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 10: Select the current **Fitness Assessment**.



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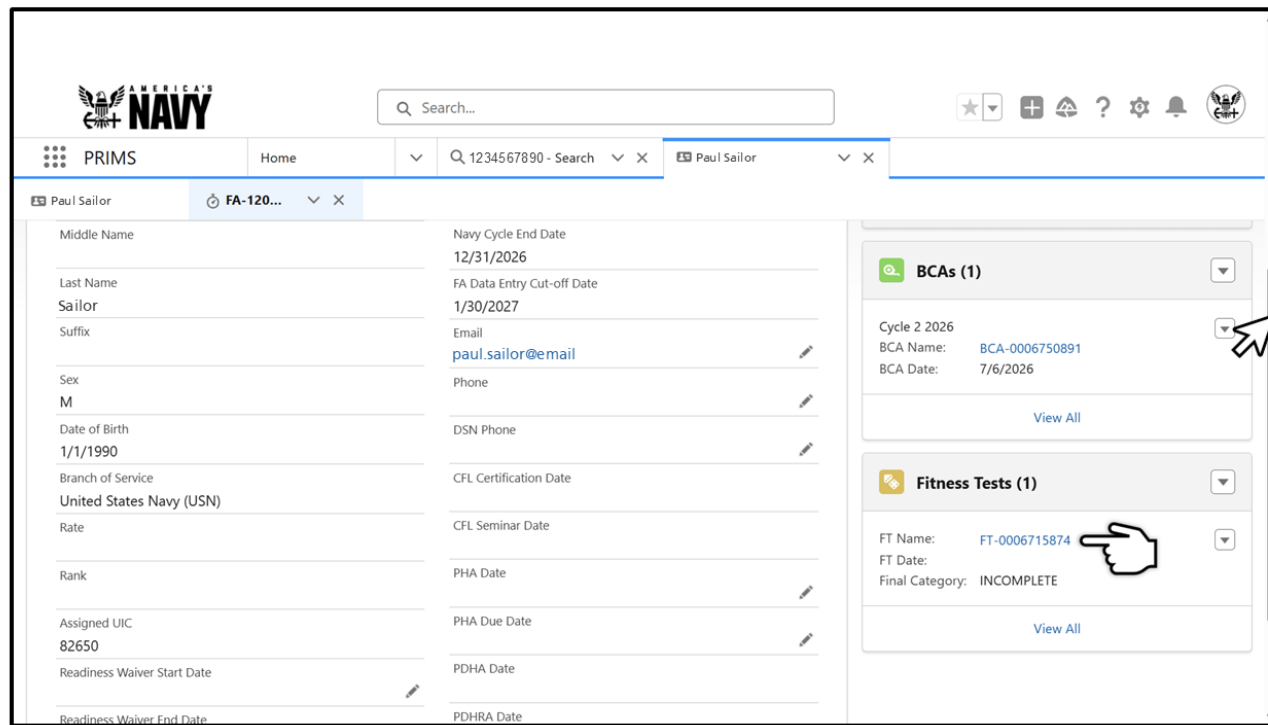
Step-By-Step
Instructions



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 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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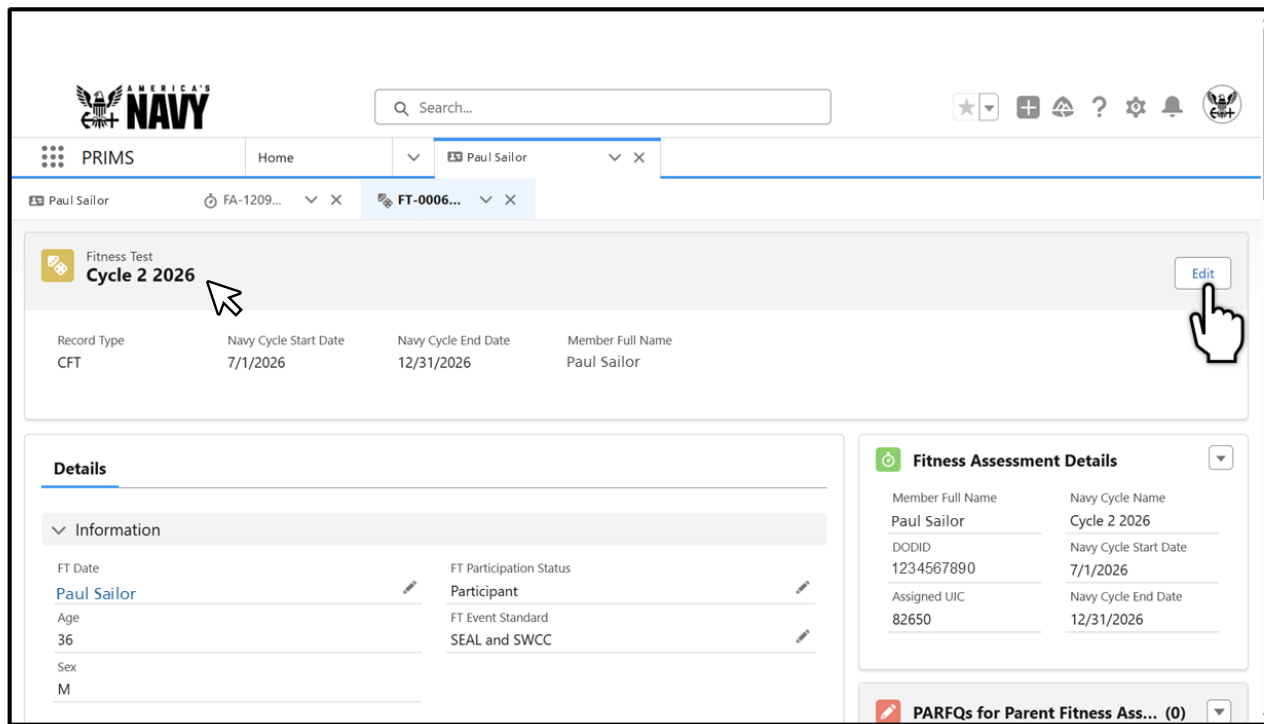
Step-By-Step
Instructions



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.



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

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

PARFQs for Parent Fitness Ass... (0)

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



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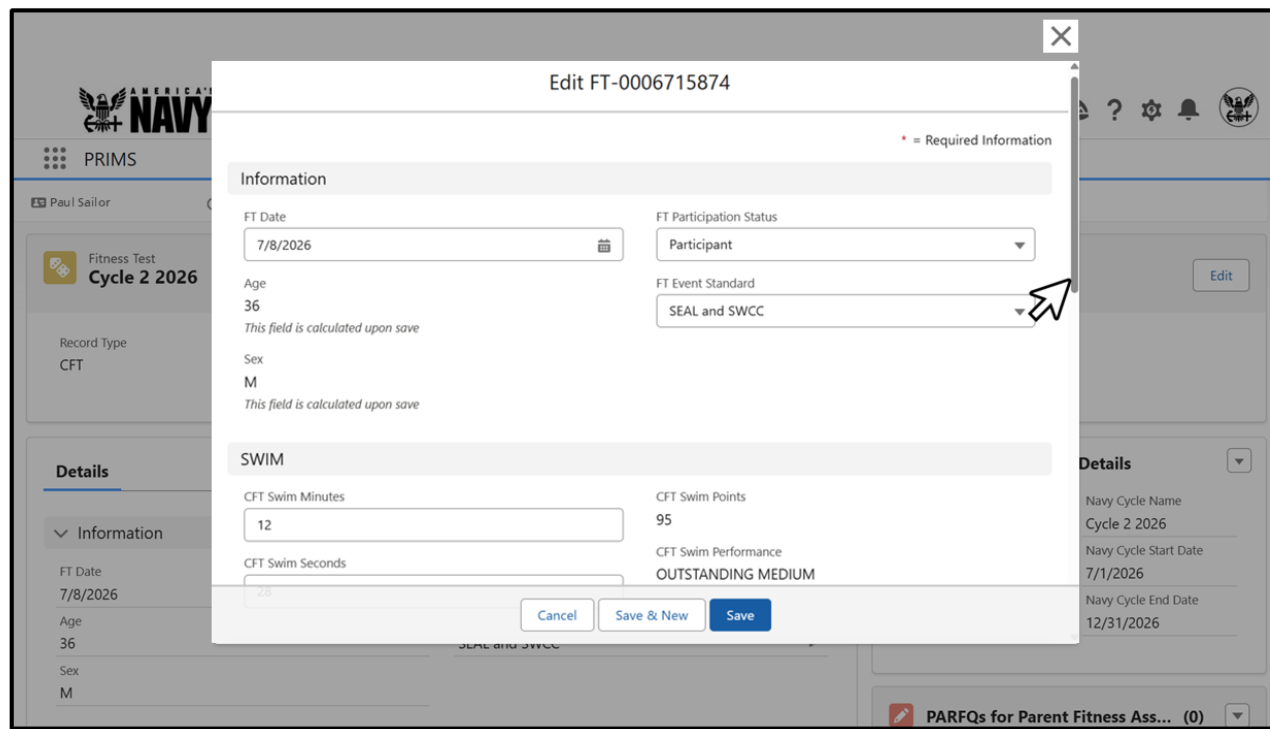
Step-By-Step
Instructions



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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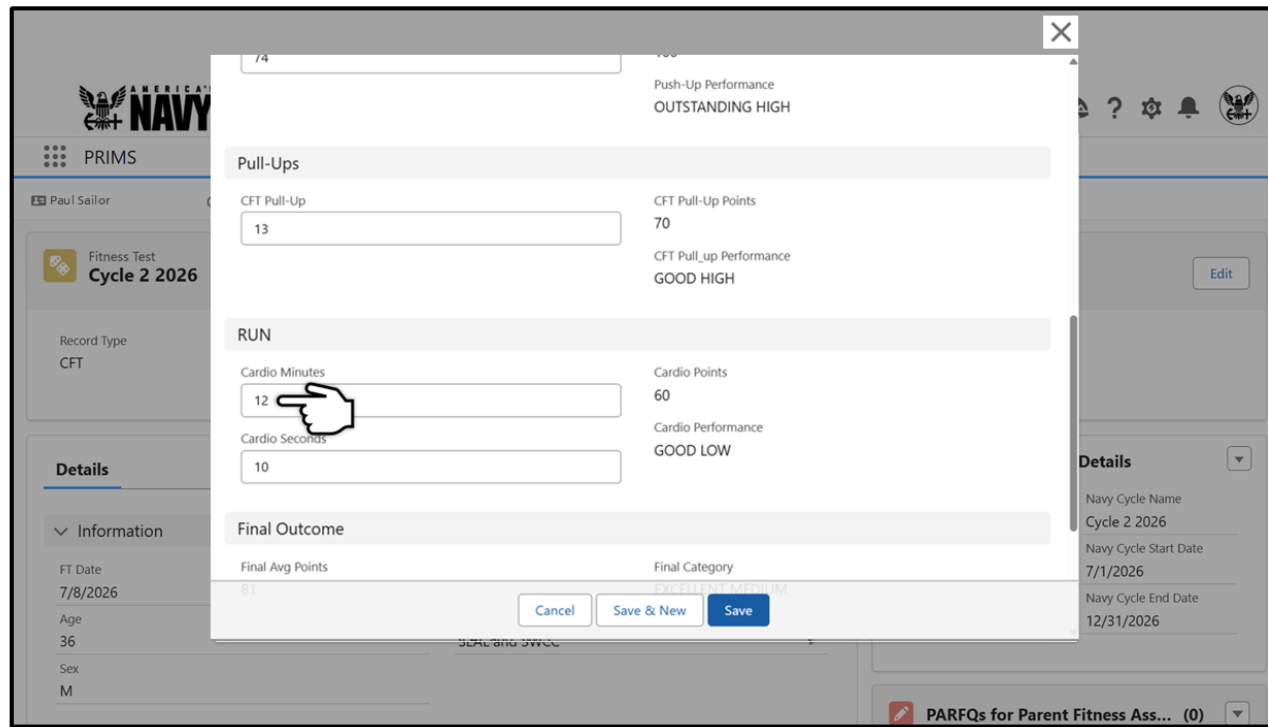
Step-By-Step
Instructions



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 cursor. 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.



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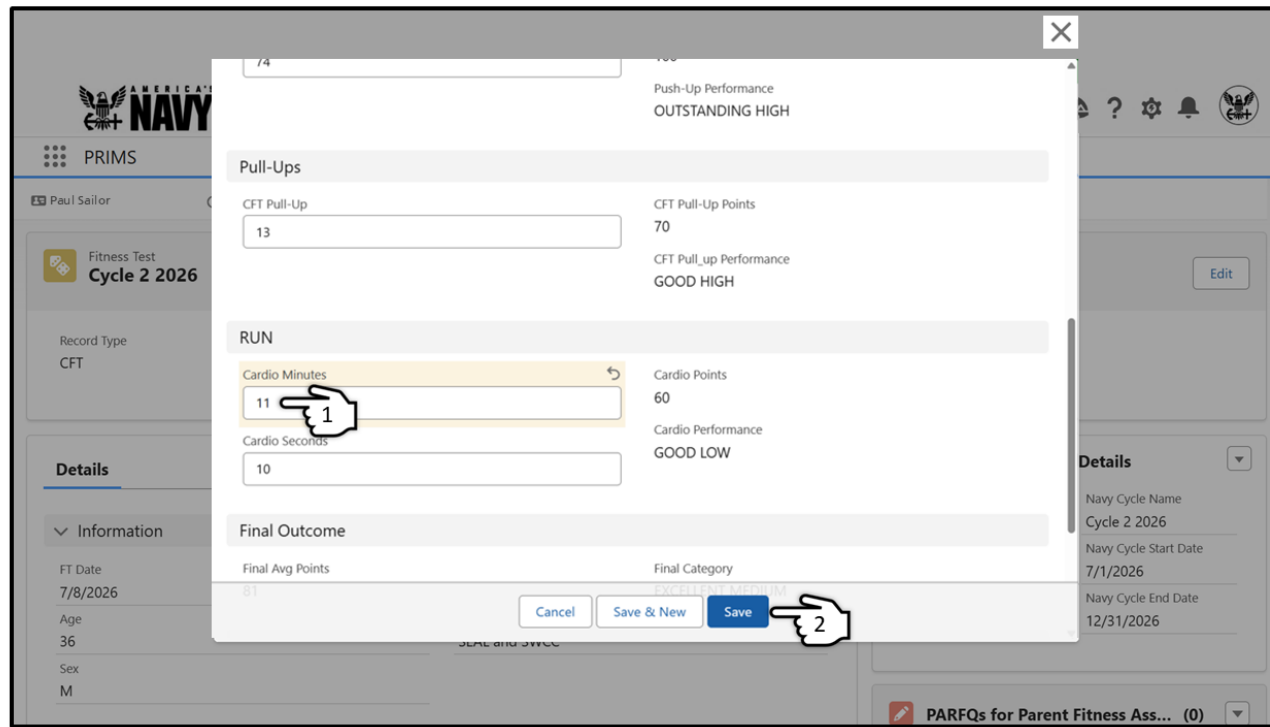
Step-By-Step
Instructions



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.



AMERICAN NAVY

PRIMS

Paul Sailor

Fitness Test
Cycle 2 2026

Record Type
CFT

Details

Information

FT Date
7/8/2026

Age
36

Sex
M

Pull-Ups

CFT Pull-Up
13

CFT Pull-Up Points
70

CFT Pull-Up Performance
GOOD HIGH

RUN

Cardio Minutes
11

Cardio Points
60

Cardio Performance
GOOD LOW

Cardio Seconds
10

Final Outcome

Final Avg Points
81

Final Category
EXCELLENT MEDIUM

Cancel Save & New Save

Details

Navy Cycle Name
Cycle 2 2026

Navy Cycle Start Date
7/1/2026

Navy Cycle End Date
12/31/2026

PARFQs for Parent Fitness Ass... (0)

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



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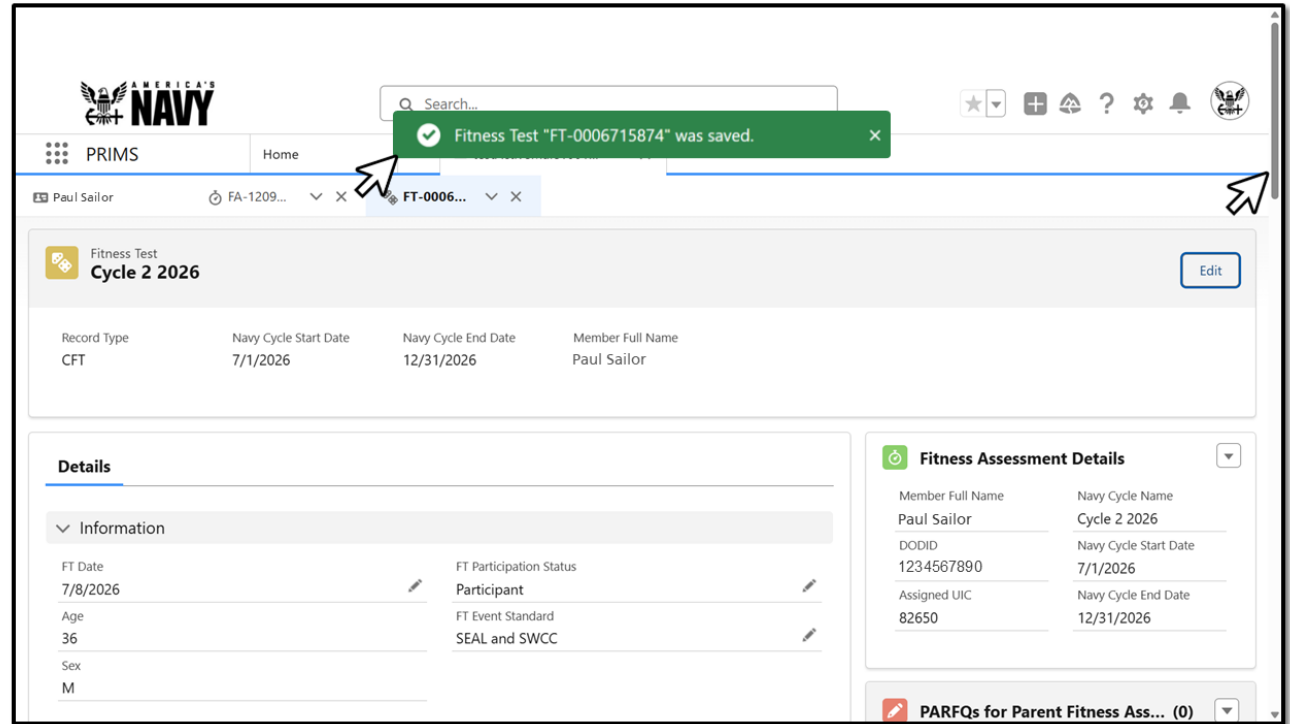
Step-By-Step
Instructions



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.



AMERICA'S NAVY

Search...

PRIMS Home

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

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

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.

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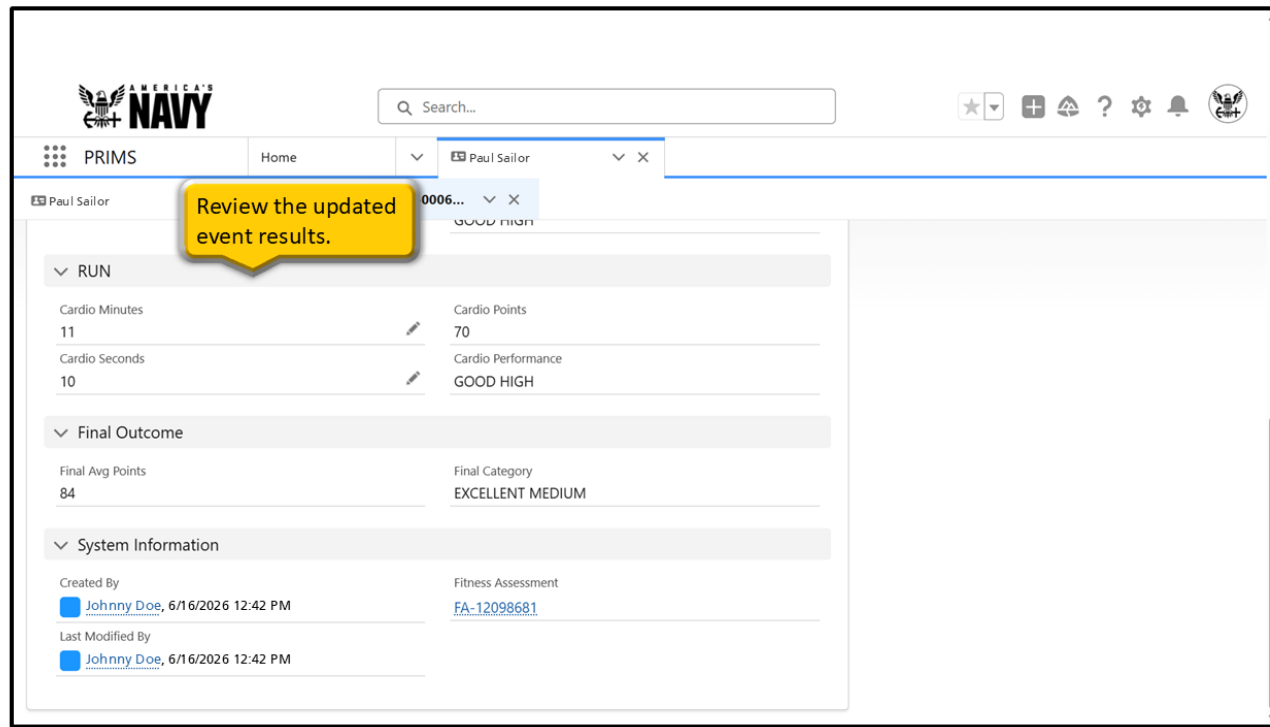
Step-By-Step
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Quick Steps



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 Paul Sailor

Search...

Review the updated event results.

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

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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.



That's It!

You have successfully edited a CFT in PRIMS.



[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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