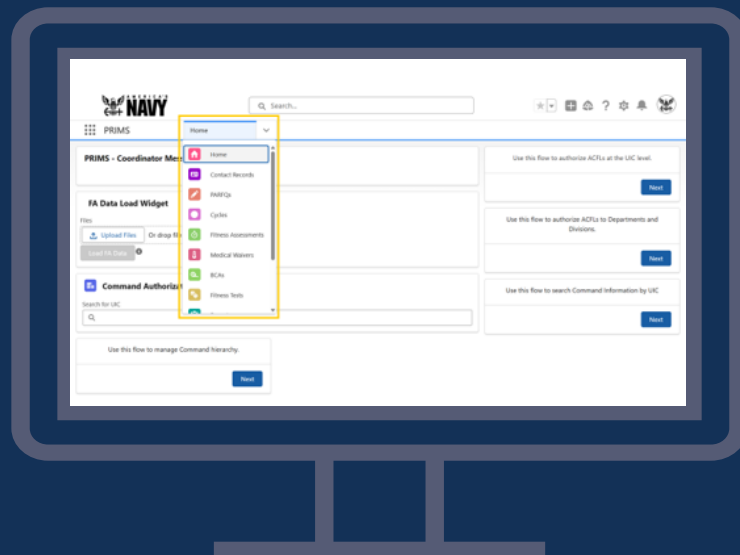




Combat Fitness Assessment (CFA) *Service Console Display*



[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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CFA Quick
Tips





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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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Tips



1

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

2

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

3

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

4

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



Additional new features are highlighted in individual lessons.


Fitness Assessments (3+)


[FA-1214156](#)

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


Fitness Tests (1)

FT Name: [FT-0006686135](#)


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


Fitness Test
Cycle 2 2026

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


Fitness Assessment Details


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



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

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

1

CFA Medical Waiver

2

CFA BCA

3

CFA Combat Fitness Test (CFT)



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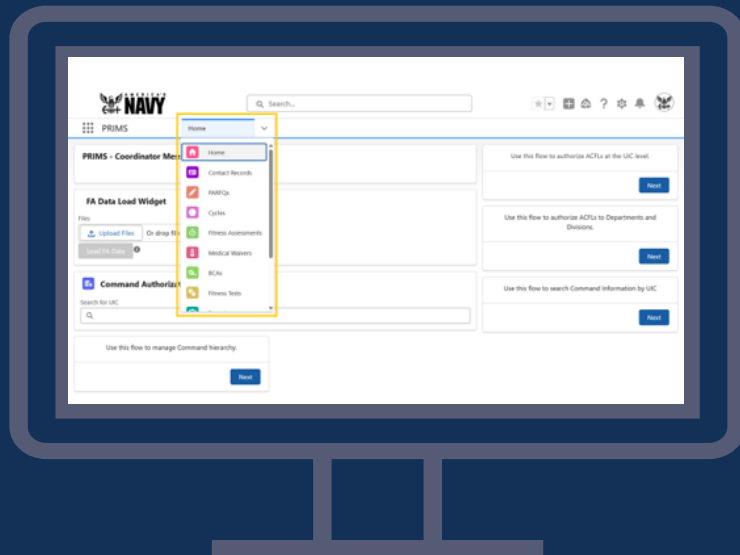
CFA Quick
Tips





CFL PRIMS Training

Medical Waiver for CFA *Service Console Display*



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Overview of Medical Waiver

Med Waiver Guidance

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

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

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



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

How It Works



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



The CO/OIC endorses the medical waiver.



The CFL adds the medical waiver in PRIMS.



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Instructions**



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How to Use This Tutorial

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

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Tutorial Sections



Policy Insights

Review tips and important notes about PRIMS.



Step-By-Step Instructions

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



Learning Targets

Understand what task you will learn to perform in PRIMS.



Quick Steps

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



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



CO/OIC

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



AMDR

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



CFL

- 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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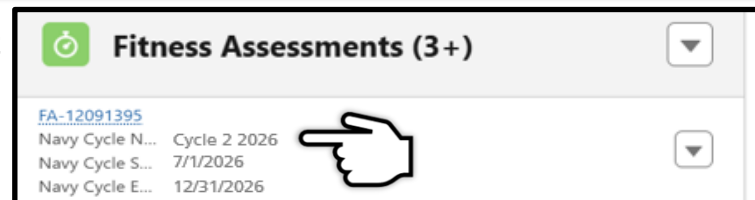
Step-By-Step
Instructions



Quick Steps



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



Fitness Assessments (3+)

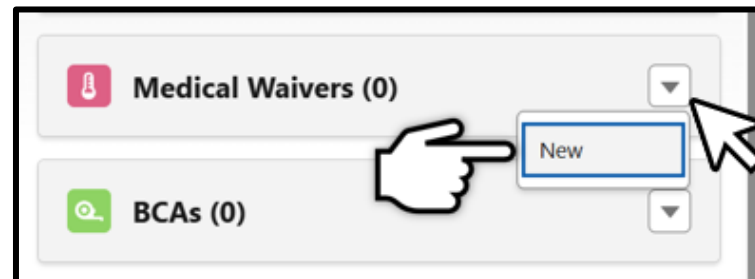
[FA-12091395](#)

Navy Cycle N... Cycle 2 2026

Navy Cycle S... 7/1/2026

Navy Cycle E... 12/31/2026

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



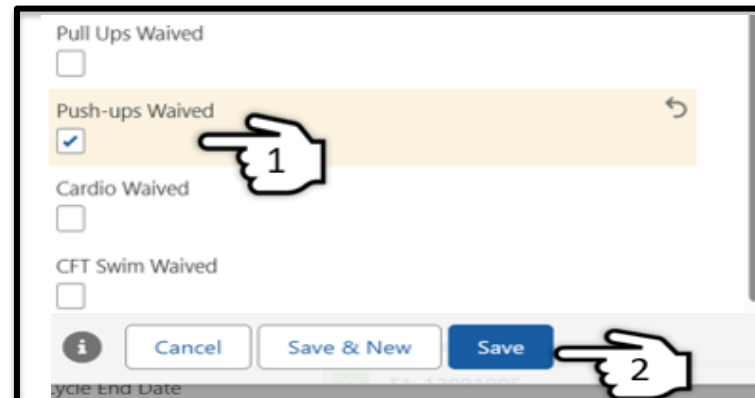
Medical Waivers (0)

[New](#)

BCAs (0)

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

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



Pull Ups Waived ☐

Push-ups Waived ☒ 1

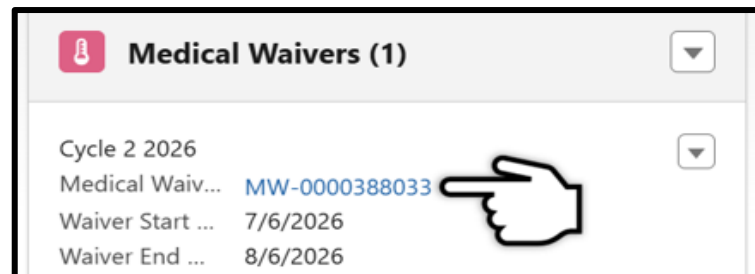
Cardio Waived ☐

CFT Swim Waived ☐

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

Cycle End Date

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



Medical Waivers (1)

Cycle 2 2026

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

Waiver Start ... 7/6/2026

Waiver End ... 8/6/2026



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

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

1 View a Medical Waiver

2 Create a Medical Waiver

3 Edit a Medical Waiver



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How To View a Medical Waiver

Step-By-Step Instructions



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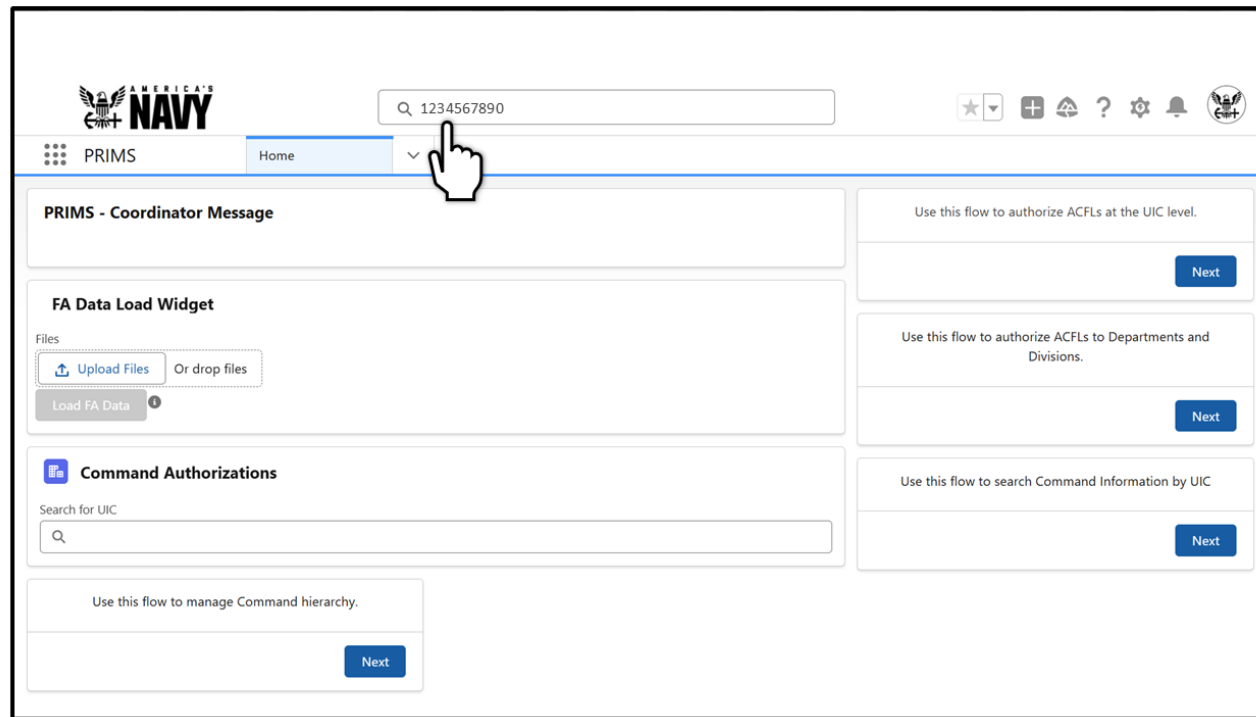
Step-By-Step
Instructions



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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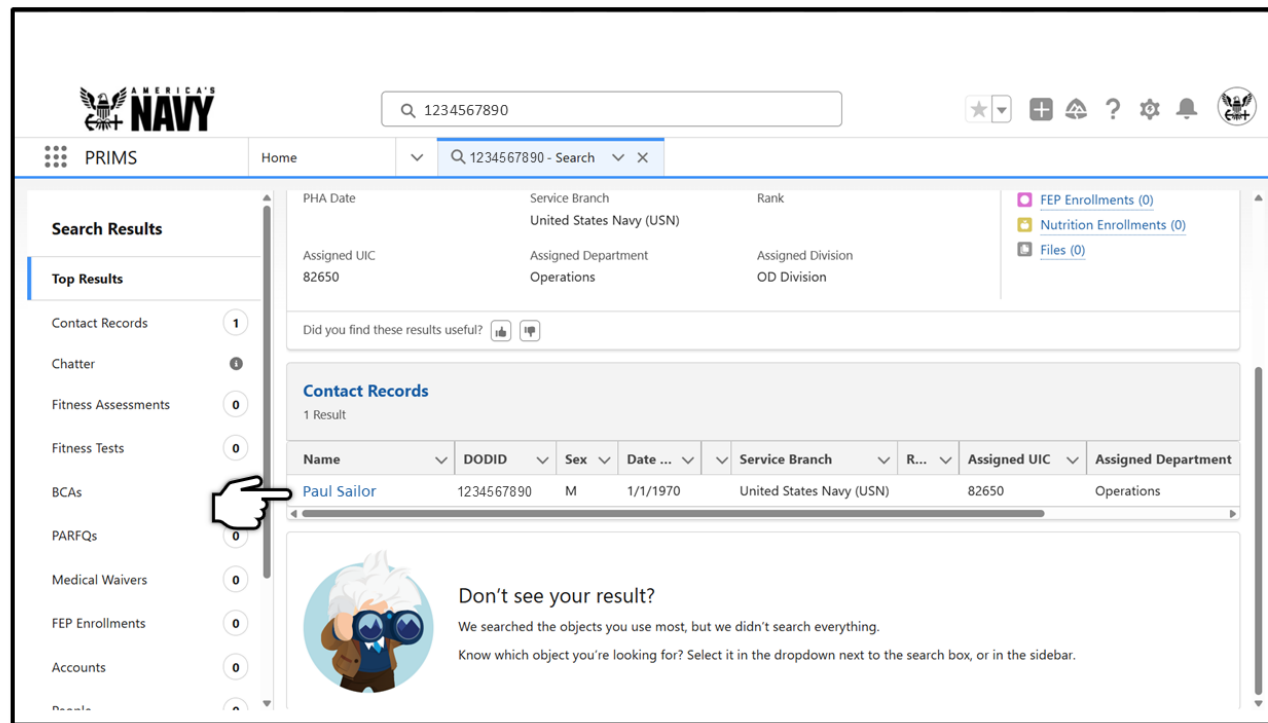
Step-By-Step
Instructions



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 a cartoon character and instructions to refine the search.

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



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

How To View a Medical Waiver

Step-By-Step Instructions



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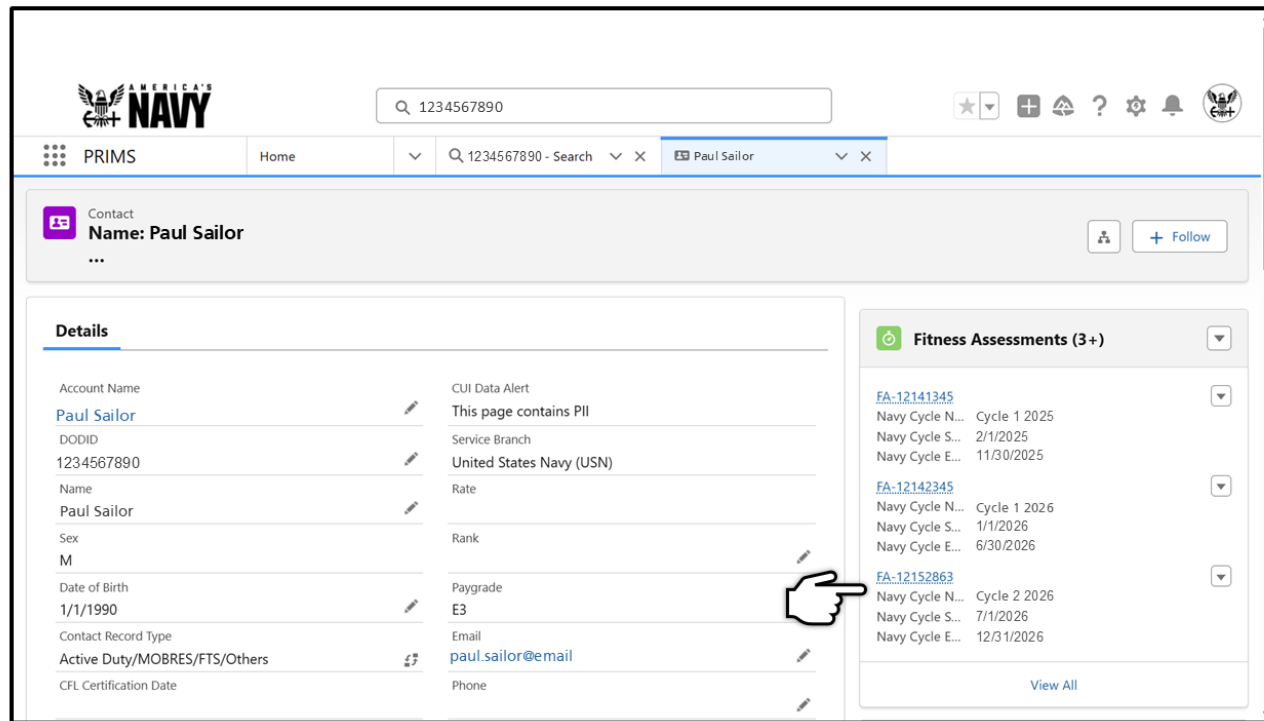
Step-By-Step
Instructions



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, there are tabs for "PRIMS" and "Home". The main content area displays a user profile for "Paul Sailor". The profile includes a "Details" section with fields like Account Name, DODID, Name, Sex, Date of Birth, Contact Record Type, and CFL Certification Date. To the right of the details, there's a "Fitness Assessments (3+)" section with a list of assessments, including "FA-12141345", "FA-12142345", and "FA-12152863". A hand icon points to the "Fitness Assessments (3+)" section.



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

How To View a Medical Waiver

Step-By-Step Instructions



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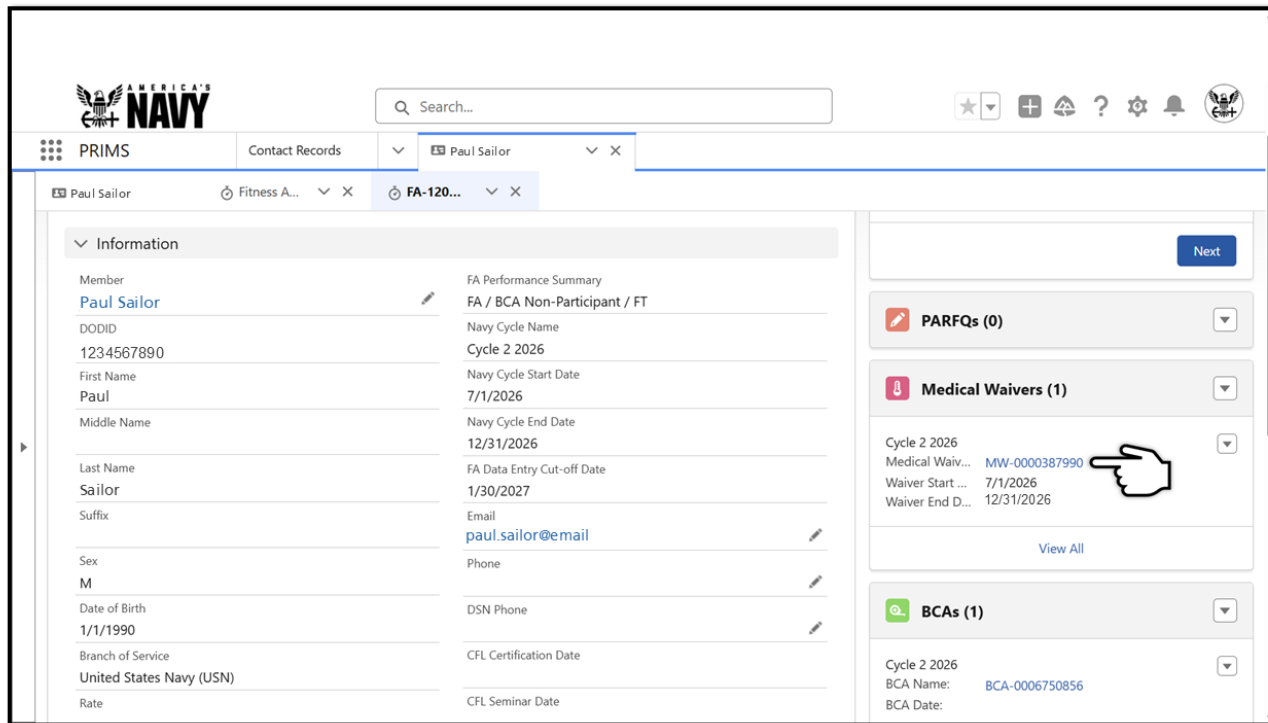
Step-By-Step
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Quick Steps



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



The screenshot shows the PRIMS interface for a user named Paul Sailor. The 'FA-120...' page is active, displaying various performance and cycle information. On the right side, there are three tiles: 'PARFQs (0)', 'Medical Waivers (1)', and 'BCAs (1)'. The 'Medical Waivers (1)' tile is highlighted, and a hand cursor is pointing to the 'Medical Waiv...' link within the 'Cycle 2 2026' section. Below the link, the waiver start and end dates are listed: 'Waiver Start ... 7/1/2026' and 'Waiver End D... 12/31/2026'. A 'View All' link is also present.

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

How To View a Medical Waiver

Step-By-Step Instructions



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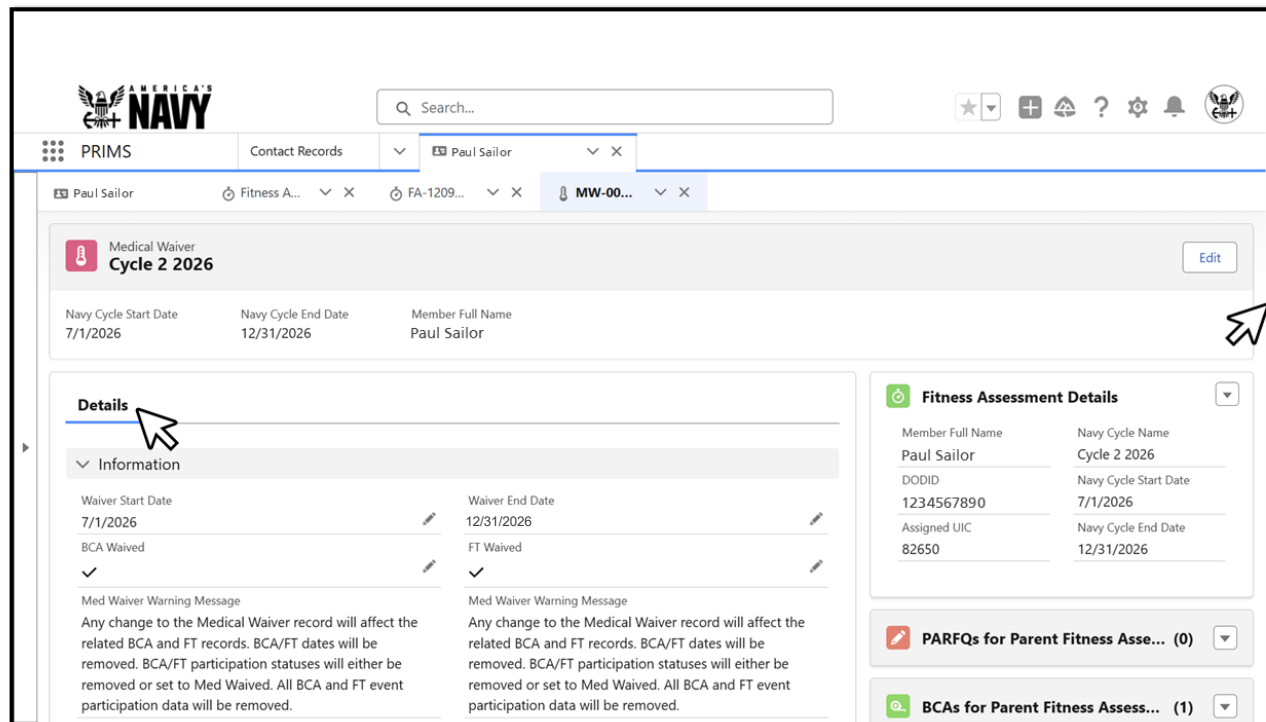
Step-By-Step
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Quick Steps



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



The screenshot shows the Navy PRIMS interface. At the top, there's a search bar and navigation tabs for PRIMS, Contact Records, and a dropdown menu showing 'Paul Sailor'. Below this, there's a section for 'Medical Waiver Cycle 2 2026' with an 'Edit' button. The main content area is divided into two columns. The left column has a 'Details' tab selected, showing 'Information' with fields for 'Waiver Start Date' (7/1/2026), 'Waiver End Date' (12/31/2026), 'BCA Waived' (checked), and 'FT Waived' (checked). The right column has a 'Fitness Assessment Details' tab, showing fields for 'Member Full Name' (Paul Sailor), 'Navy Cycle Name' (Cycle 2 2026), 'DODID' (1234567890), 'Navy Cycle Start Date' (7/1/2026), 'Assigned UIC' (82650), and 'Navy Cycle End Date' (12/31/2026). At the bottom, there are two sections for 'PARQs for Parent Fitness Assessment' and 'BCAs for Parent Fitness Assessment'.

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

How To View a Medical Waiver

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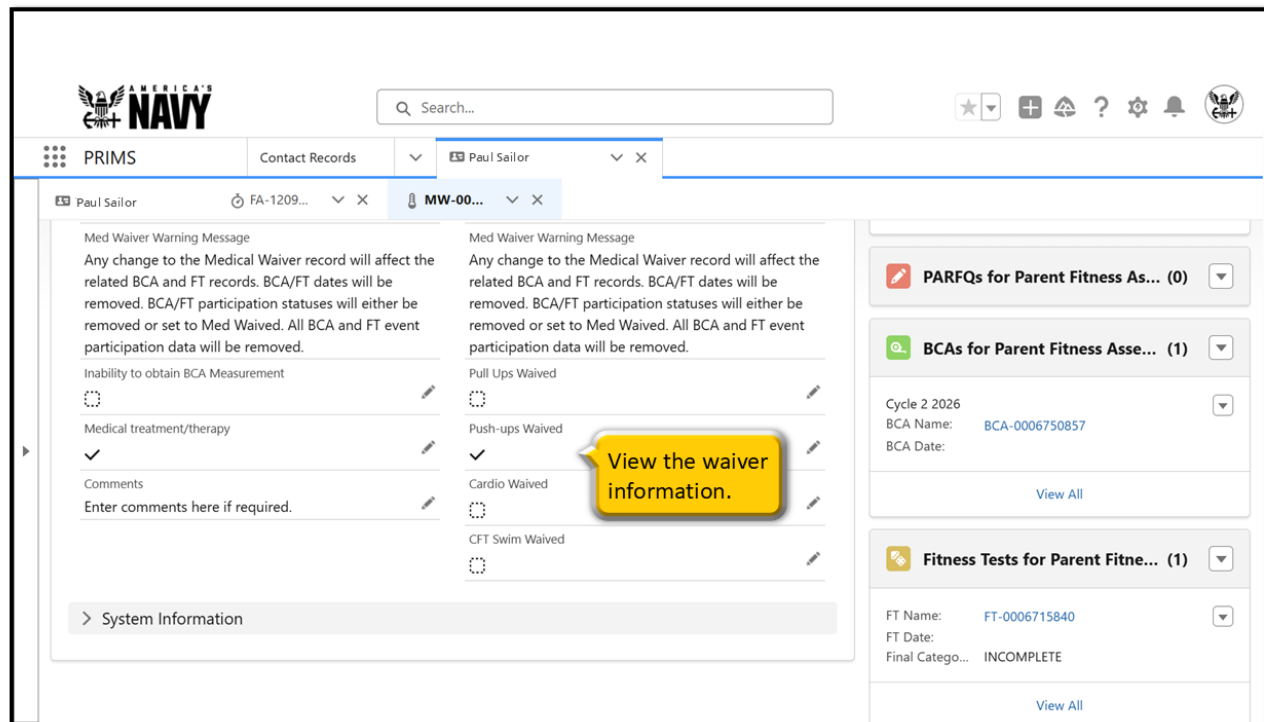
Step-By-Step
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Quick Steps



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



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

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

View the waiver information.

Review the BCA and FT Events waived information.

How To View a Medical Waiver

Step-By-Step Instructions



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



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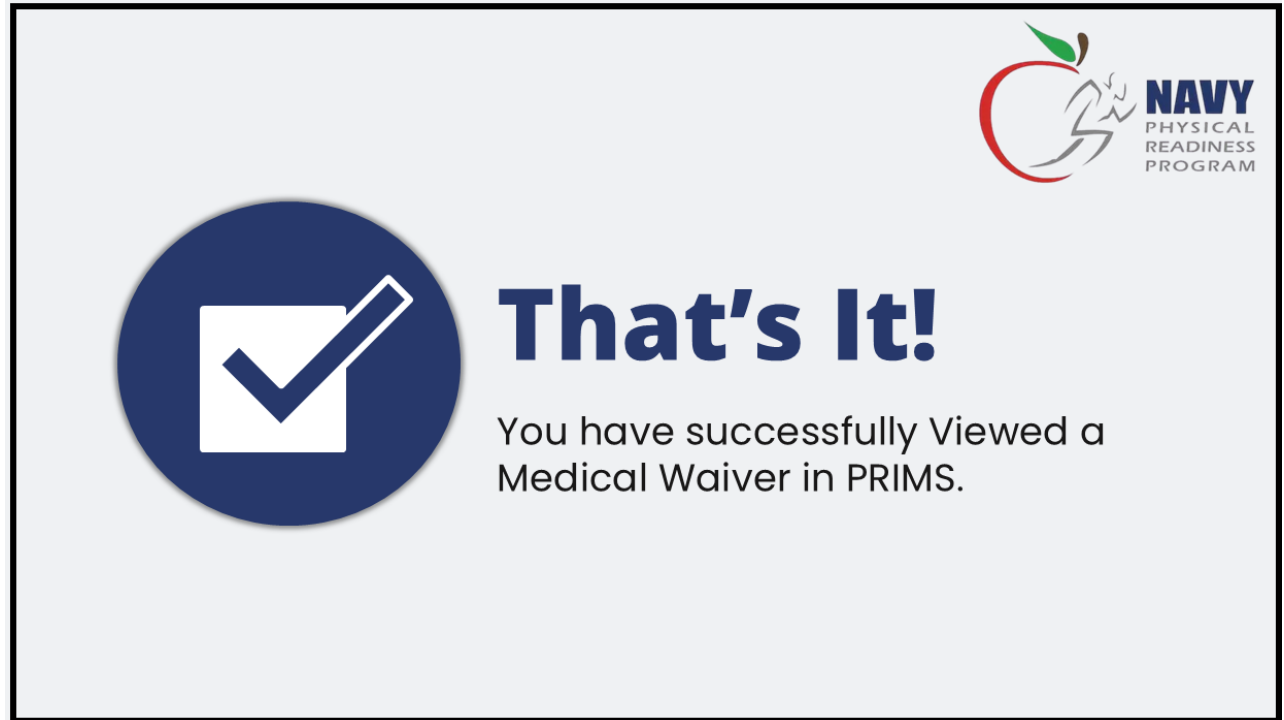
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Continue to Create a Medical Waiver

How To Create a Medical Waiver

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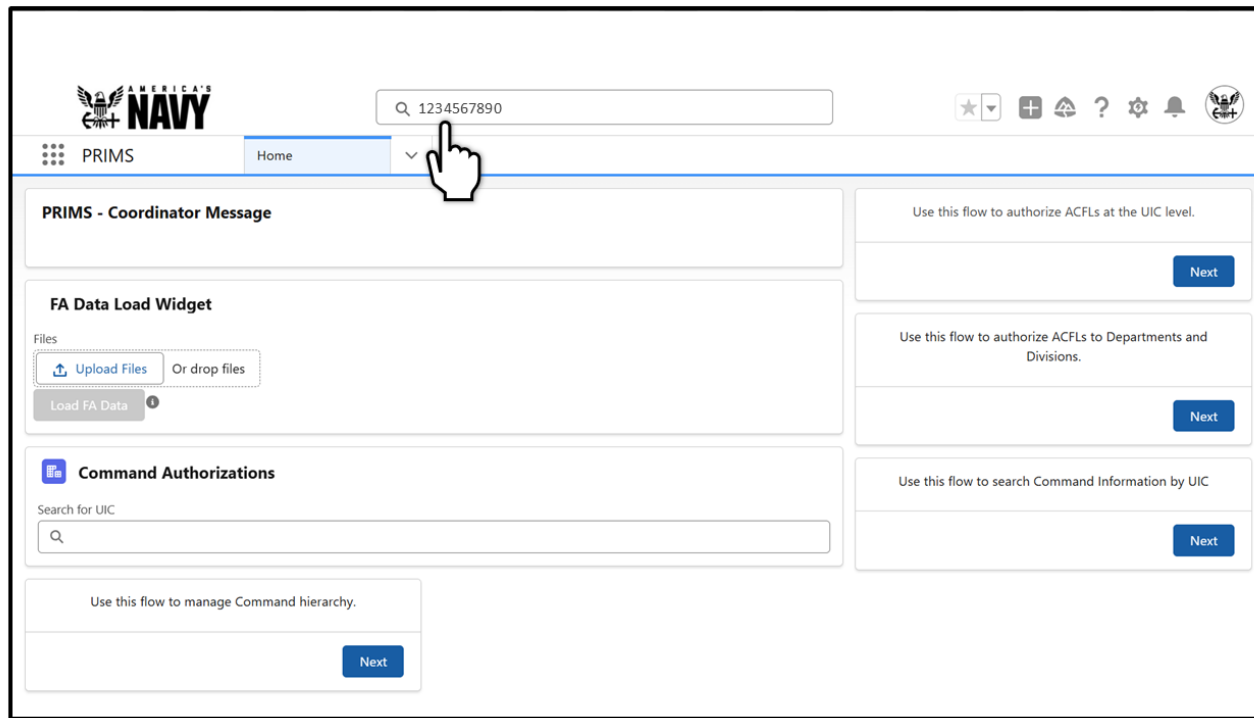
Step-By-Step
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Quick Steps



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



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" and a dropdown menu. Below the search bar, there are 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. A hand cursor is pointing at the dropdown menu in the top navigation bar.



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

How To Create a Medical Waiver

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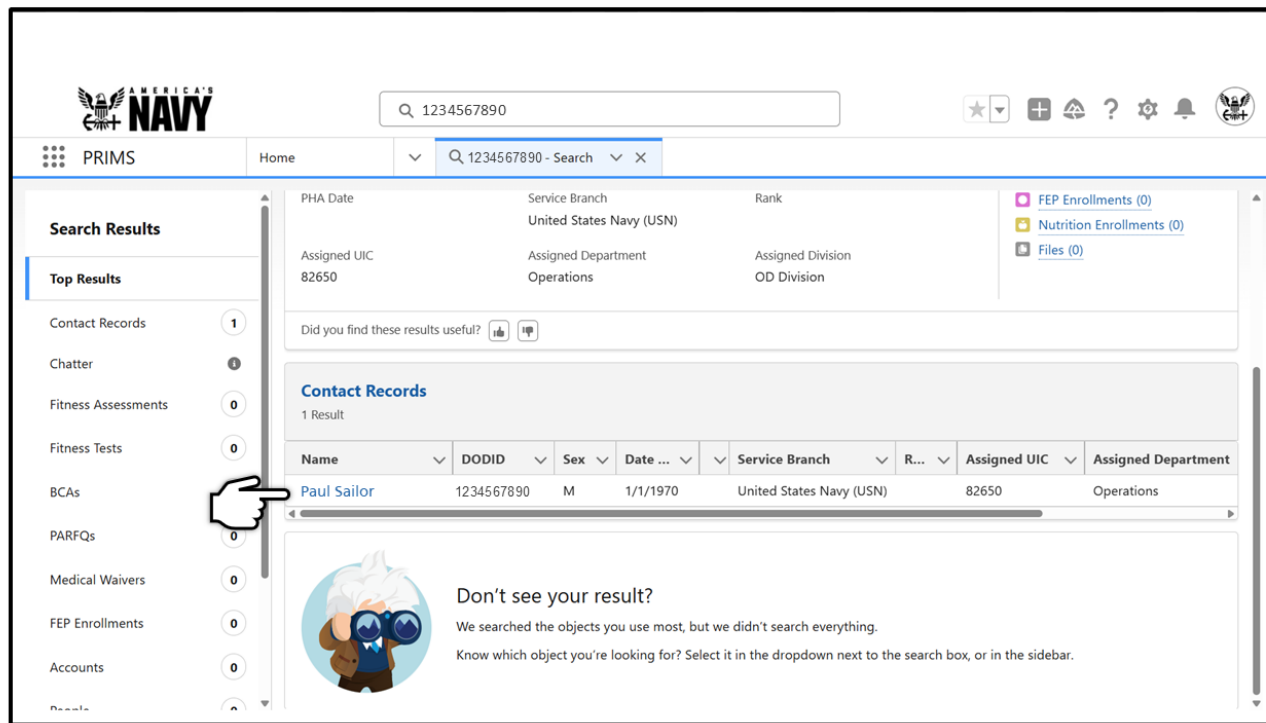
Step-By-Step
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Quick Steps



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



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**.

How To Create a Medical Waiver

Step-By-Step Instructions



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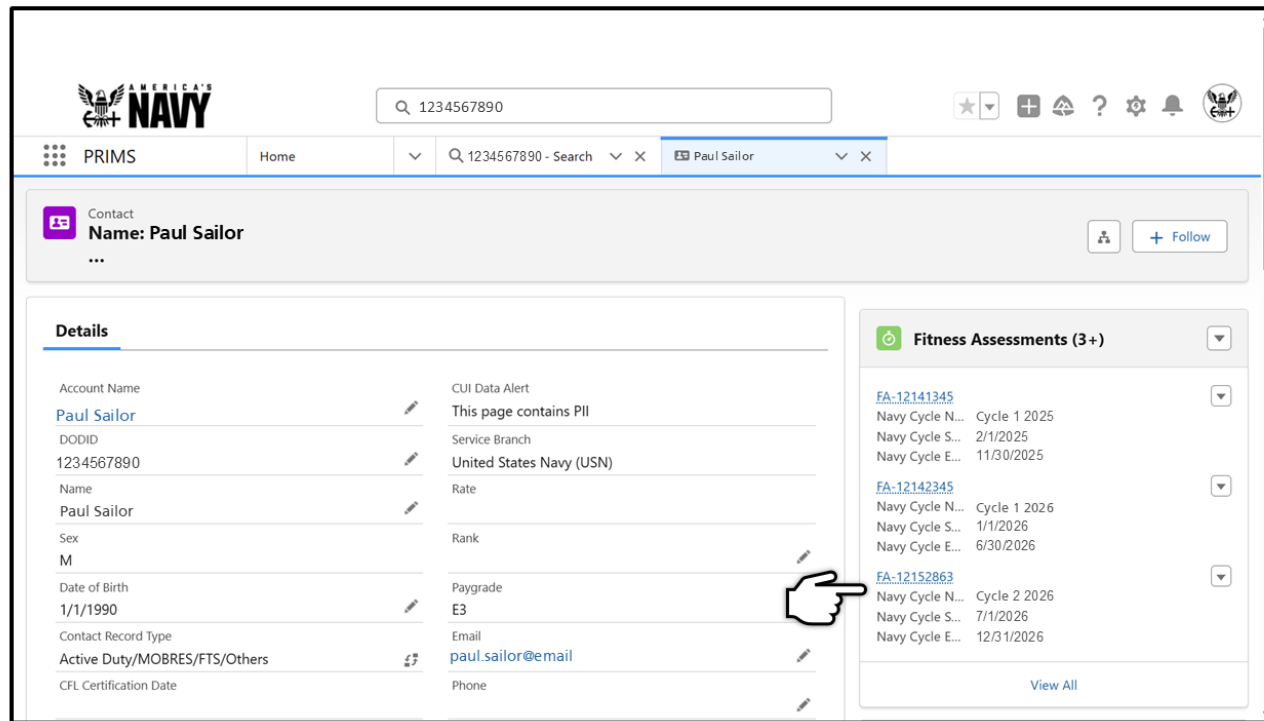
Step-By-Step
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Quick Steps



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.



Details

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

Fitness Assessments (3+)

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

[View All](#)

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

How To Create a Medical Waiver

Step-By-Step Instructions



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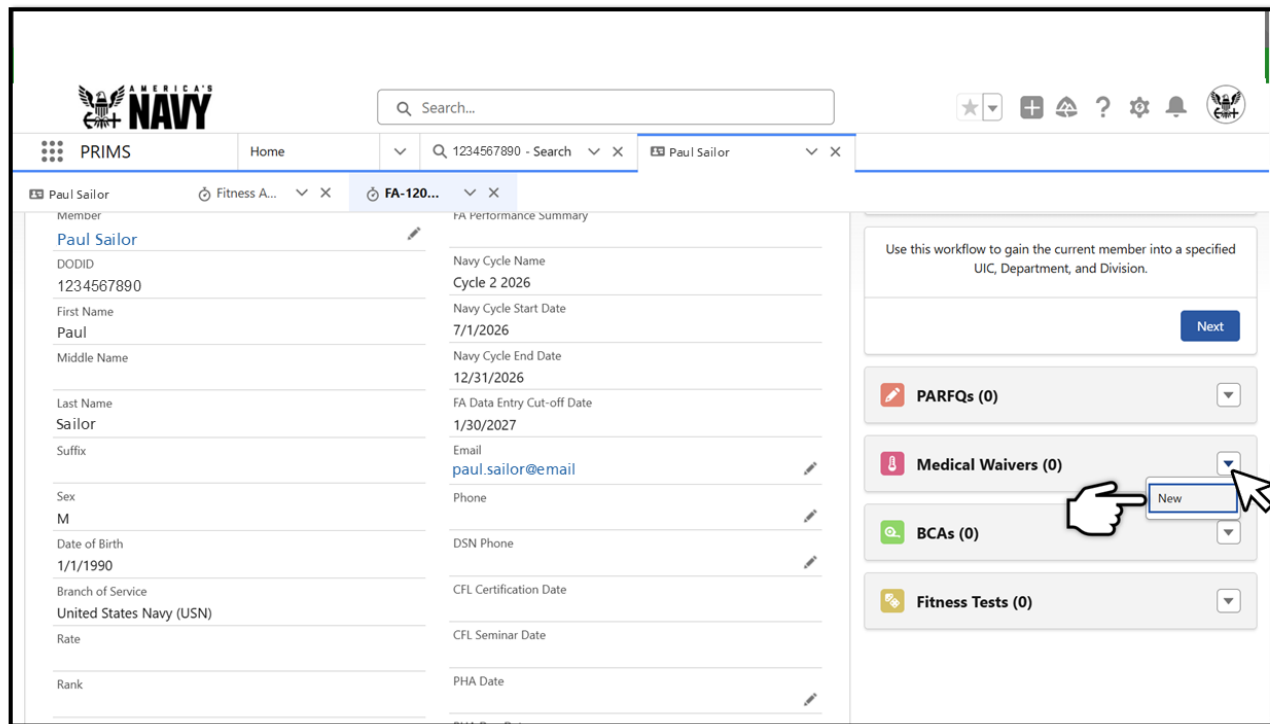
Step-By-Step
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Quick Steps



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. The top navigation bar includes the Navy logo, a search bar, and user information. The main content area displays a member profile for 'Paul Sailor' with details such as 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)), Rate, and Rank. The 'FA Performance Summary' section shows cycle information for 'Cycle 2 2026'. On the right sidebar, there are several categories: PARFQs (0), Medical Waivers (0), BCAs (0), and Fitness Tests (0). A hand cursor is pointing to the 'New' button in the 'Medical Waivers (0)' category.

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

How To Create a Medical Waiver

Step-By-Step Instructions



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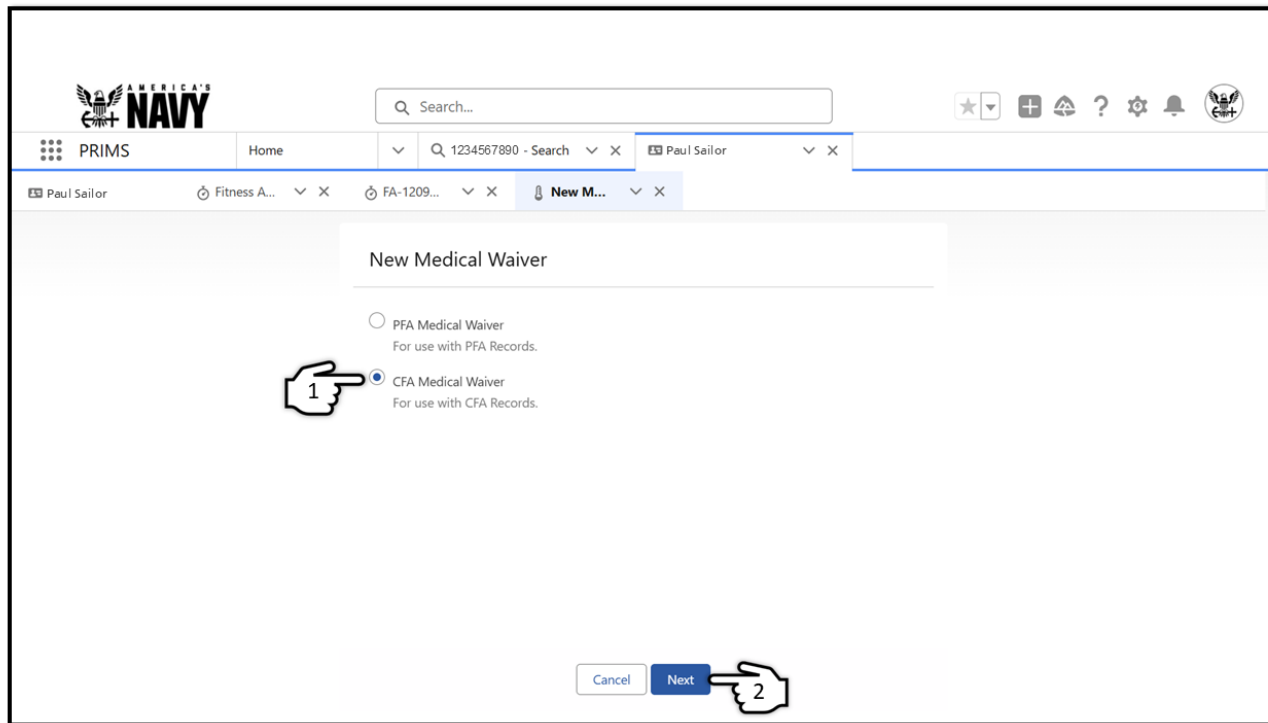
Step-By-Step
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



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



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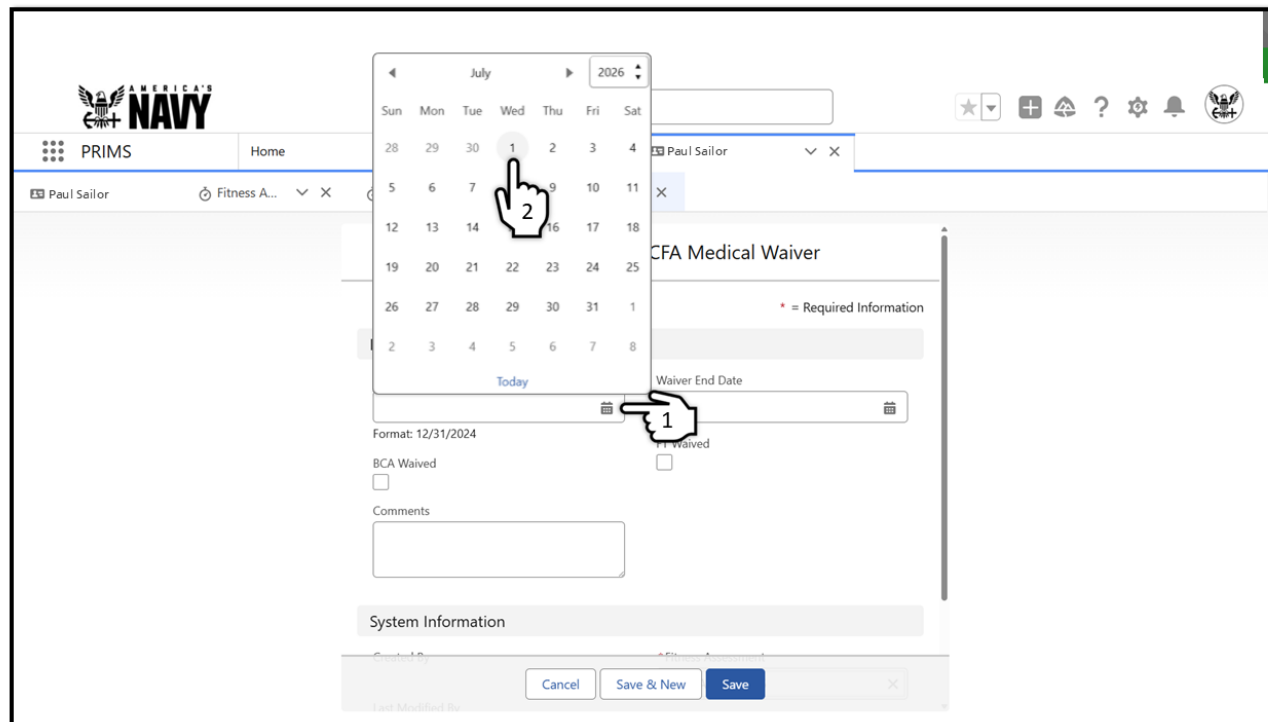
Step-By-Step
Instructions



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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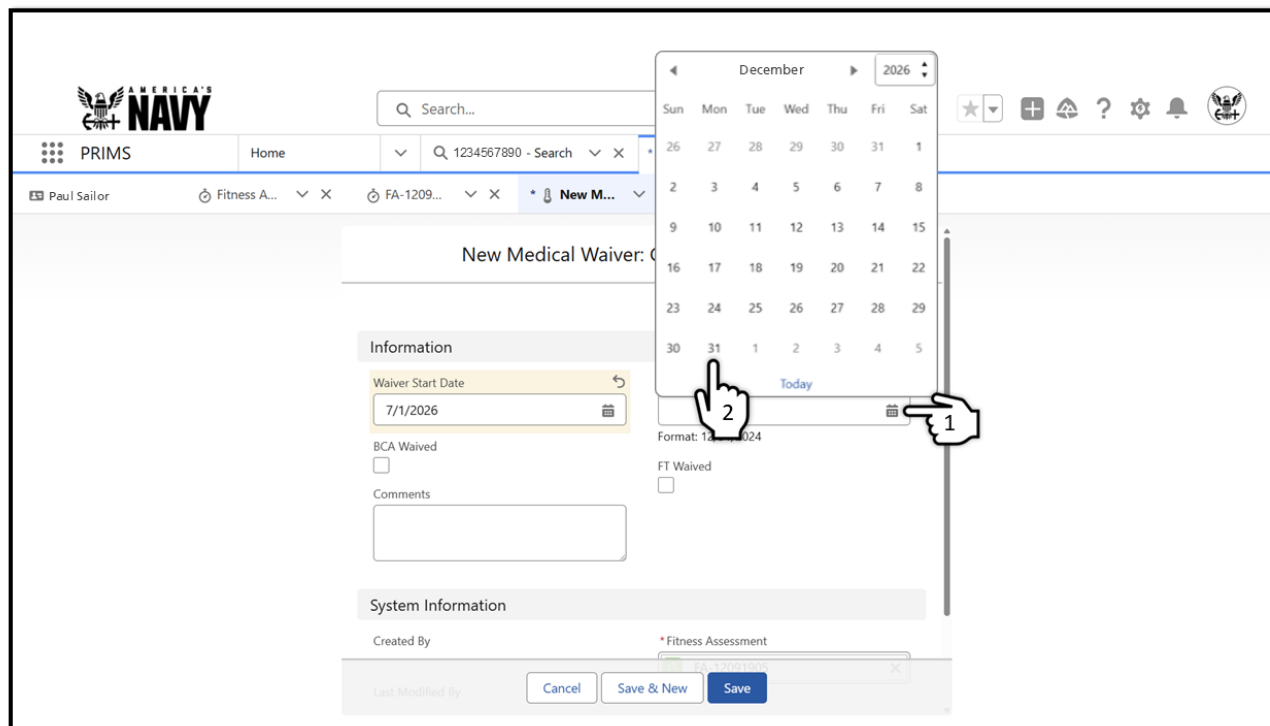
Step-By-Step
Instructions



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 visible, showing December 2026. A hand icon labeled '1' points to the calendar icon next to the 'Waiver End Date' field. Another hand icon labeled '2' points to the date '7/1/2026' in the 'Waiver Start Date' field. The form includes sections for Information, System Information, and a Fitness Assessment section at the bottom.



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



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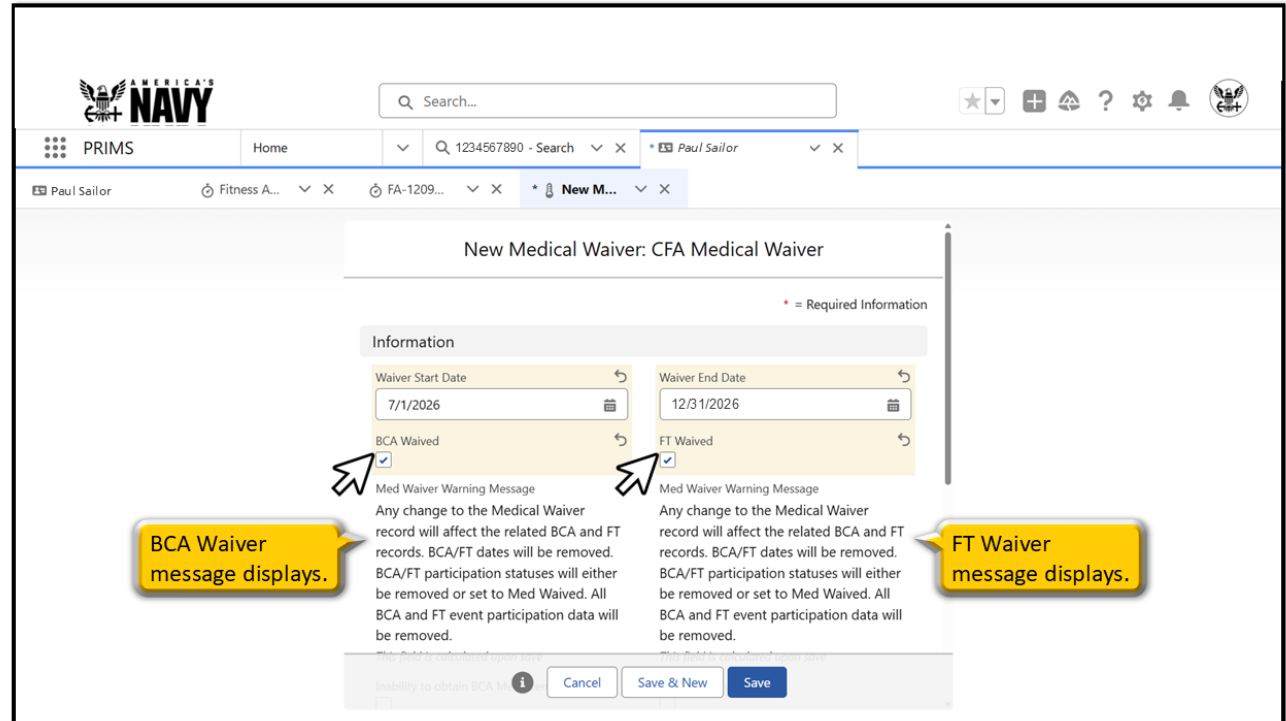
Step-By-Step
Instructions



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.



Information

Waiver Start Date: 7/1/2026

Waiver End Date: 12/31/2026

BCA Waived: ☒

FT Waived: ☒

Med Waiver Warning Message

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

Buttons: Cancel, Save & New, Save

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



Overview



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Learning Targets



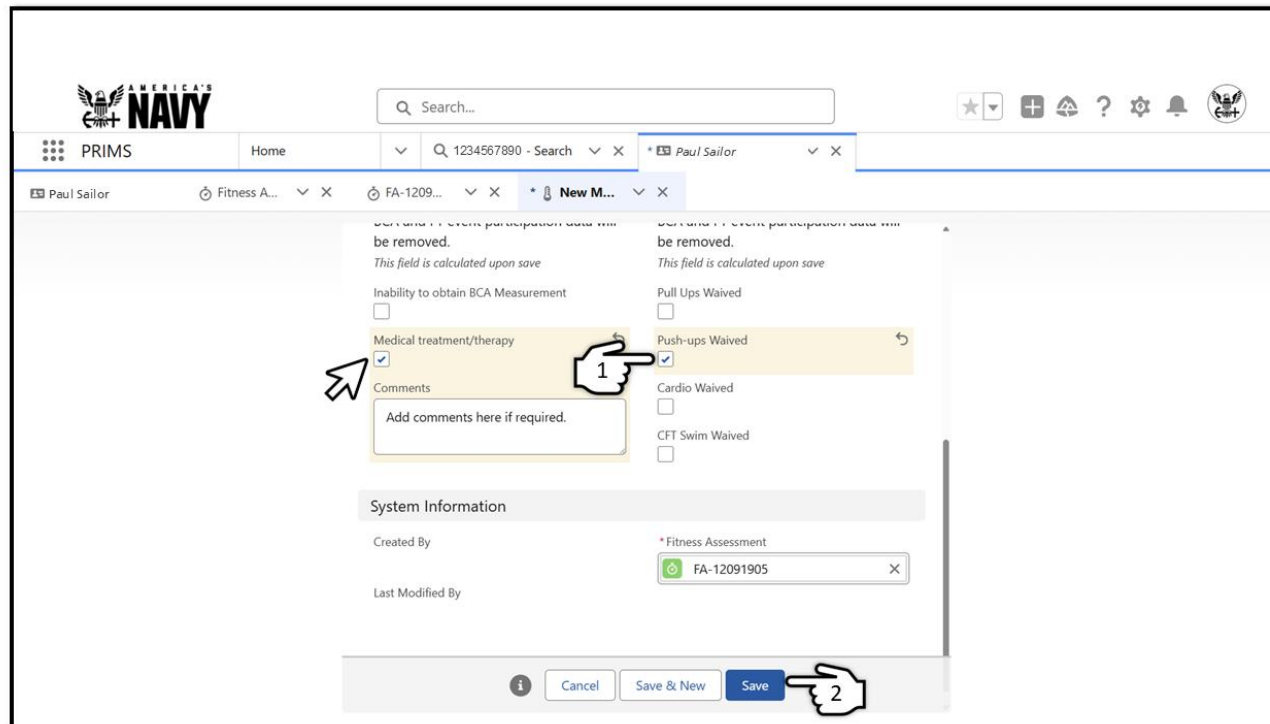
Step-By-Step
Instructions



Quick Steps



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



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

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

Note: Select all that apply.



Overview



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Learning Targets



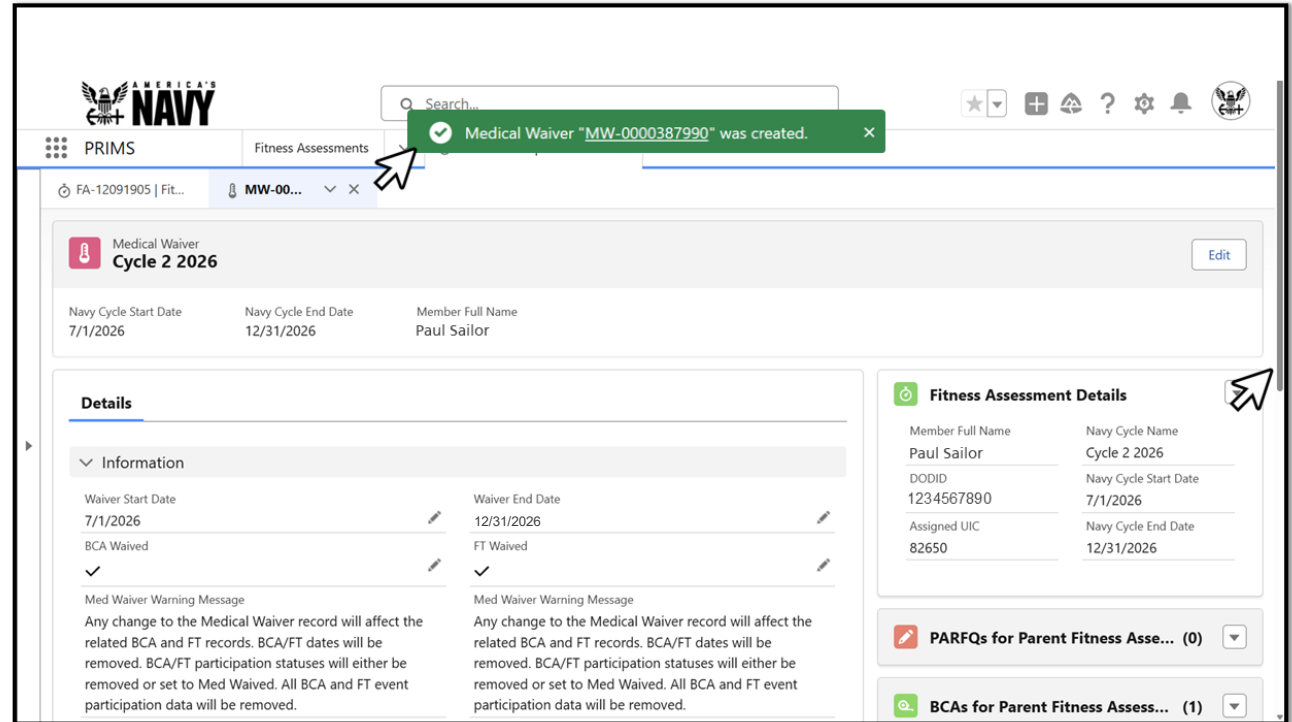
Step-By-Step
Instructions



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.



Medical Waiver "MW-0000387990" was created.

PRIMS Fitness Assessments

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

Medical Waiver Cycle 2 2026 [Edit](#)

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

Details

Information

Waiver Start Date	7/1/2026	Waiver End Date	12/31/2026
BCA Waived	✓	FT Waived	✓
Med Waiver Warning Message Any change to the Medical Waiver record will affect the related BCA and FT records. BCA/FT dates will be removed. BCA/FT participation statuses will either be removed or set to Med Waived. All BCA and FT event participation data will be removed.		Med Waiver Warning Message Any change to the Medical Waiver record will affect the related BCA and FT records. BCA/FT dates will be removed. BCA/FT participation statuses will either be removed or set to Med Waived. All BCA and FT event participation data will be removed.	

Fitness Assessment Details

Member Full Name	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

PARFs for Parent Fitness Asse... (0)

BCAs for Parent Fitness Assess... (1)

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

How To Create a Medical Waiver

Step-By-Step Instructions



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



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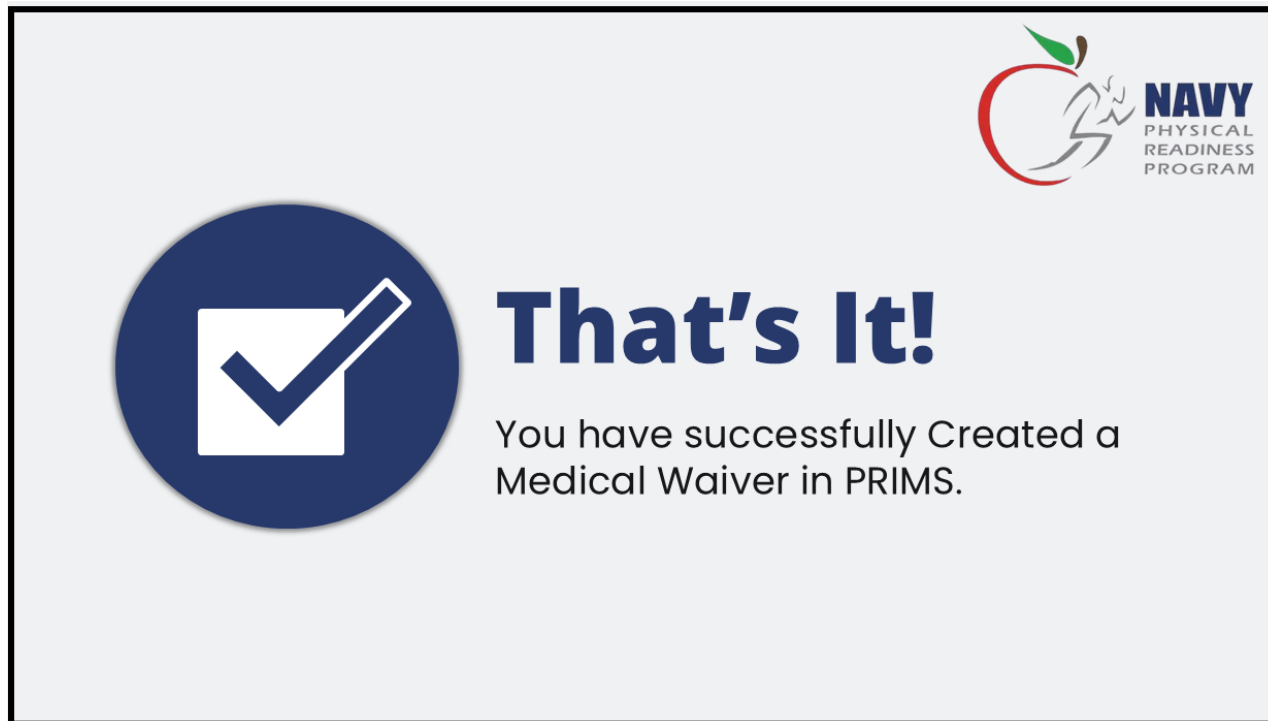
Learning Targets



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Continue to Edit a Medical Waiver

How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



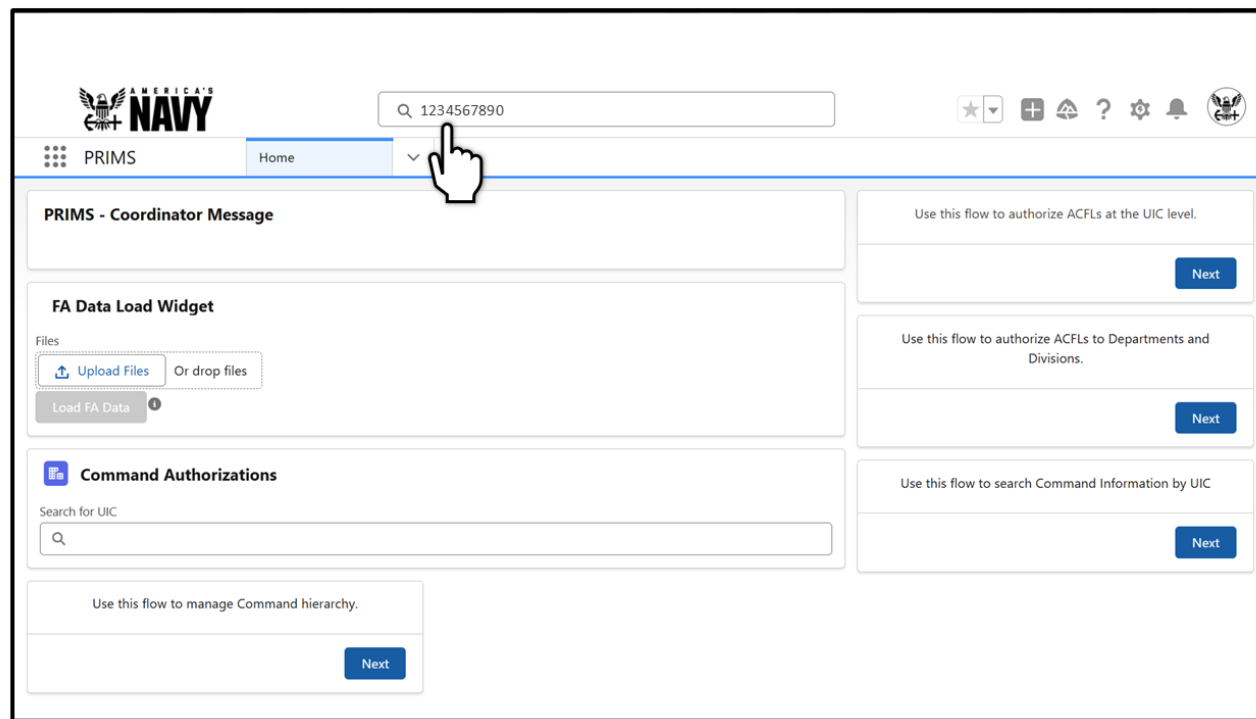
Step-By-Step
Instructions



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



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Learning Targets



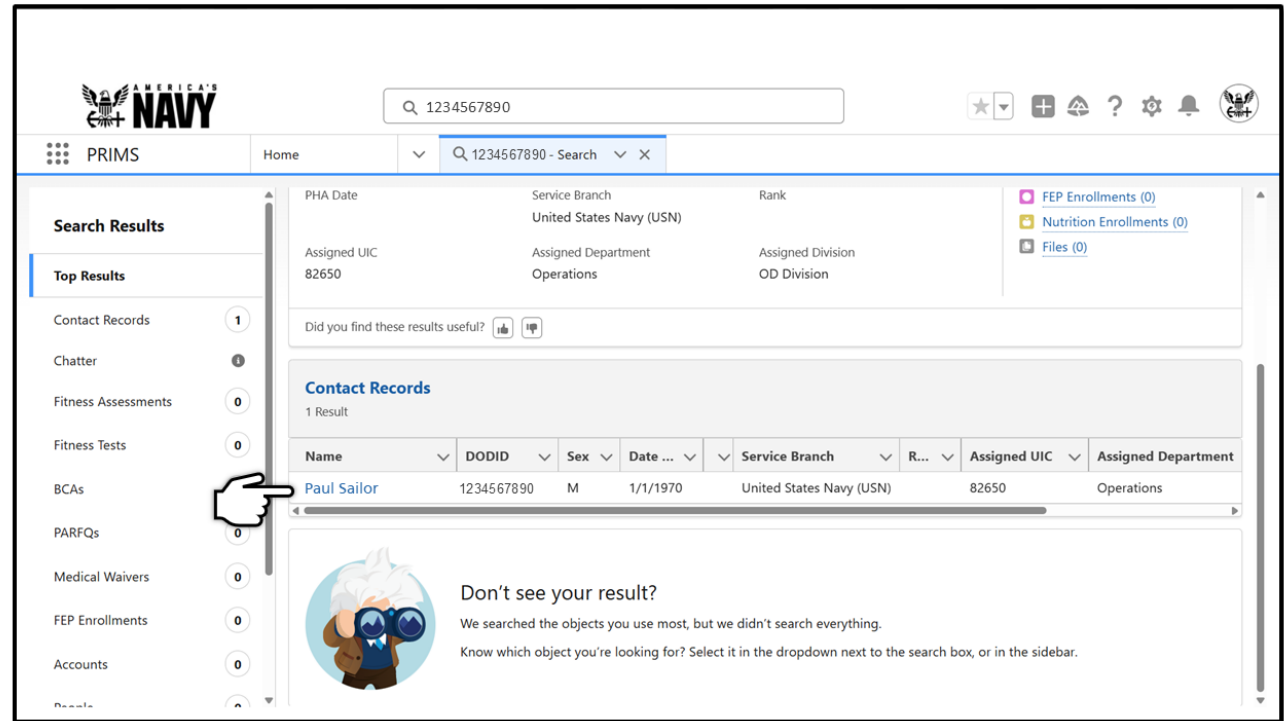
Step-By-Step
Instructions



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 search bar at the top contains the text '1234567890'. The search results are displayed in a table format. The first result is 'Paul Sailor', with details including DODID 1234567890, Sex M, Date 1/1/1970, Service Branch United States Navy (USN), Assigned UIC 82650, and Assigned Department Operations. A hand icon points to the 'Name' column header, indicating that this is the field to be edited.

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**.

How To Edit 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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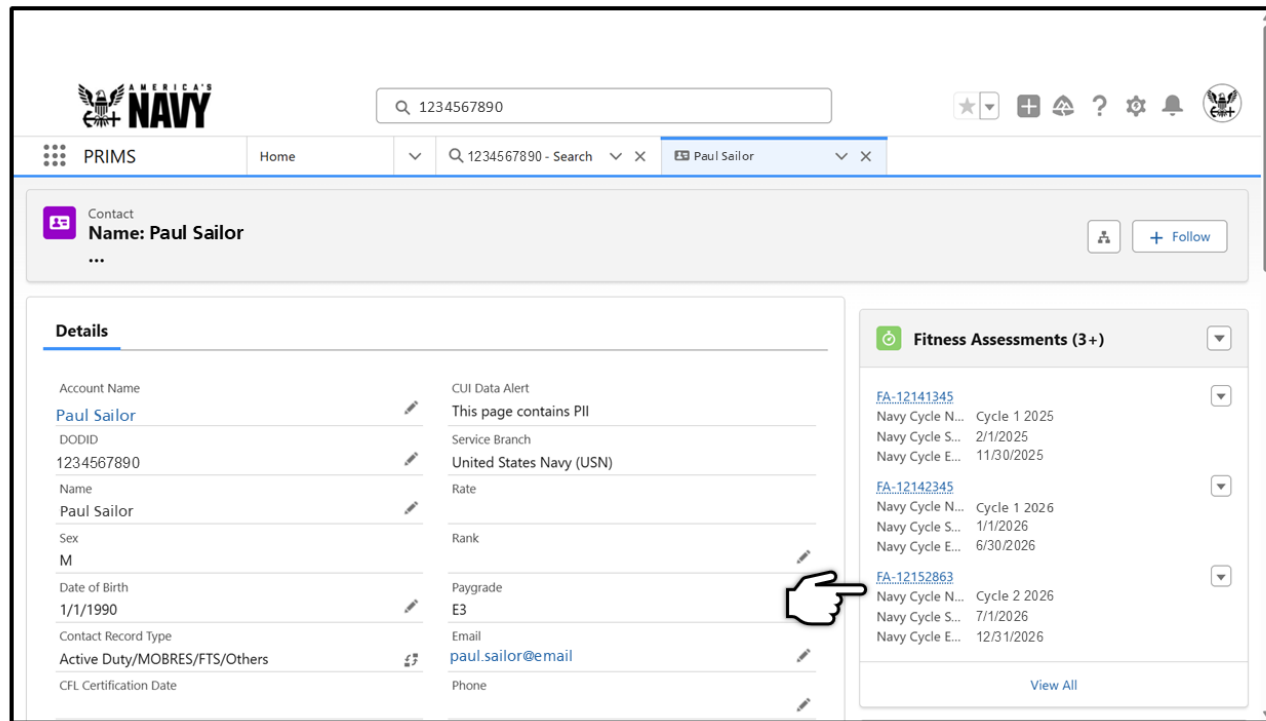
Learning Targets



Step-By-Step
Instructions



Quick Steps



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

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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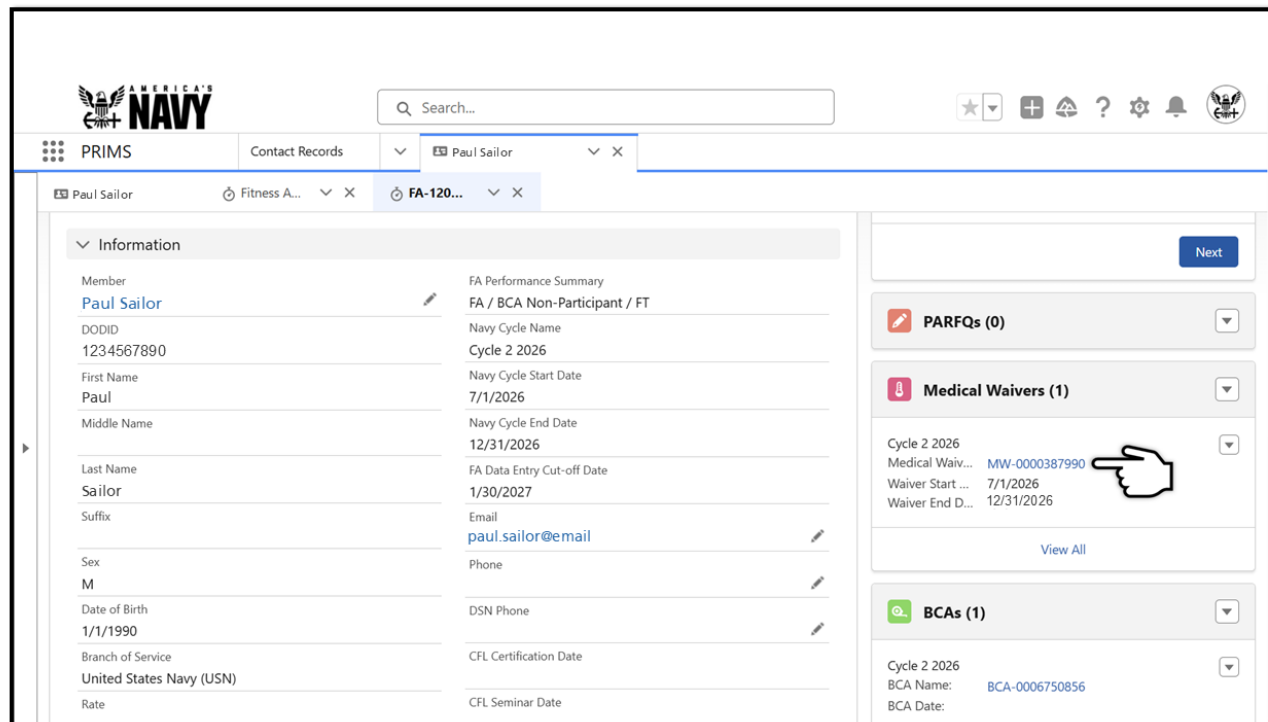
Step-By-Step
Instructions



Quick Steps



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



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. 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 contains several tiles: 'PARFQs (0)', 'Medical Waivers (1)', and 'BCAs (1)'. The 'Medical Waivers (1)' tile is highlighted, showing a list of waivers for Cycle 2 2026. A hand icon points to the 'Medical Waiv...' link, which is a hyperlink. Below the list, there is a 'View All' link. The bottom of the interface features a series of colored dots (blue and grey) indicating the current step in the tutorial.

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

How To Edit a Medical Waiver

Step-By-Step Instructions



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Learning Targets



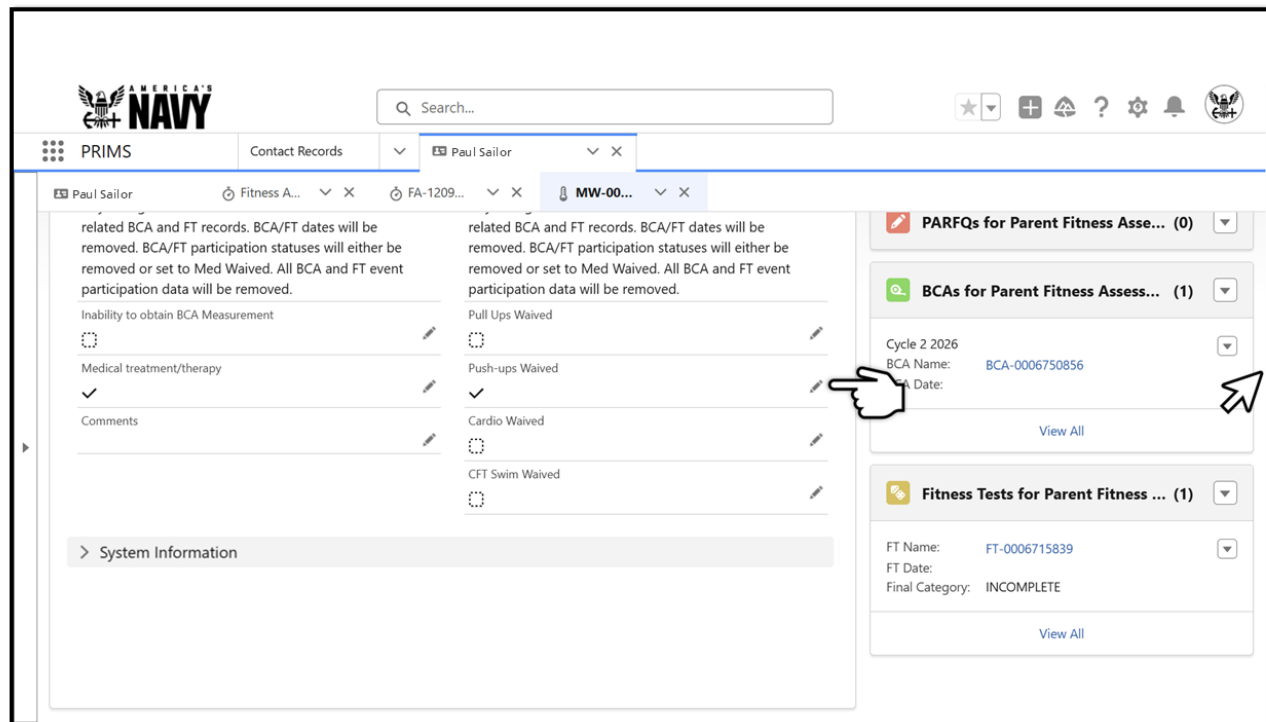
Step-By-Step
Instructions



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.



PRIMS

Contact Records

Paul Sailor

Paul Sailor

Fitness A...

FA-1209...

MW-00...

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

System Information

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.

Pull Ups Waived

Push-ups Waived

Cardio Waived

CFT Swim Waived

PARQs for Parent Fitness Assessment (0)

BCAs for Parent Fitness Assessment (1)

Cycle 2 2026

BCA Name: BCA-0006750856

Date:

View All

Fitness Tests for Parent Fitness Assessment (1)

FT Name: FT-0006715839

FT Date:

Final Category: INCOMPLETE

View All

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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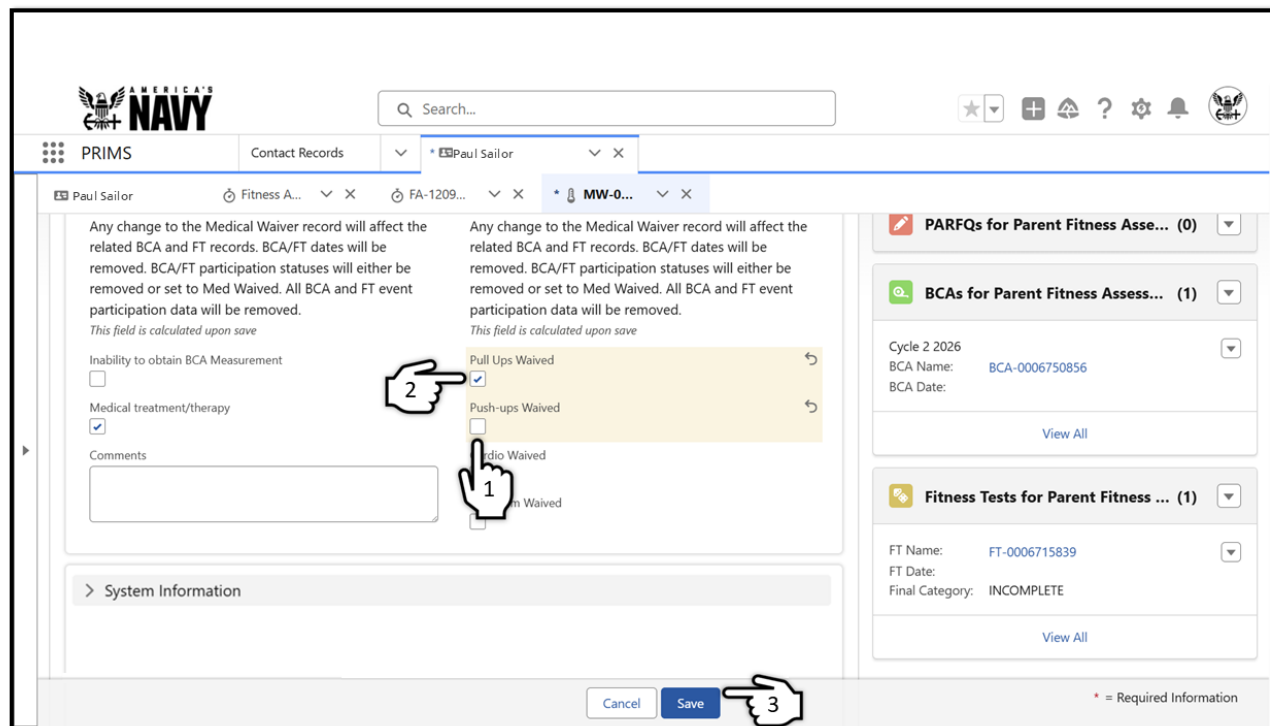
Step-By-Step
Instructions



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.

How To Edit a Medical Waiver

Step-By-Step Instructions



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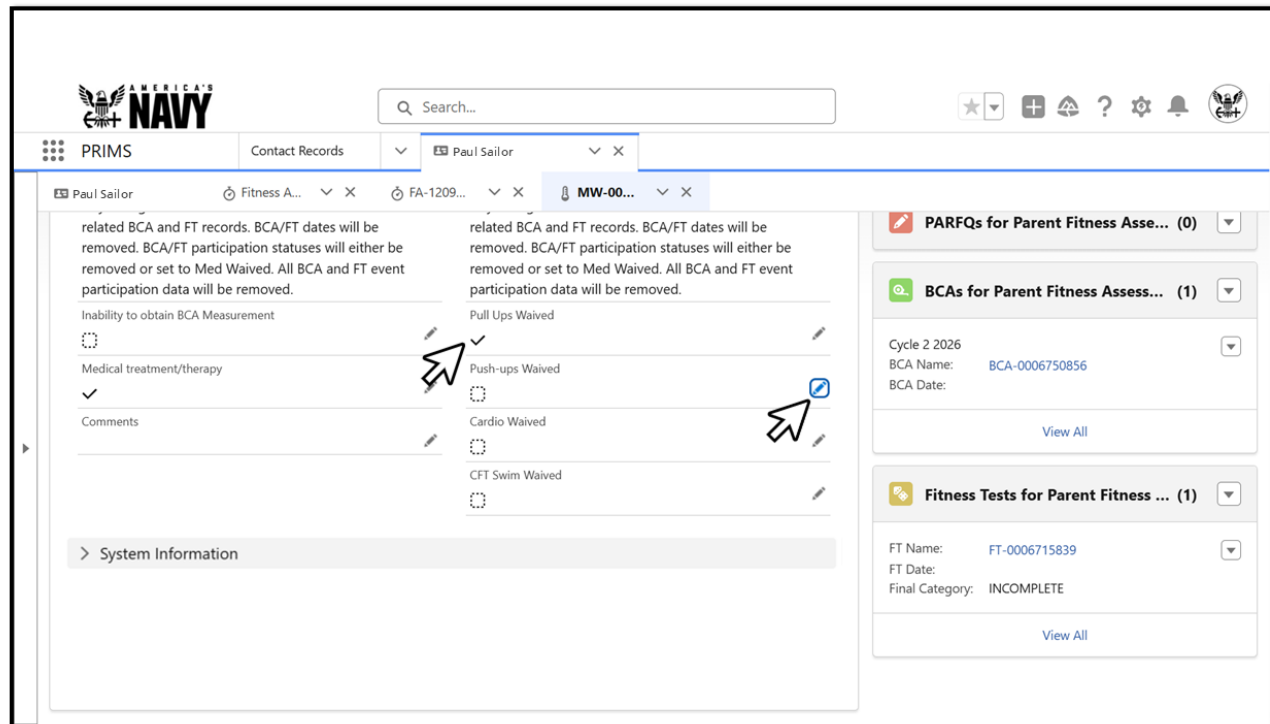
Step-By-Step
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Quick Steps



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



The screenshot displays 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, a list of waiver items is shown, each with a checkbox and an edit icon. The items include 'related BCA and FT records', 'Inability to obtain BCA Measurement', 'Medical treatment/therapy', 'Comments', 'Pull Ups Waived', 'Push-ups Waived', 'Cardio Waived', and 'CFT Swim Waived'. A right sidebar contains sections for 'PARFQs for Parent Fitness Assessment', 'BCAs for Parent Fitness Assessment', and 'Fitness Tests for Parent Fitness Assessment'. The bottom of the screen features a series of blue and grey dots, indicating the current step in the tutorial.

The waiver is updated and edit mode is closed.

3 How To Edit a Medical Waiver

Step-By-Step Instructions



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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.



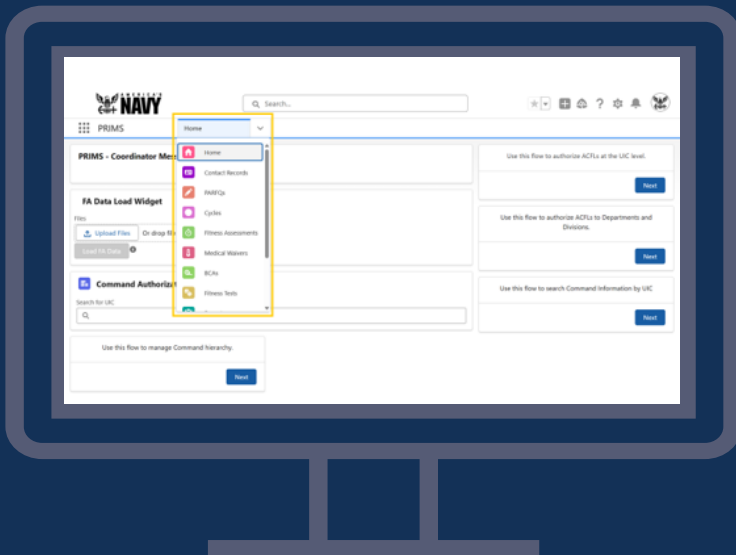
Continue to the BCA Lesson

Continue to the CFT lesson



CFL PRIMS Training

BCA for CFA *Service Console Display*



Start Tutorial



Body Composition Assessment (BCA)



Overview



Tutorial Navigation



Policy Insights



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Step-By-Step Instructions



Quick Steps



Maintaining Physical Readiness

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

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

How It Works



CFL drafts and publishes the official 10 Week Notice.



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



CFL 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



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.

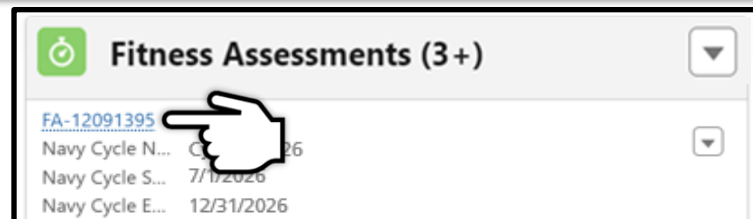
2 Select the **BCAs** drop-down list and select **New**.

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

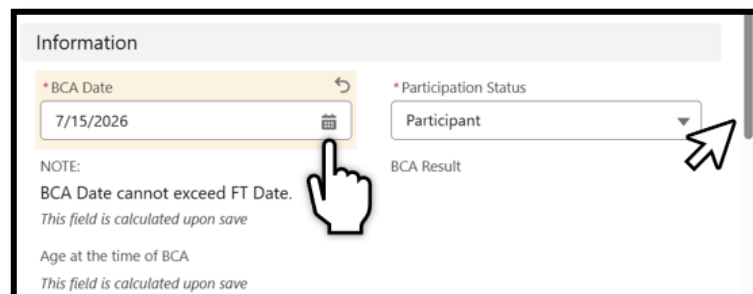
Navy Cycle E... 12/31/2026



BCAs (0)

Fitness Tests (0)

New



Information

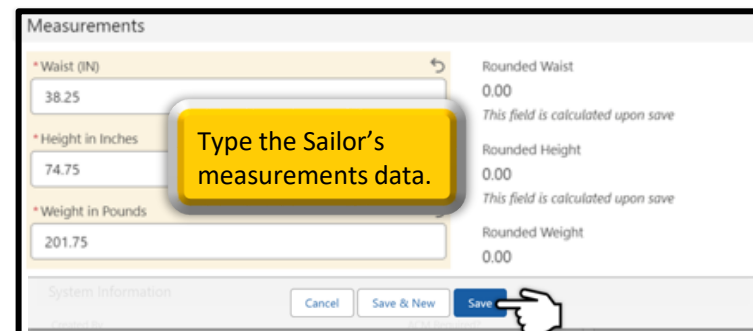
* BCA Date: 7/15/2026

* 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

BCA Result



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.



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Quick Steps



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

1

View a BCA

2

Create a BCA

3

Edit a BCA

How To View a BCA

Step-By-Step Instructions



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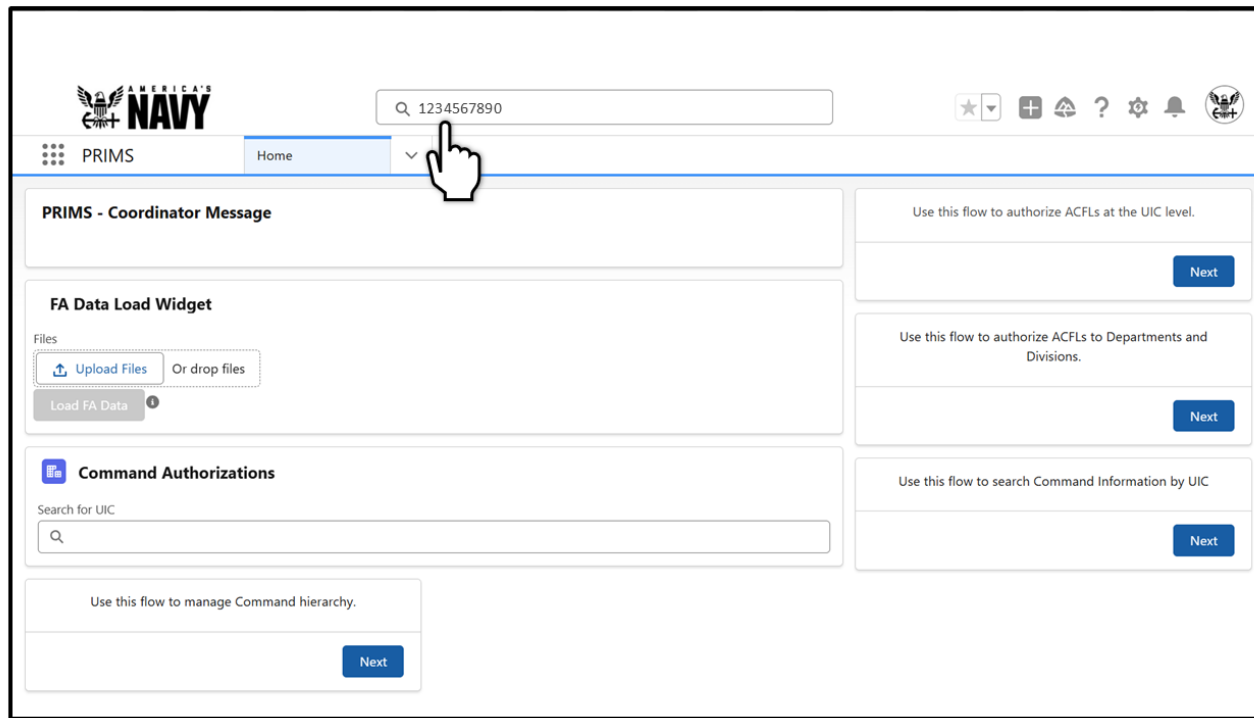
Step-By-Step
Instructions



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 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 clean and professional, with a blue and white color scheme.

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



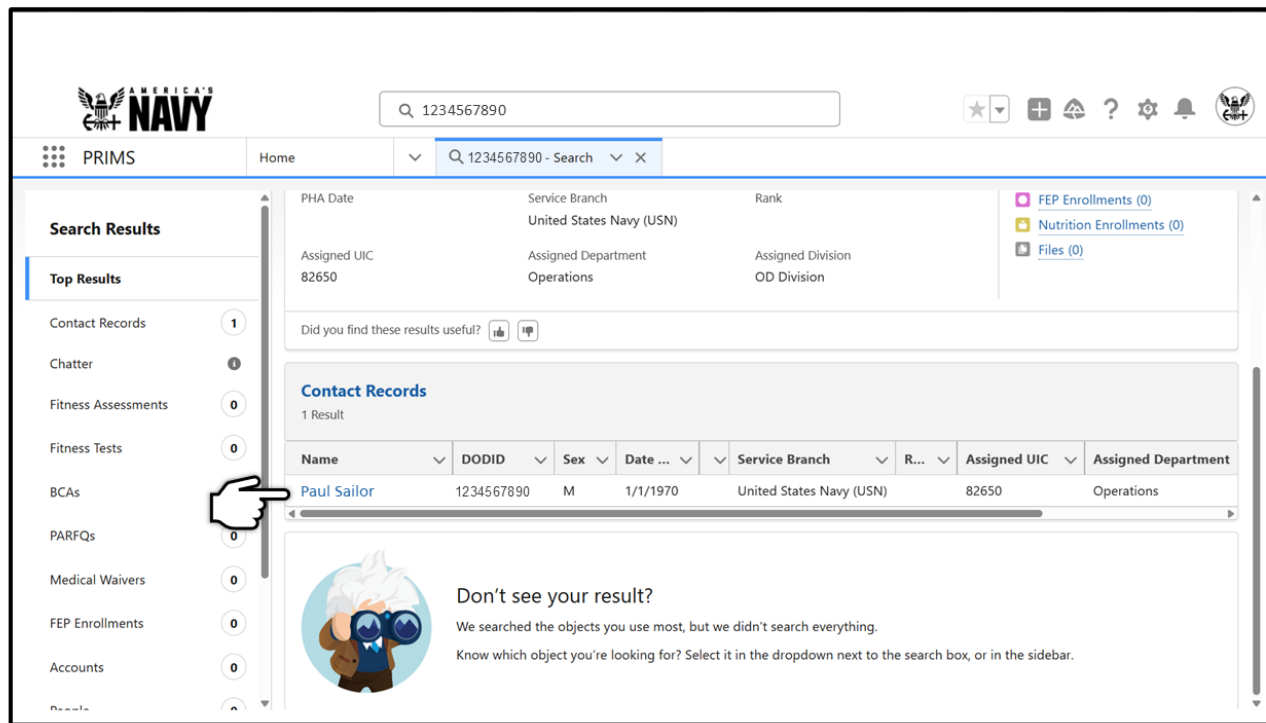
Step-By-Step
Instructions



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). The "Contact Records" section is highlighted, showing 1 result. The result is a table with columns: Name, DODID, Sex, Date, Service Branch, R..., Assigned UIC, and Assigned Department. The row for "Paul Sailor" is selected, with DODID 1234567890, Sex M, Date 1/1/1970, Service Branch United States Navy (USN), Assigned UIC 82650, and Assigned Department Operations. A hand icon points to the "Paul Sailor" name. Below the table, there's a section titled "Don't see your result?" with a cartoon character and text: "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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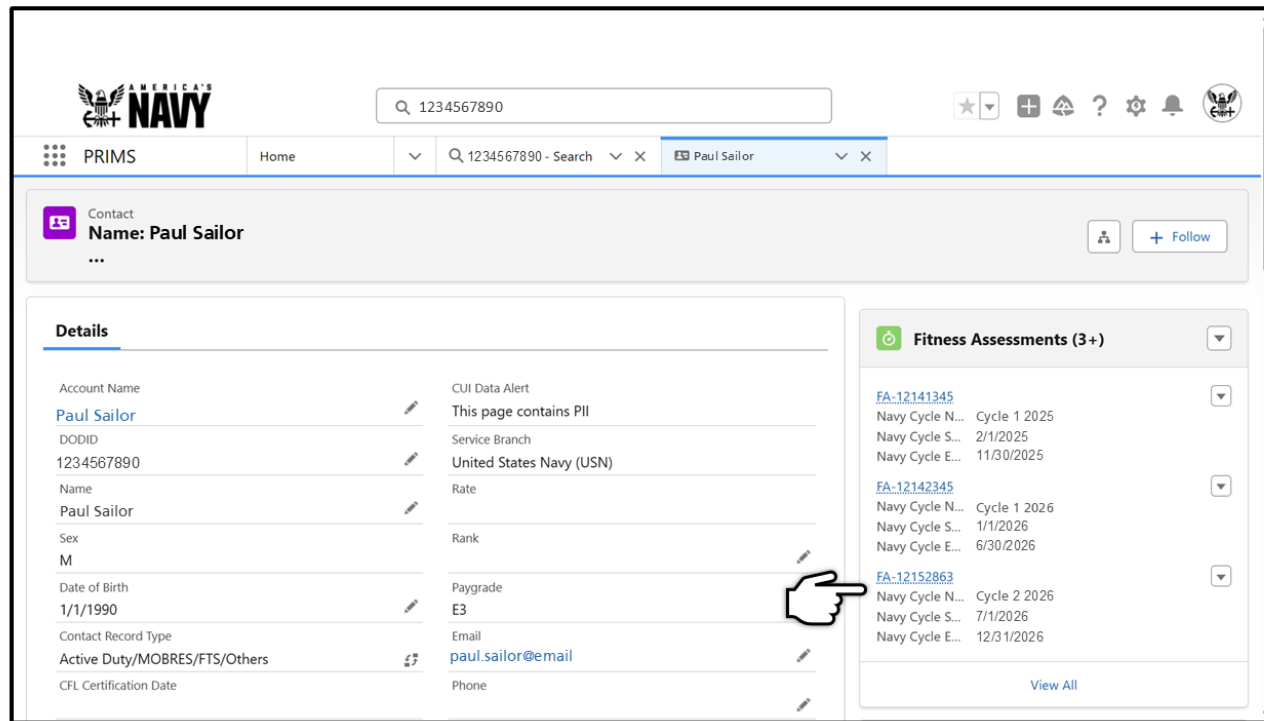
Step-By-Step
Instructions



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.



PRIMS Home Search: 1234567890 - Search Paul Sailor

Contact
Name: Paul Sailor

Details

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

Fitness Assessments (3+)

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

[View All](#)

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

How To View a BCA

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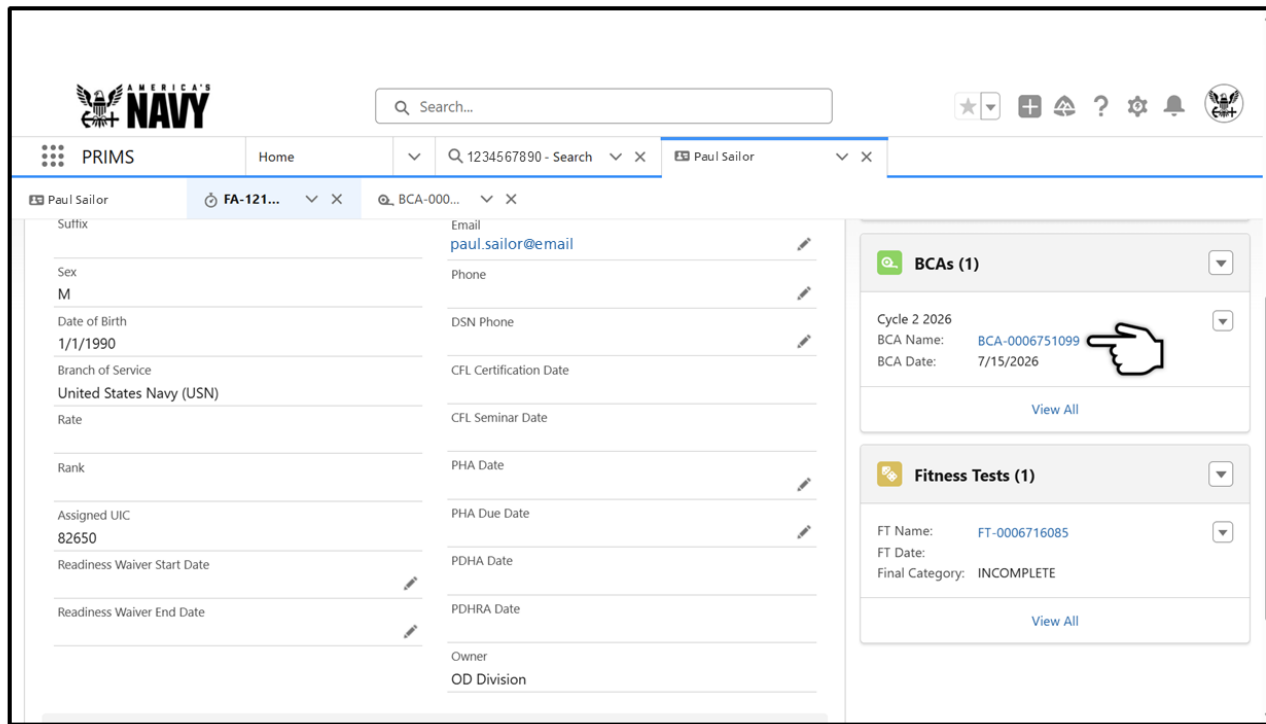
Step-By-Step
Instructions



Quick Steps



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



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The user profile for 'Paul Sailor' is displayed. The 'BCAs (1)' section on the right sidebar shows a list of BCAs with the 'BCA Name' 'BCA-0006751099' highlighted by a hand icon, indicating it is the selected item for viewing.

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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Learning Targets



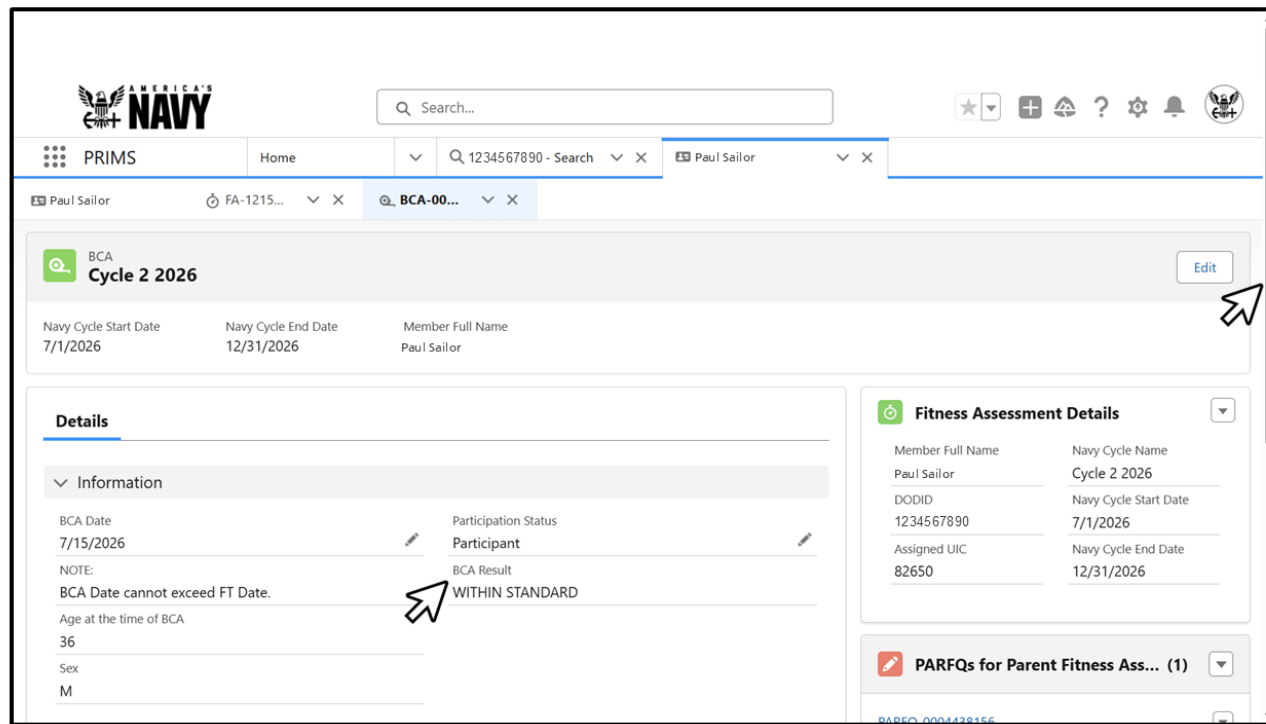
Step-By-Step
Instructions



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.



BCA Cycle 2 2026 Edit

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

Details

Information

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

Fitness Assessment Details

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

PARFQs for Parent Fitness Ass... (1)

PARFQ: 0004420156

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

How To View a BCA

Step-By-Step Instructions



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Learning Targets



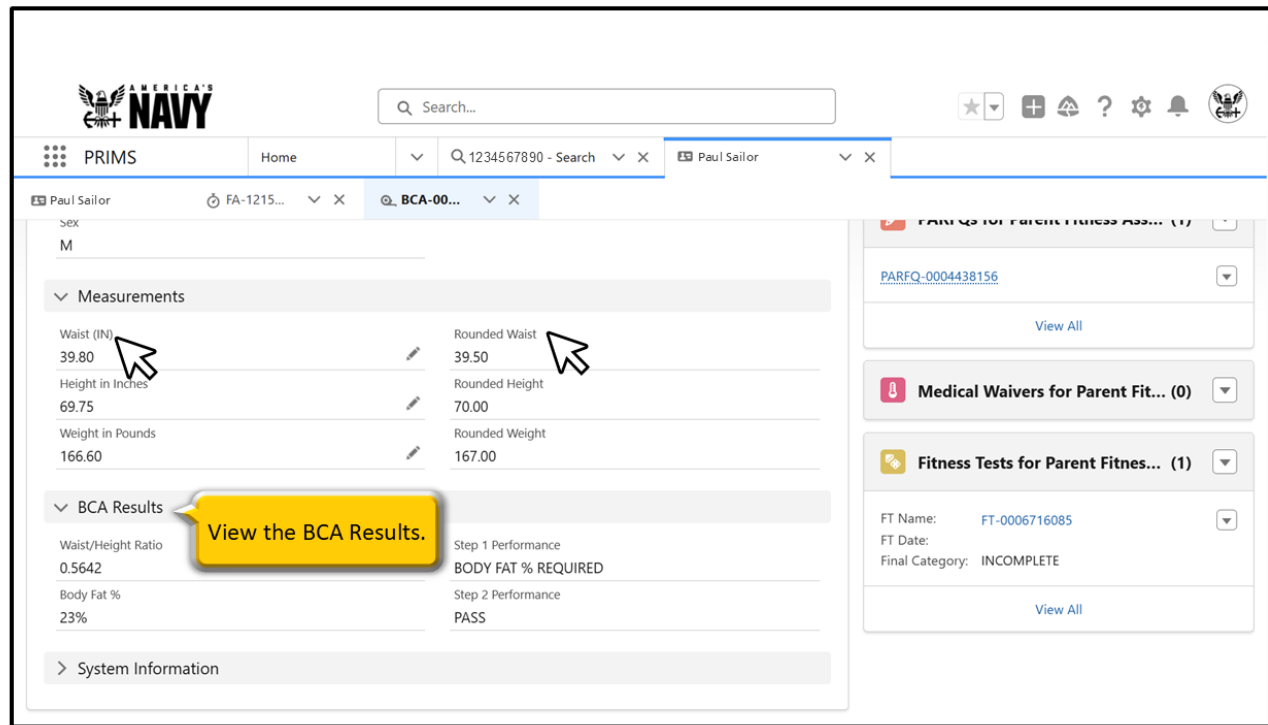
Step-By-Step
Instructions



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 Navy Physical Readiness Program interface for a sailor named Paul Sailor. The interface includes a search bar, a navigation menu, and a main content area with tabs for PRIMS, Home, and search results. The search results tab is active, showing a list of results for Paul Sailor. The first result is for the 'Measurements' section, which displays raw and rounded data for Waist (IN), Height in Inches, and Weight in Pounds. The second result is for the 'BCA Results' section, which displays the Waist/Height Ratio, Body Fat %, and Step 1 and Step 2 Performance. A yellow callout box points to the 'BCA Results' section with the text 'View the BCA Results.' The interface also includes a sidebar with links to 'Medical Waivers for Parent Fit...' and 'Fitness Tests for Parent Fitness...'. Navigation arrows and dots are visible at the bottom of the interface.

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

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

View the BCA raw and rounded measurement data.

How To View a BCA

Step-By-Step Instructions



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



Overview



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Policy Insights



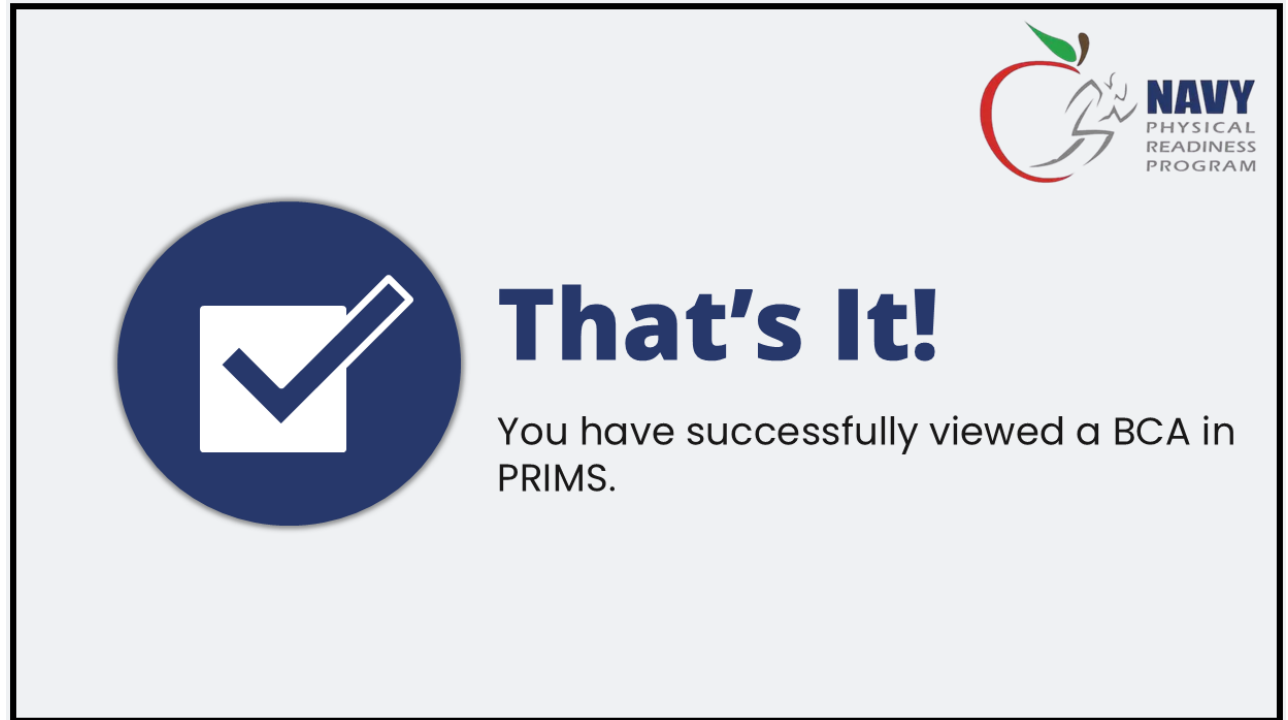
Learning Targets



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



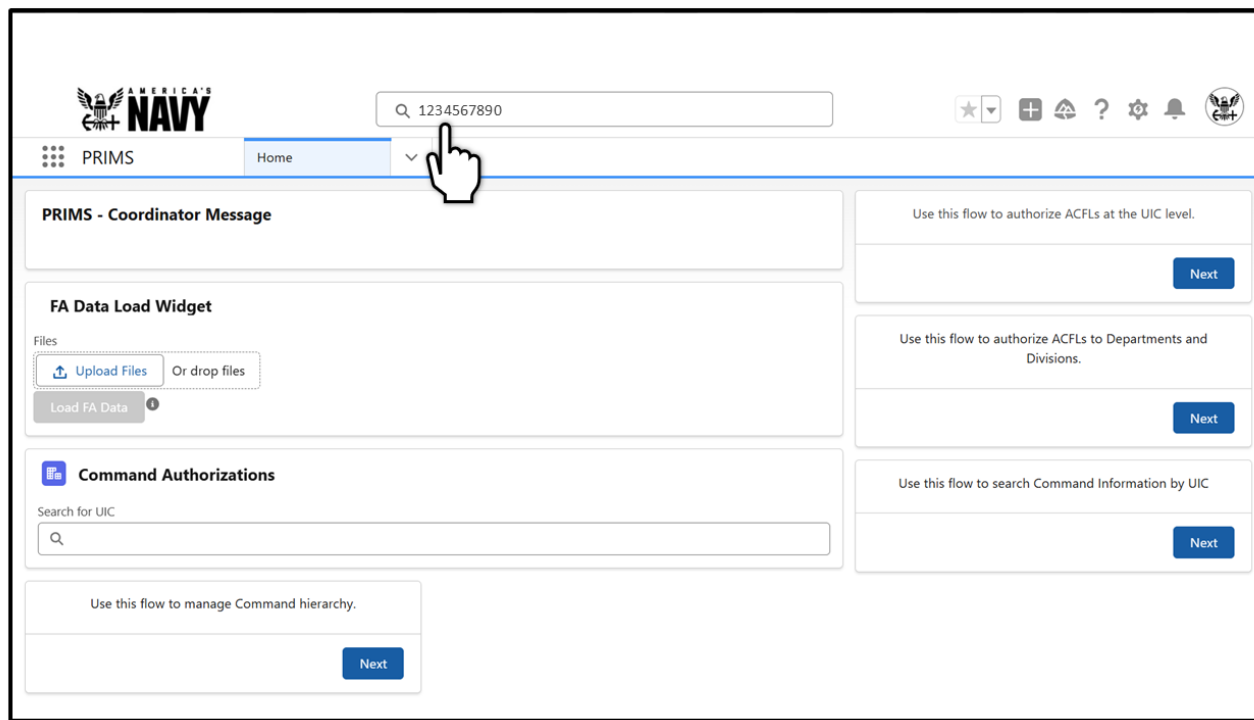
Step-By-Step
Instructions



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.



Overview


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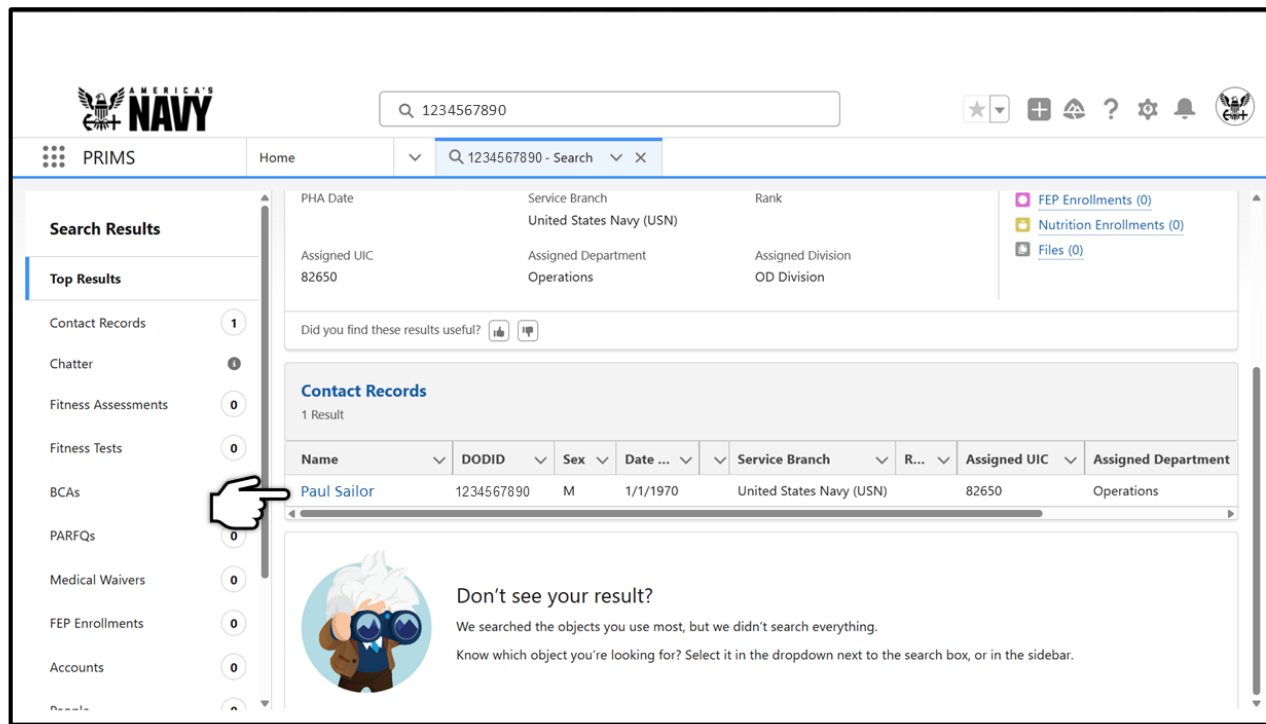
Learning Targets


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.



PRIMS Home Q 1234567890 - Search X

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

Did you find these results useful?

Contact Records
1 Result

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

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

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

How To Create a BCA

Step-By-Step Instructions



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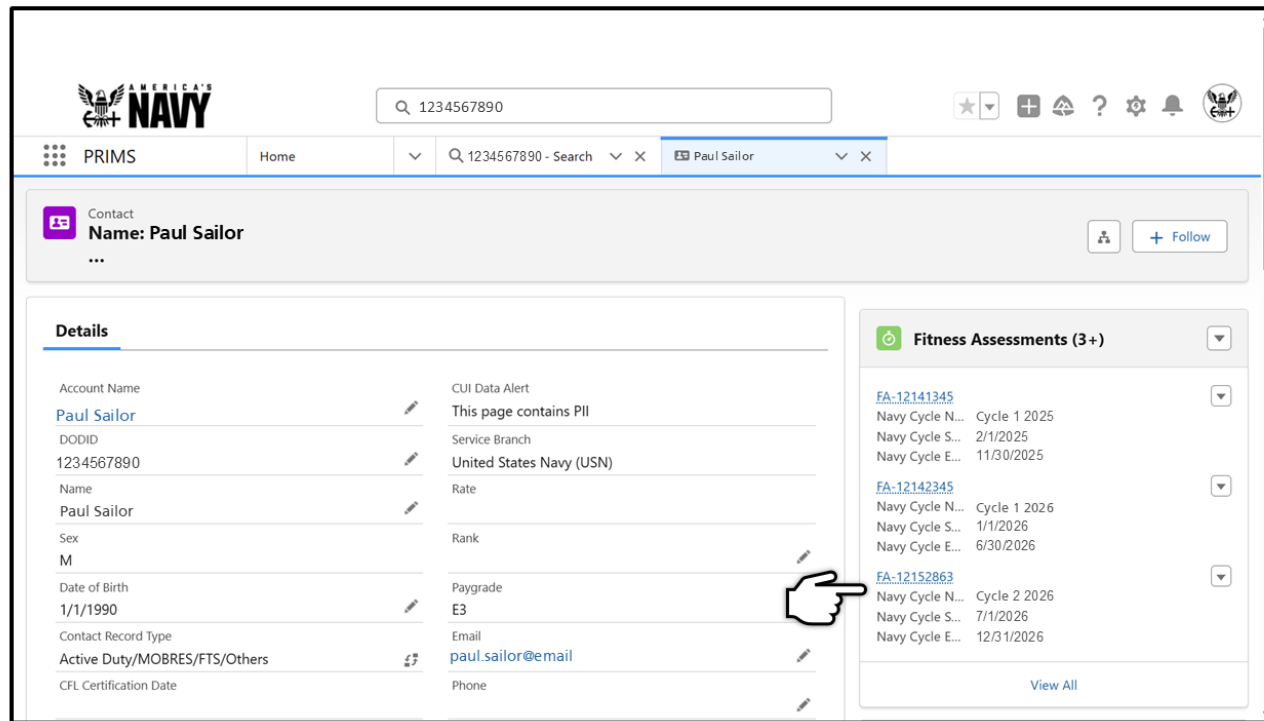
Step-By-Step
Instructions



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.



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

How To Create a BCA

Step-By-Step Instructions



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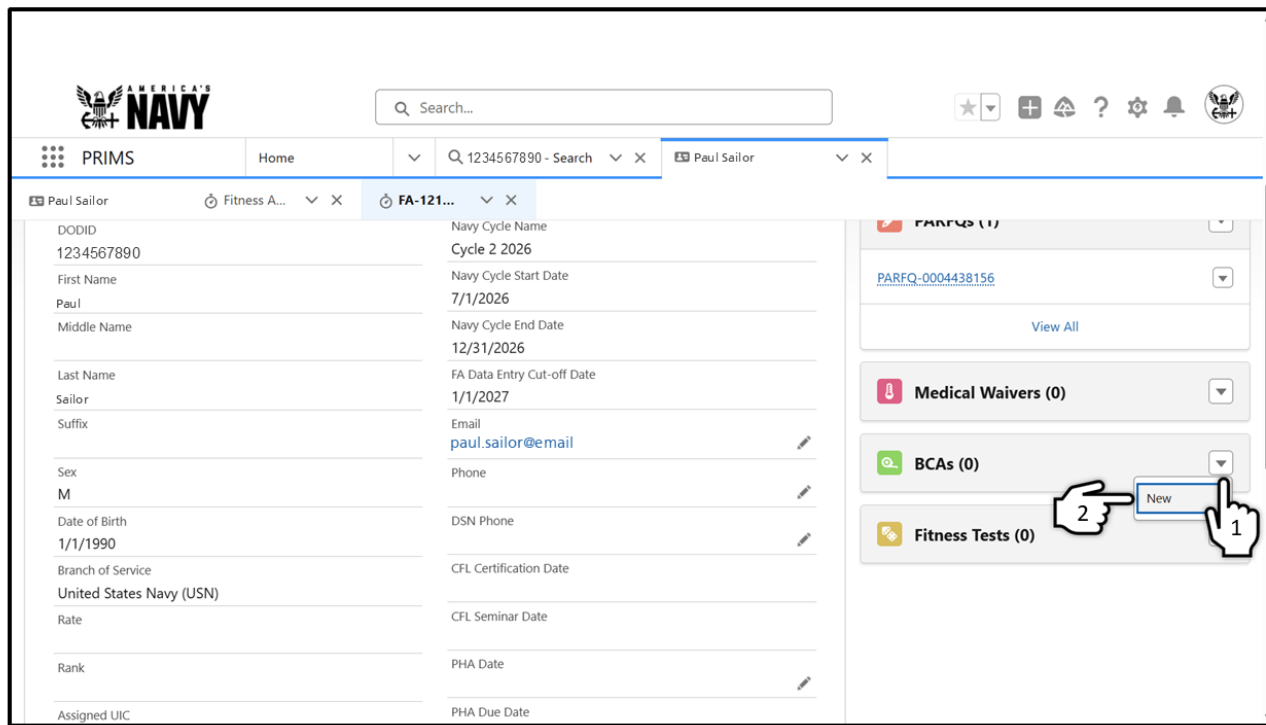
Step-By-Step
Instructions



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.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The top navigation bar includes the PRIMS logo, a search bar, and user information for 'Paul Sailor'. The main content area displays a sailor's profile for 'Paul Sailor' with various fields like DODID, Name, Sex, Date of Birth, and Service Branch. On the right side, there are several sections: 'PARFQ (0)', 'Medical Waivers (0)', 'BCAs (0)', and 'Fitness Tests (0)'. The 'BCAs (0)' section is highlighted, and a hand icon labeled '2' points to the 'New' button in the drop-down menu. Another hand icon labeled '1' points to the 'BCAs (0)' drop-down list itself. Below the screenshot, there are several blue and grey circles representing a progress indicator.

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

How To Create a BCA

Step-By-Step Instructions



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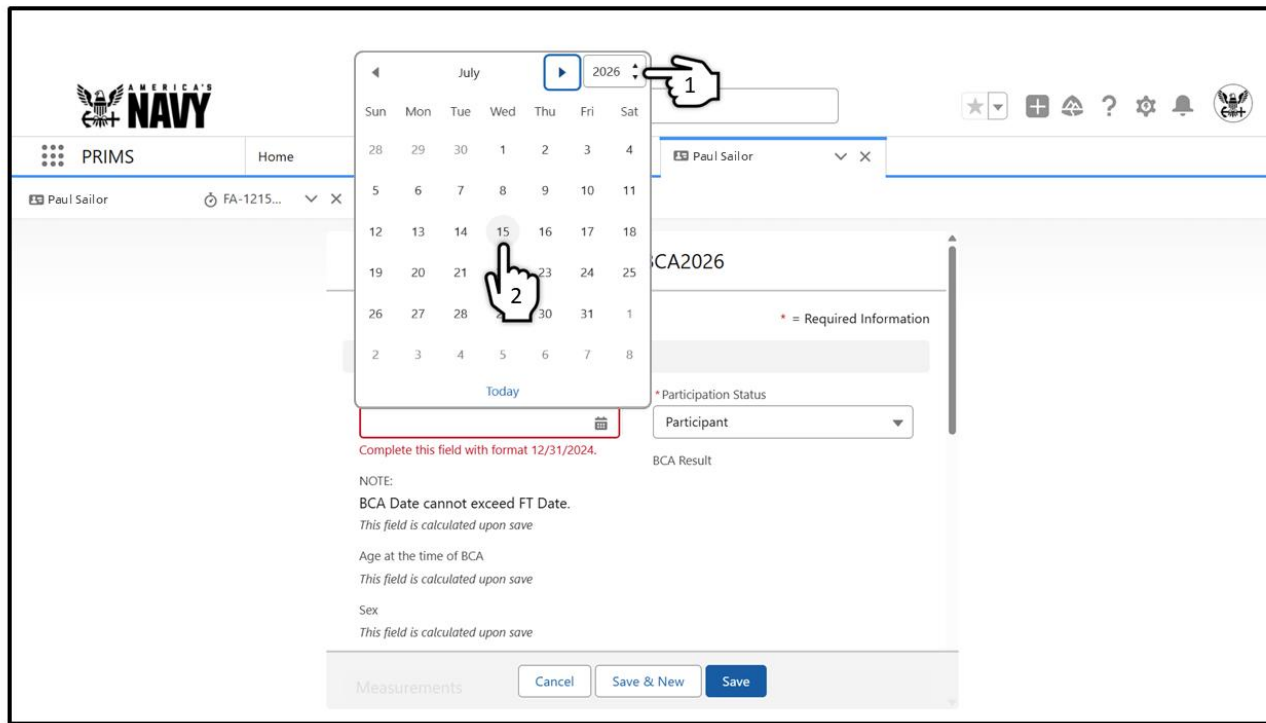
Step-By-Step
Instructions



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.



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a header with the "AMERICA'S NAVY" logo and a "PRIMS Home" navigation bar. Below this, a user profile for "Paul Sailor" is visible. The main content area shows a "BCA2026" form. A calendar for July 2026 is open, showing dates from 28 to 31. The date 15 is highlighted. A hand icon labeled "1" points to the calendar icon in the top right corner of the form. Another hand icon labeled "2" points to the date 15 on the calendar. The form includes fields for "Participation Status" (set to "Participant") and "BCA Result". A note at the bottom states: "NOTE: BCA Date cannot exceed FT Date. This field is calculated upon save. Age at the time of BCA. This field is calculated upon save. Sex. This field is calculated upon save." At the bottom of the form are buttons for "Cancel", "Save & New", and "Save".

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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Learning Targets



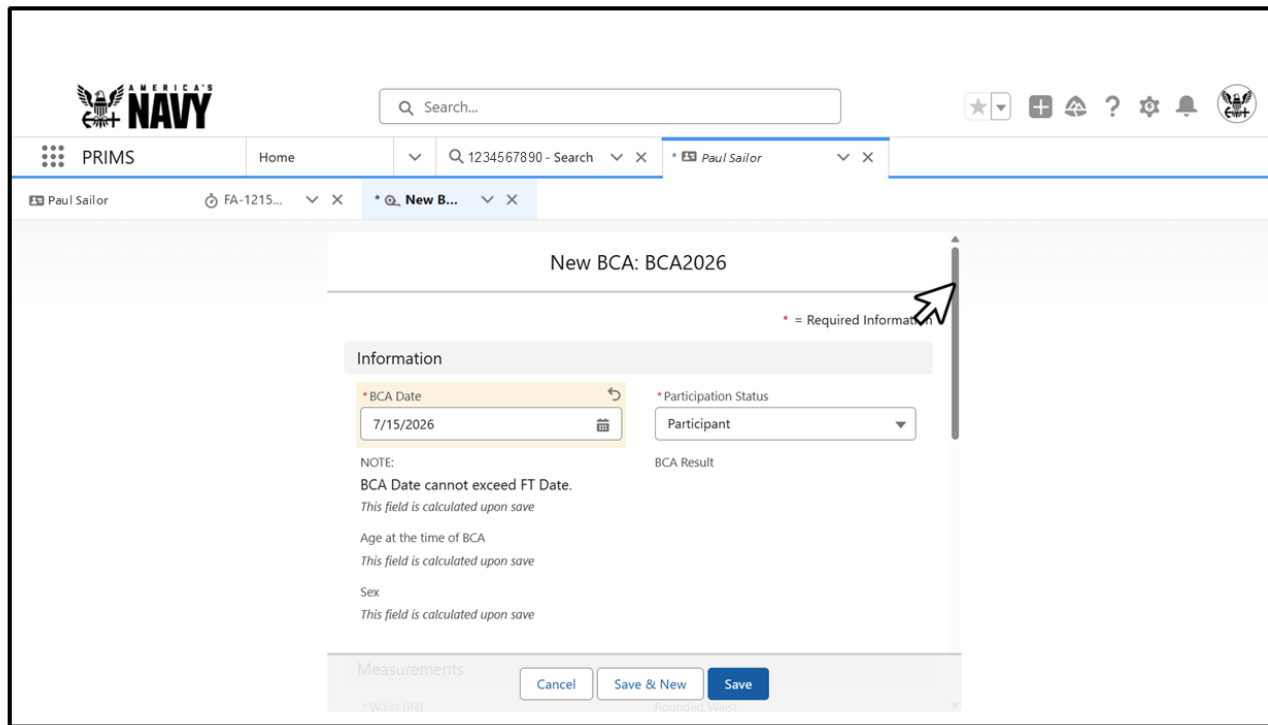
Step-By-Step
Instructions



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

How To Create a BCA

Step-By-Step Instructions



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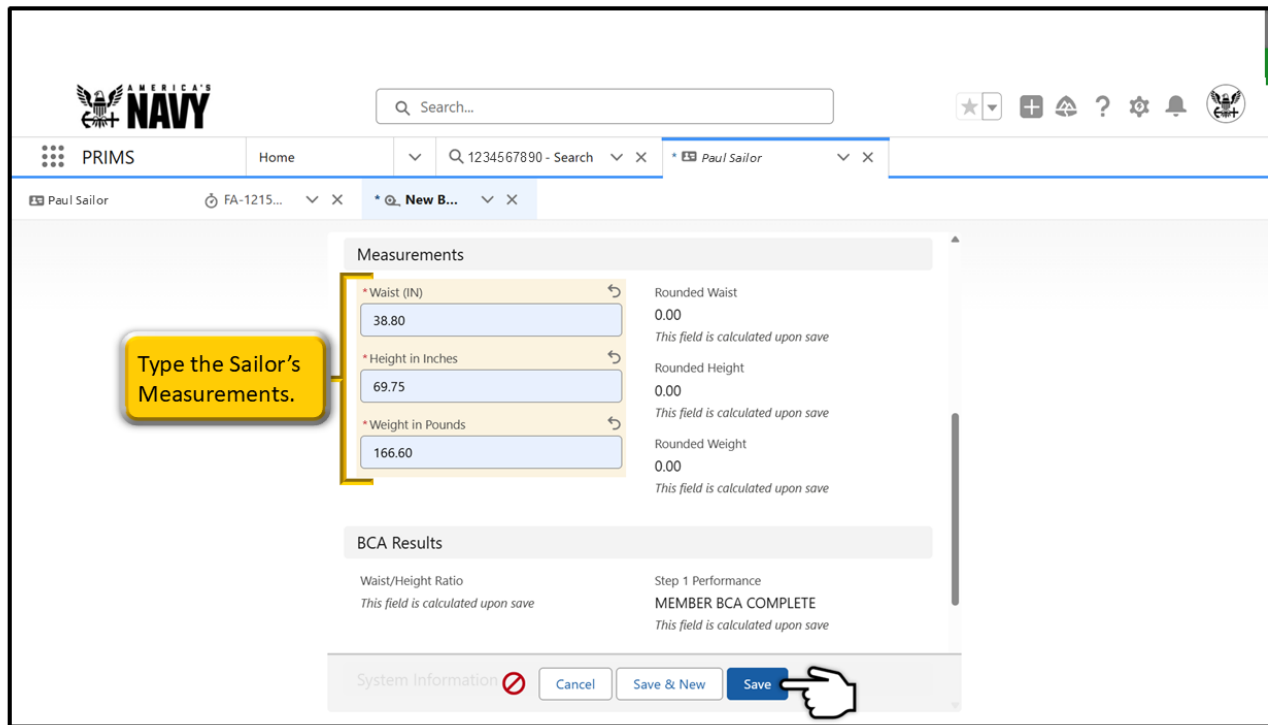
Step-By-Step
Instructions



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.



Measurements

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

BCA Results

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

System Information  Cancel Save & New **Save**

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



Overview



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Learning Targets



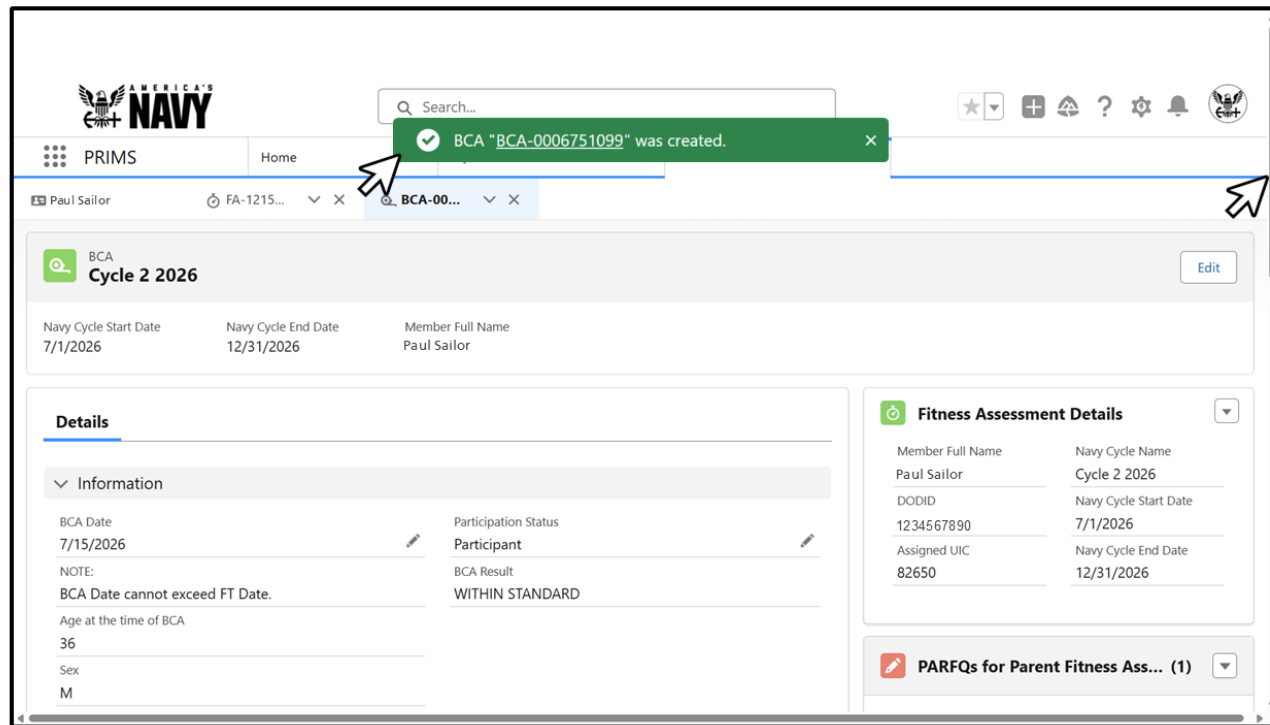
Step-By-Step
Instructions



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. At the top, a green banner with a checkmark icon displays the message: "BCA 'BCA-0006751099' was created." Below the banner, the main content area shows the details for a new BCA (Body Composition Assessment) for "Paul Sailor".

BCA Cycle 2 2026		
Navy Cycle Start Date	Navy Cycle End Date	Member Full Name
7/1/2026	12/31/2026	Paul Sailor

The details section is divided into two main areas:

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

At the bottom right, there is a section for "PARFQs for Parent Fitness Ass... (1)".

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



Overview



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Learning Targets



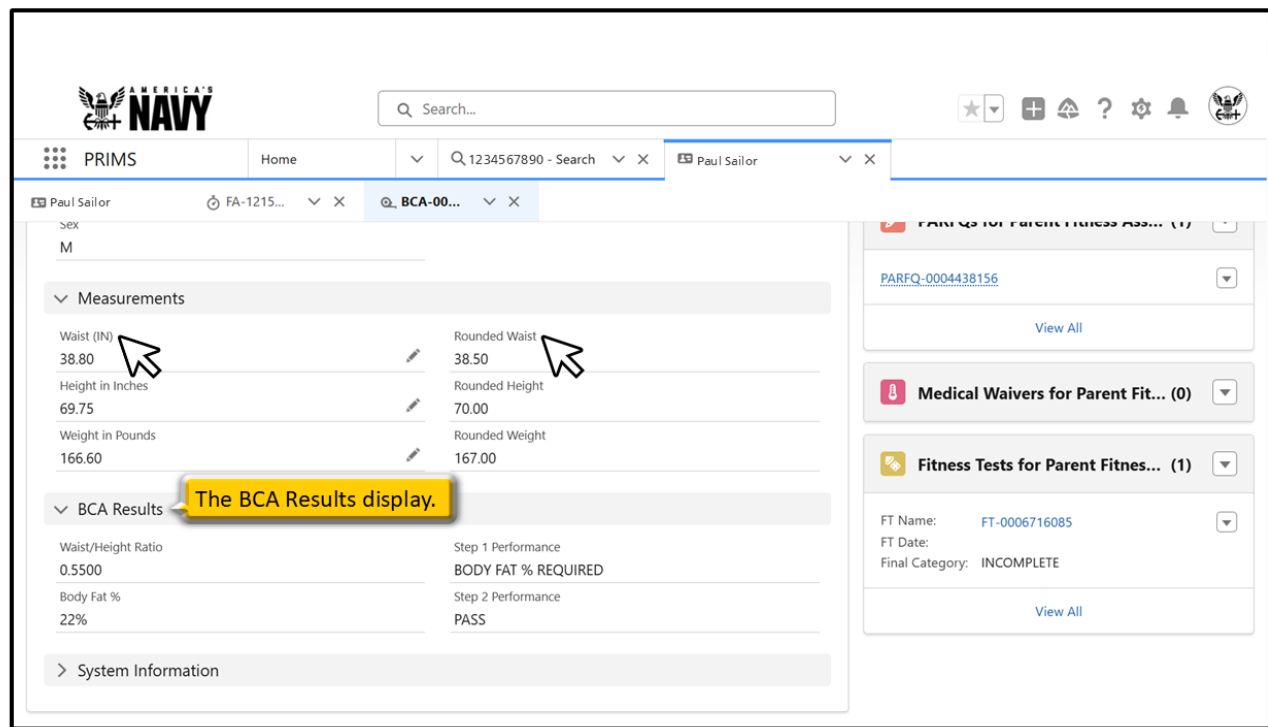
Step-By-Step
Instructions



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.



PRIMS Home Search 1234567890 - Search Paul Sailor

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

Sex: M

Measurements

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

BCA Results

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

> System Information

Medical Waivers for Parent Fit... (0)

Fitness Tests for Parent Fitness... (1)

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

View All

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

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

How To Create a BCA

Step-By-Step Instructions



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



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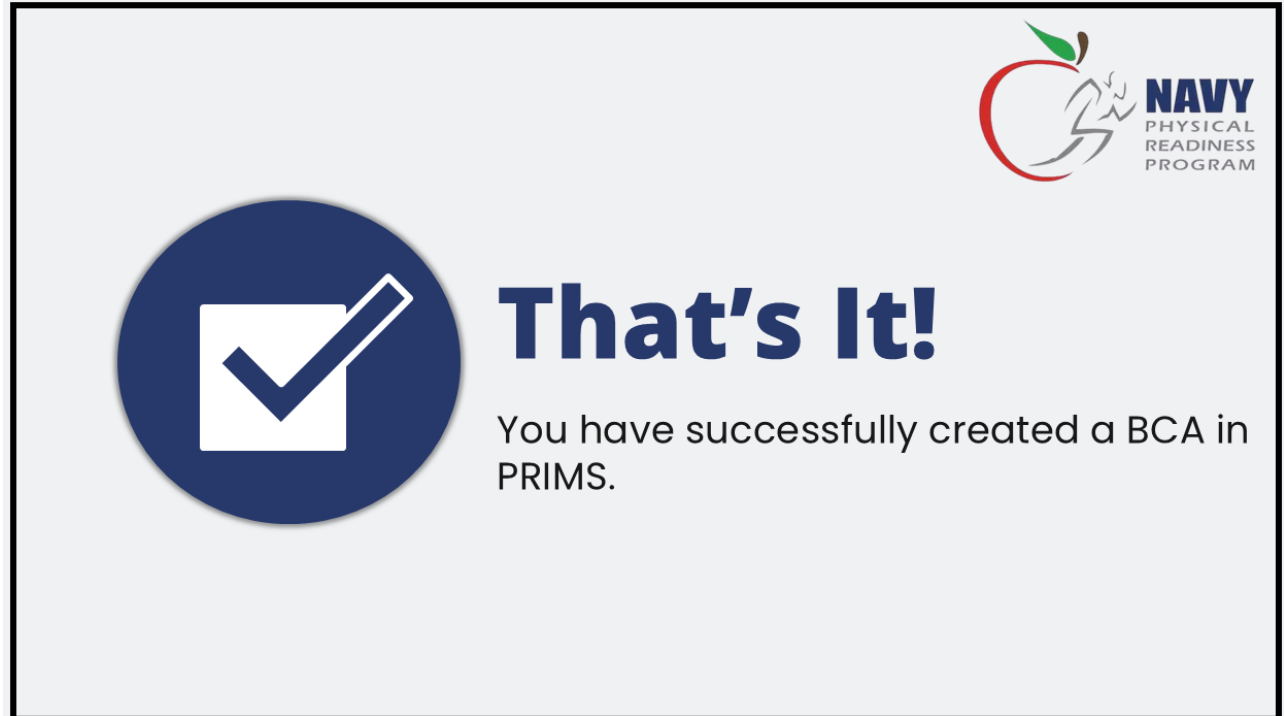
Learning Targets



Step-By-Step
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Quick Steps



Continue to Edit a BCA

How To Edit a BCA

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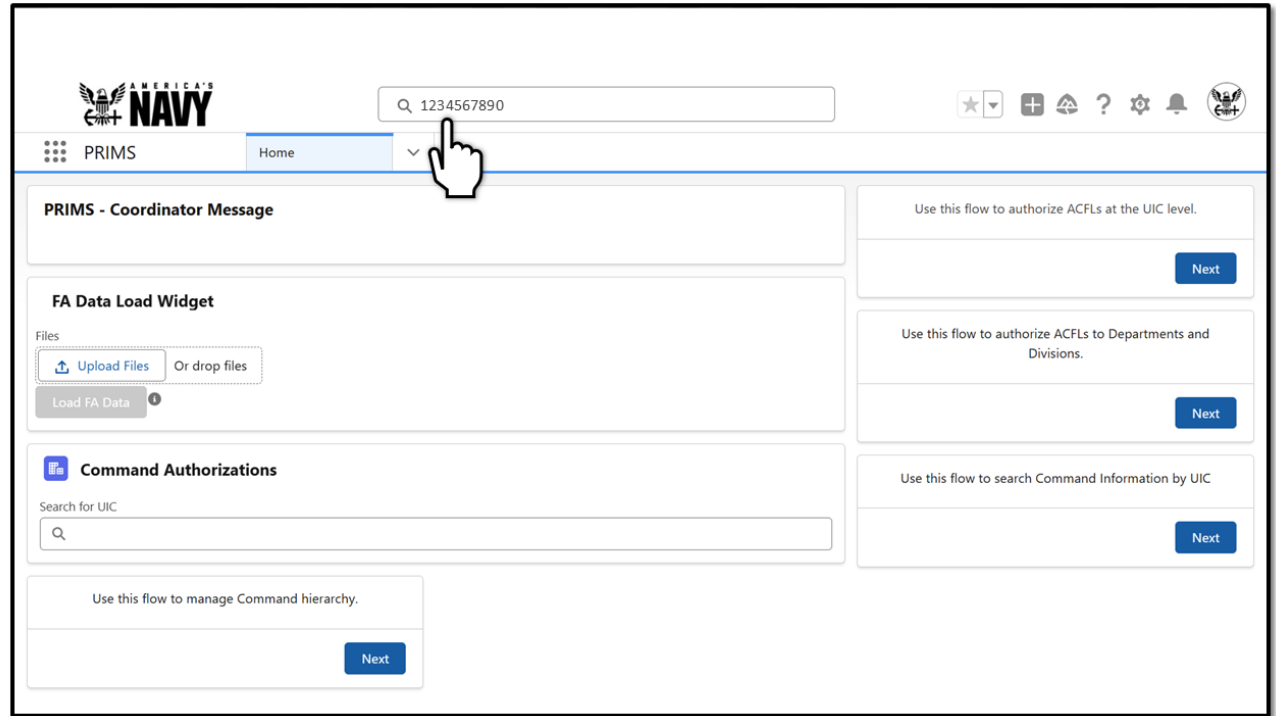
Step-By-Step
Instructions



Quick Steps



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



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. 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), 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 interface, there is a row of nine circular indicators, with the first one being blue and the others grey.

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

How To Edit a BCA

Step-By-Step Instructions



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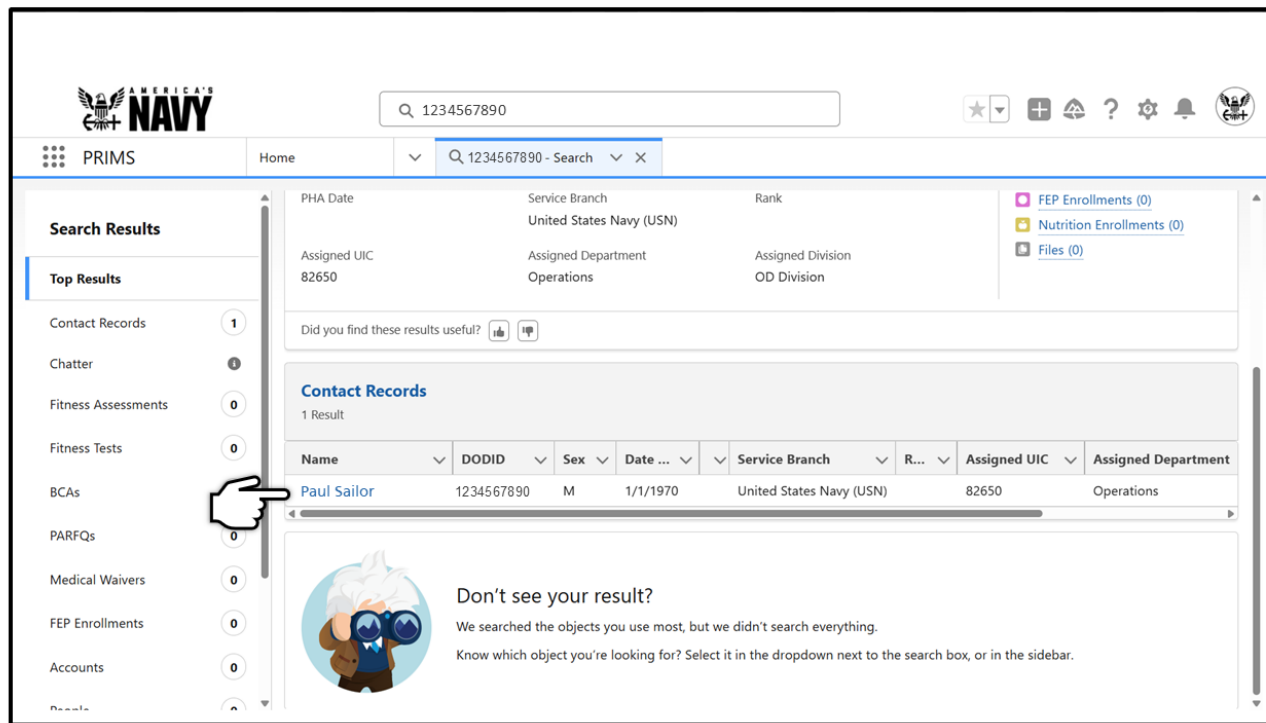
Step-By-Step
Instructions



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.



Search Results

Top Results

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

Contact Records
1 Result

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

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

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

How To Edit a BCA

Step-By-Step Instructions



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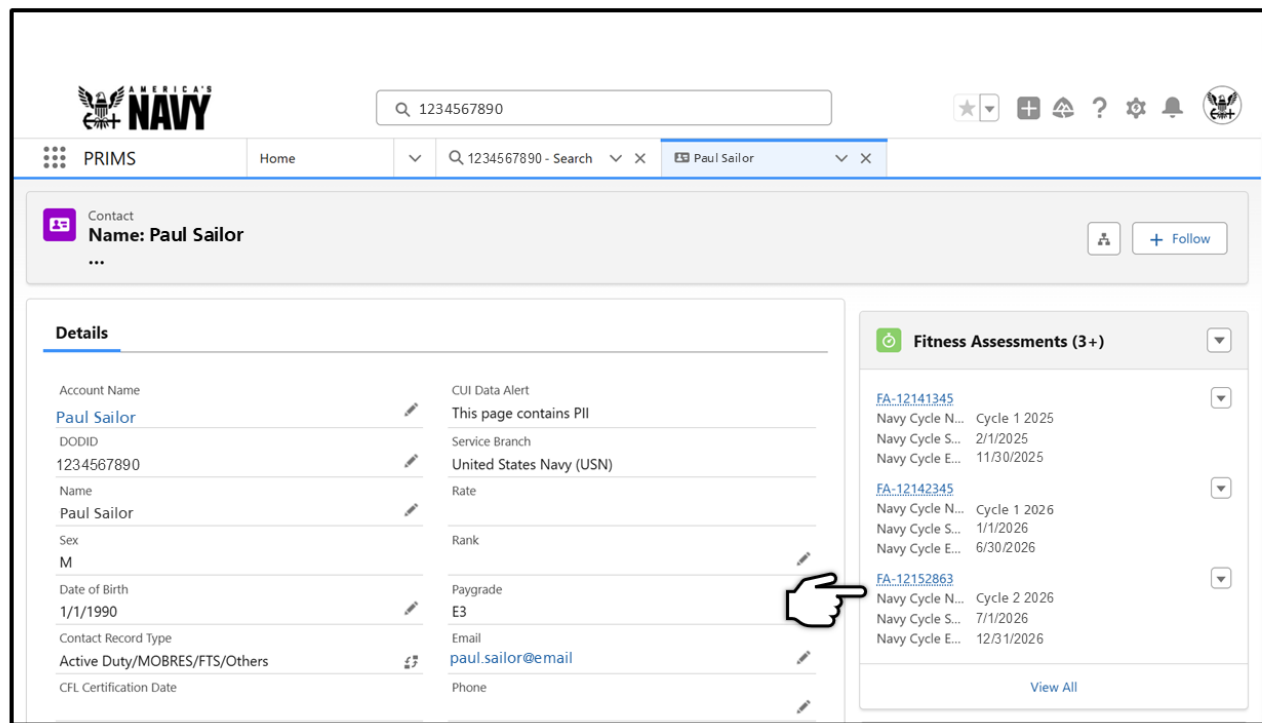
Step-By-Step
Instructions



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.



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



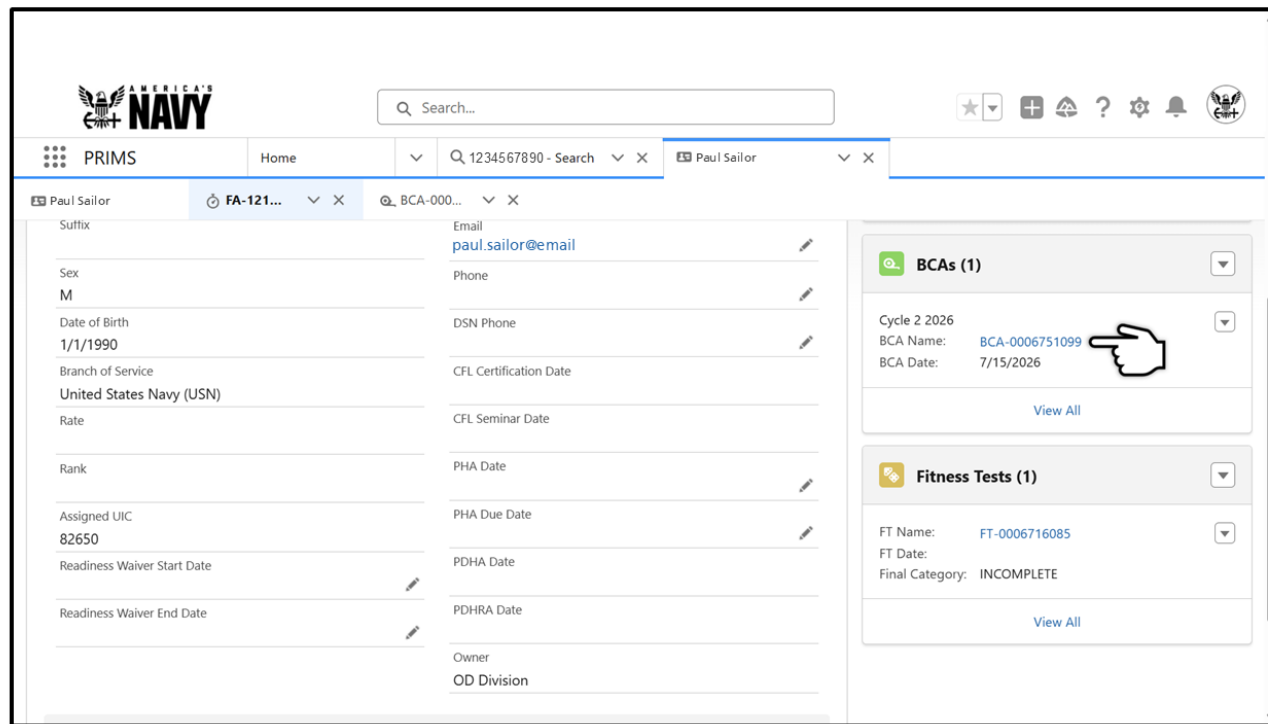
Step-By-Step
Instructions



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 web application interface. The top navigation bar includes the PRIMS logo, a search bar, and user information for Paul Sailor. The main content area displays the profile of Paul Sailor, with tabs for FA-121... and BCA-000... The 'BCAs (1)' section is expanded, showing details for Cycle 2 2026, including the BCA Name (BCA-0006751099) and BCA Date (7/15/2026). A hand icon points to the BCA Name hyperlink. The 'Fitness Tests (1)' section is also visible, showing details for FT Name (FT-0006716085) and FT Date (INCOMPLETE).

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



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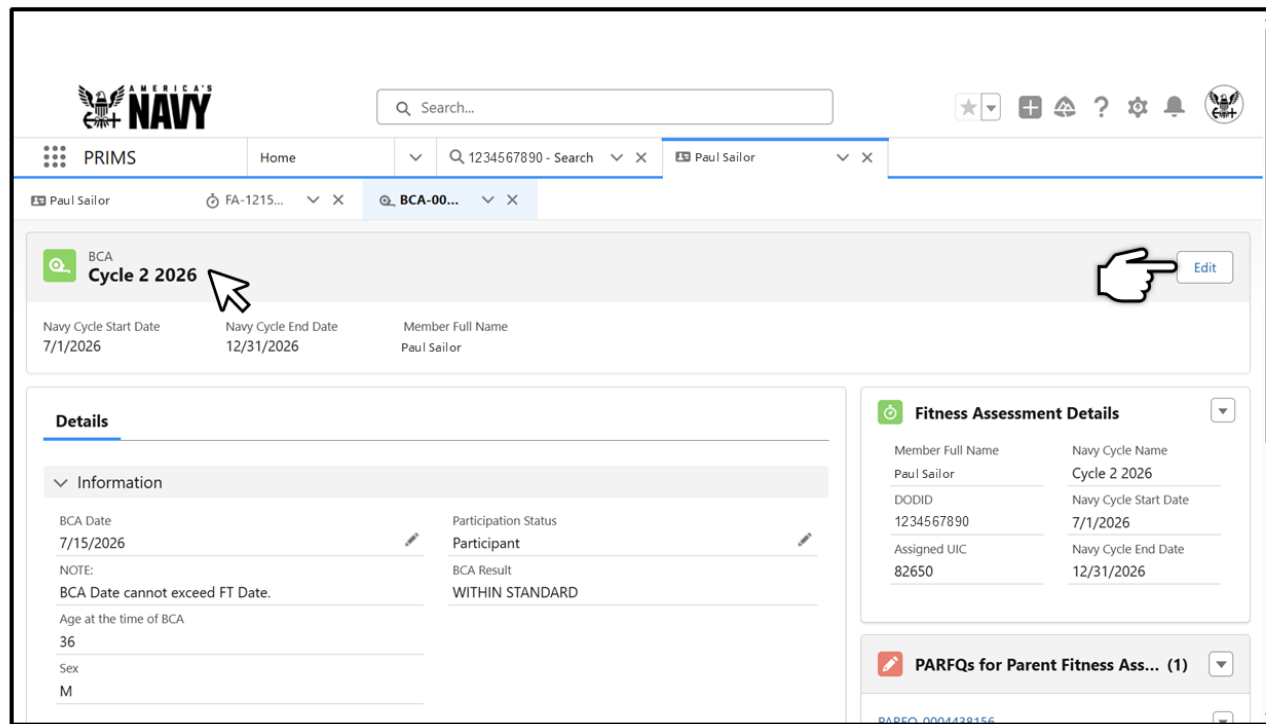
Step-By-Step
Instructions



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 (Physical Readiness Information Management System) interface. At the top, there's a search bar and navigation tabs. The main section displays the 'BCA Cycle 2 2026' details for 'Paul Sailor'. A hand cursor points to the 'Edit' button in the top right corner of the BCA details section. Below the main details, there are sections for 'Details' (Information) and 'Fitness Assessment Details'.

BCA Cycle 2 2026	Member Full Name
Navy Cycle Start Date: 7/1/2026	Paul Sailor
Navy Cycle End Date: 12/31/2026	

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 5 of 8: Select **Edit**.



Overview



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Learning Targets



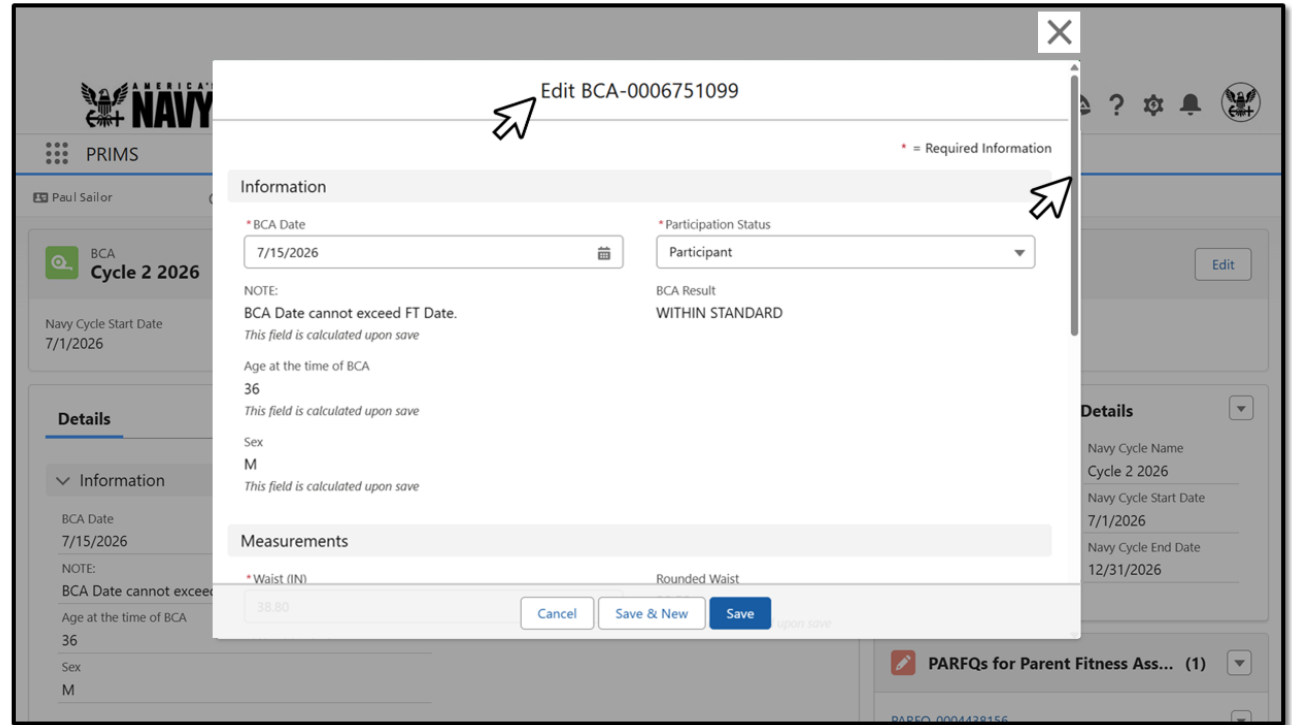
Step-By-Step
Instructions



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.



PRIMS

Paul Sailor

BCA Cycle 2 2026

Navy Cycle Start Date
7/1/2026

Details

Information

BCA Date
7/15/2026

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

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

Sex
M
This field is calculated upon save

Measurements

*Waist (IN)
38.80

Rounded Waist

Cancel Save & New Save

PARFQs for Parent Fitness Ass... (1)

PARFQ 000428156

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

How To Edit a BCA

Step-By-Step Instructions



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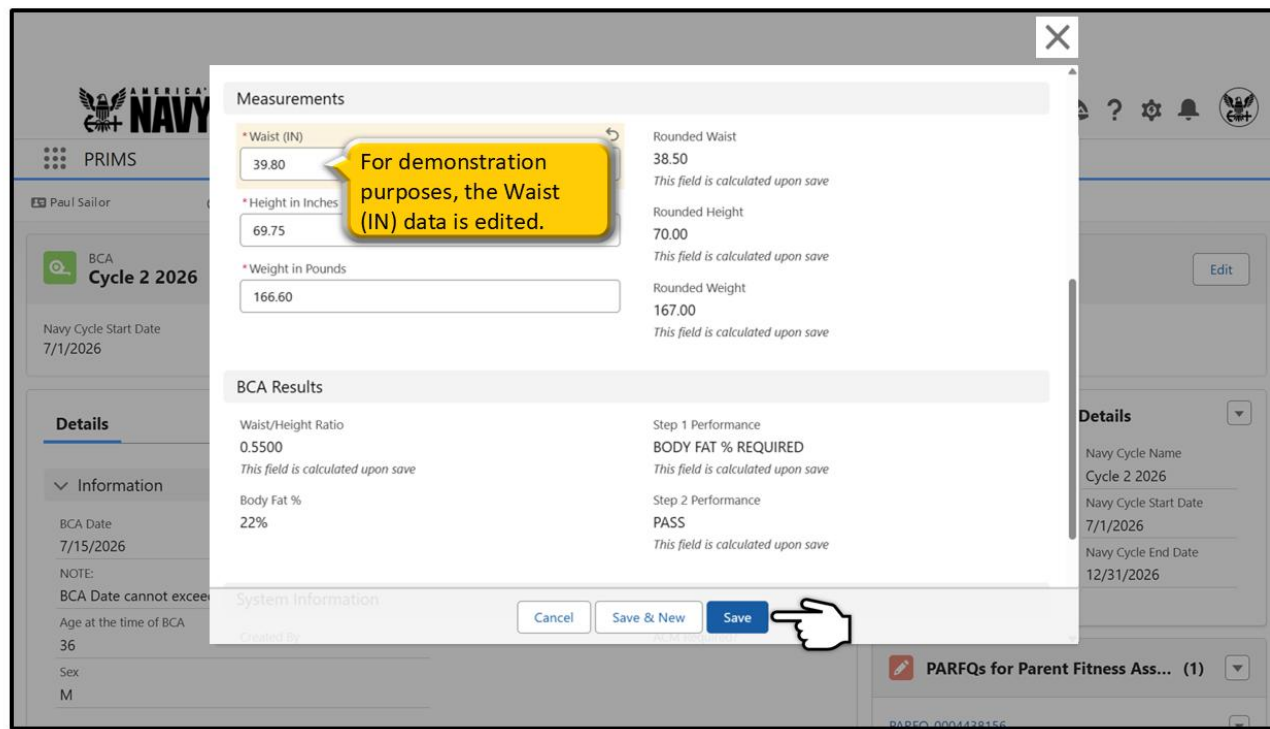
Step-By-Step
Instructions



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

Field	Value	Notes
* Waist (IN)	39.80	This field is calculated upon save
* Height in Inches	69.75	This field is calculated upon save
* Weight in Pounds	166.60	This field is calculated upon save

BCA Results

Field	Value	Notes
Waist/Height Ratio	0.5500	This field is calculated upon save
Body Fat %	22%	This field is calculated upon save

System Information

Created By: [Name]

Buttons: Cancel, Save & New, **Save**

Step 7 of 8: In the **Waist (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.



Overview



Tutorial Navigation



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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.




BCA "BCA-0006751099" was saved.


PRIMS

Home

 Paul Sailor

 FA-1215...




 BCA-00...






BCA

Cycle 2 2026

Edit

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

Details

Information

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

Fitness Assessment Details

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

PARFQs for Parent Fitness Ass... (1)

PARFQ 0004438156

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



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Learning Targets



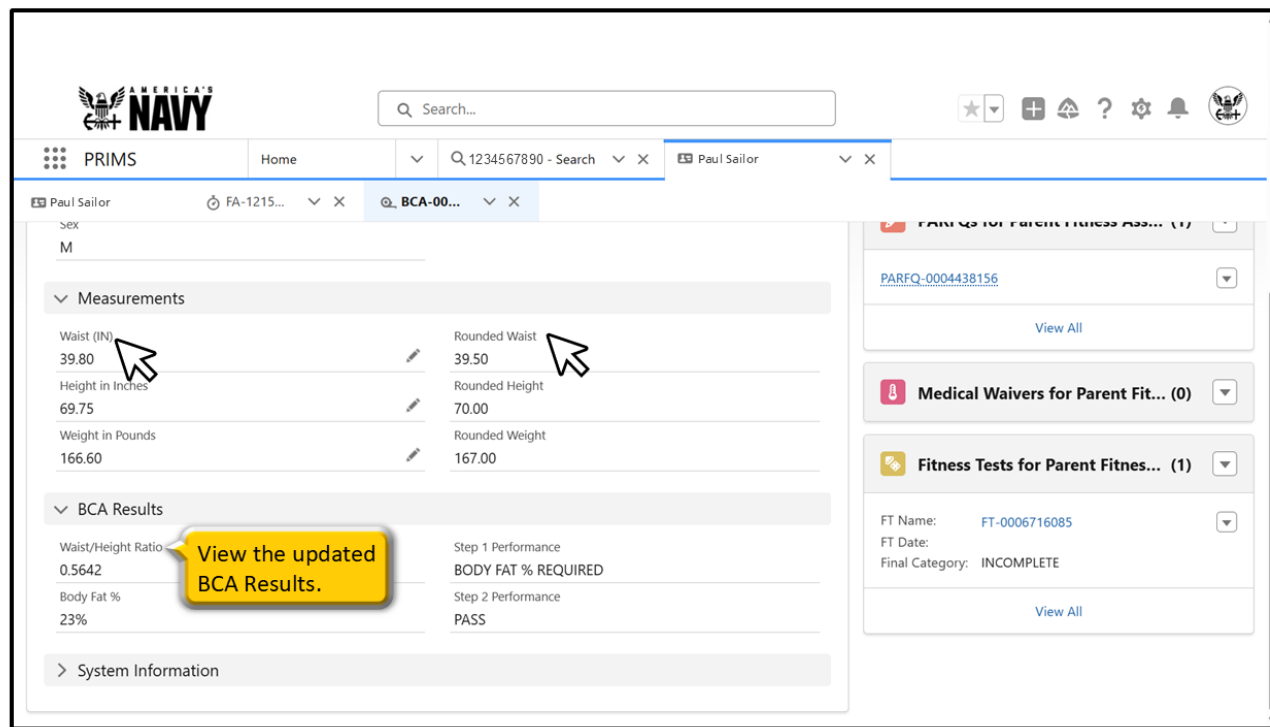
Step-By-Step
Instructions



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

Medical Waivers for Parent Fit... (0)

Fitness Tests for Parent Fitness... (1)

FT Name: FT-0006716085

FT Date:

Final Category: INCOMPLETE

[View All](#)

Review the updated Measurement information and BCA Results.

How To Edit 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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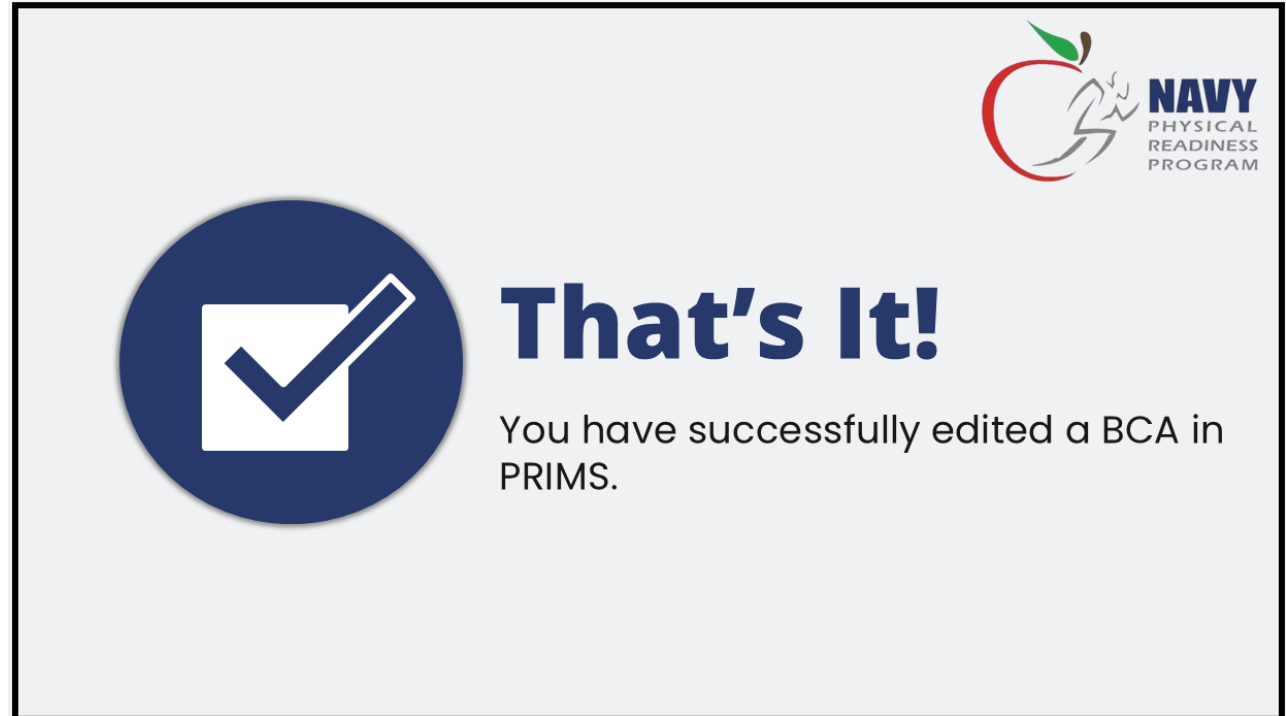
Learning Targets



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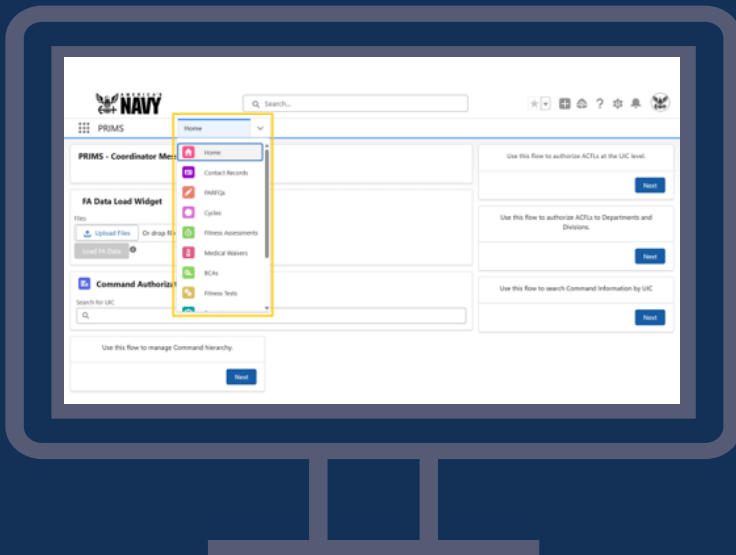
Return to the Medical Waiver lesson

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



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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.

How To Create a CFT

PRIMS Quick Steps



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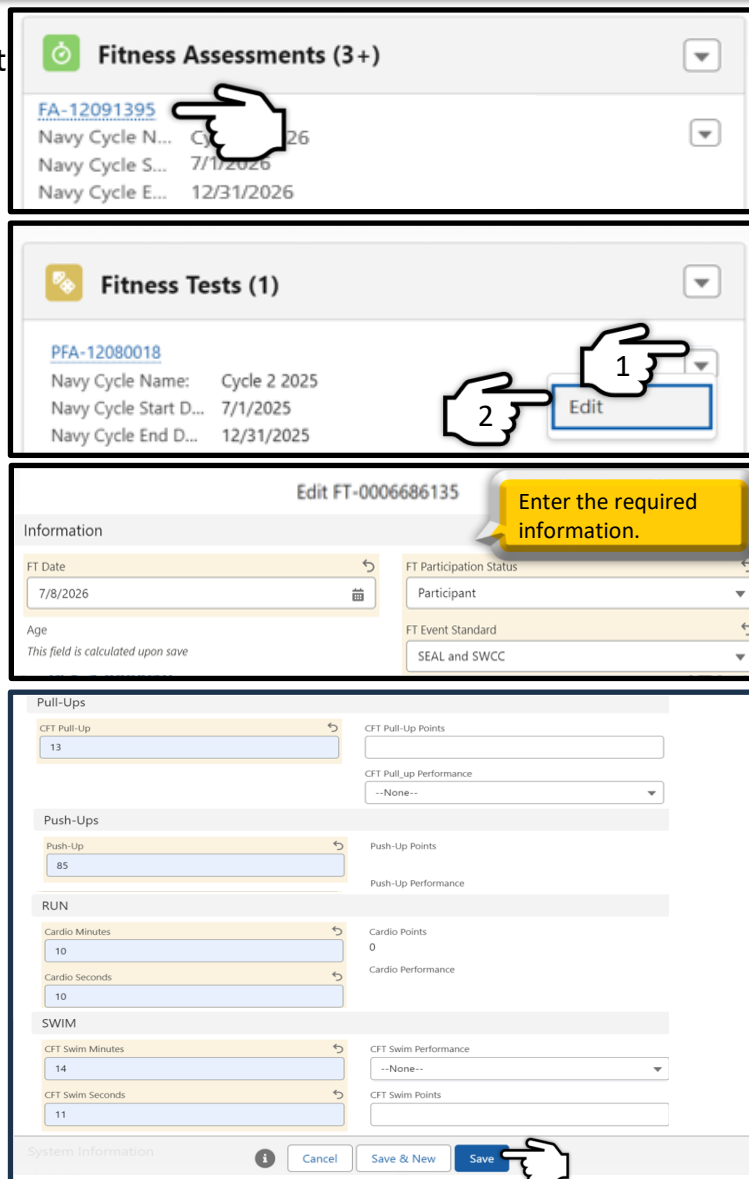


1 In the **Sailor's Contact Record**, Select the **Fitness Assessment (FA)** hyperlink.

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

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

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



Fitness Assessments (3+)

[FA-12091395](#)

Navy Cycle N... Cycle 2 2025

Navy Cycle S... 7/1/2026

Navy Cycle E... 12/31/2026

Fitness Tests (1)

[PFA-12080018](#)

Navy Cycle Name: Cycle 2 2025

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

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

Edit FT-0006686135

Information

FT Date: 7/8/2026

FT Participation Status: Participant

FT Event Standard: SEAL and SWCC

Age: This field is calculated upon save

Pull-Ups

CFT Pull-Up: 13

CFT Pull-Up Points:

CFT Pull-up Performance: --None--

Push-Ups

Push-Up: 85

Push-Up Points:

Push-Up Performance:

RUN

Cardio Minutes: 10

Cardio Points: 0

Cardio Seconds: 10

Cardio Performance:

SWIM

CFT Swim Minutes: 14

CFT Swim Performance: --None--

CFT Swim Seconds: 11

CFT Swim Points:

System Information

Cancel Save & New **Save**



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



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

1

View a CFT

2

Create a CFT

3

Edit a CFT

How To View a CFT

Step-By-Step Instructions



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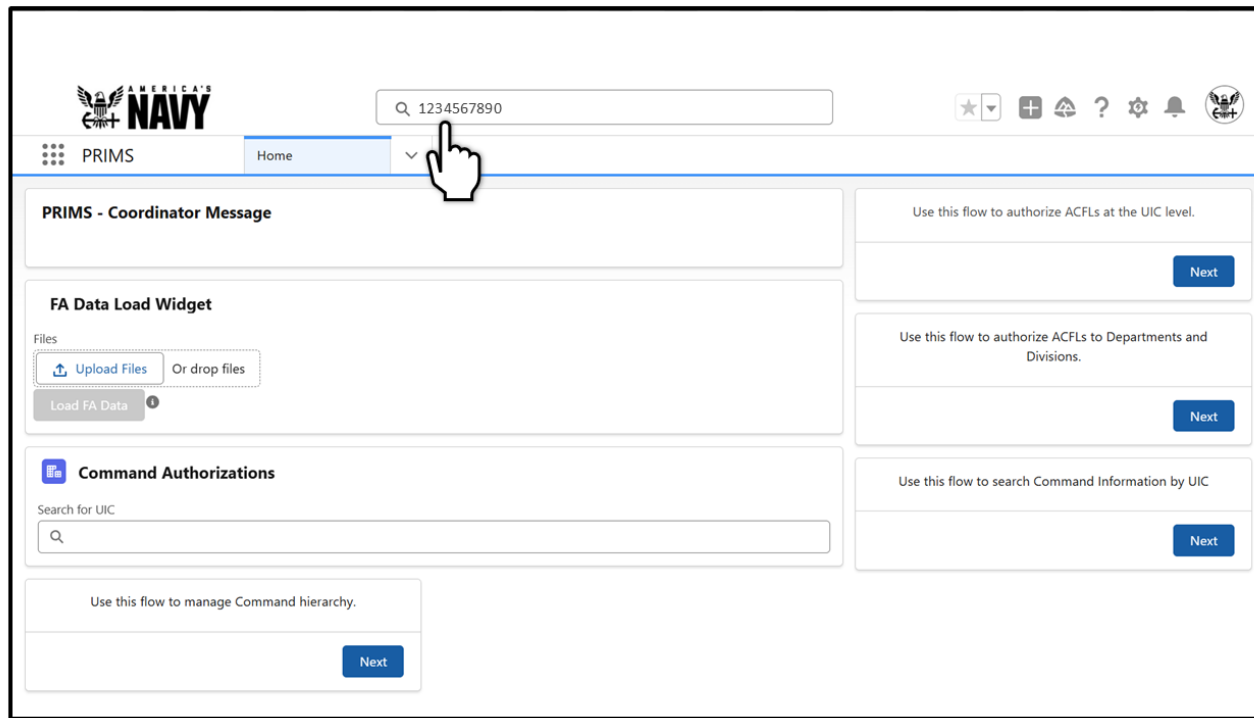
Step-By-Step
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Quick Steps



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), and "Command Authorizations" (with a "Search for UIC" field). On the right side, there are three panels, each with a "Next" button. The bottom of the interface features a series of seven circular indicators, with the first one being blue, indicating the current step.

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

1 How To View a CFT

Step-By-Step Instructions



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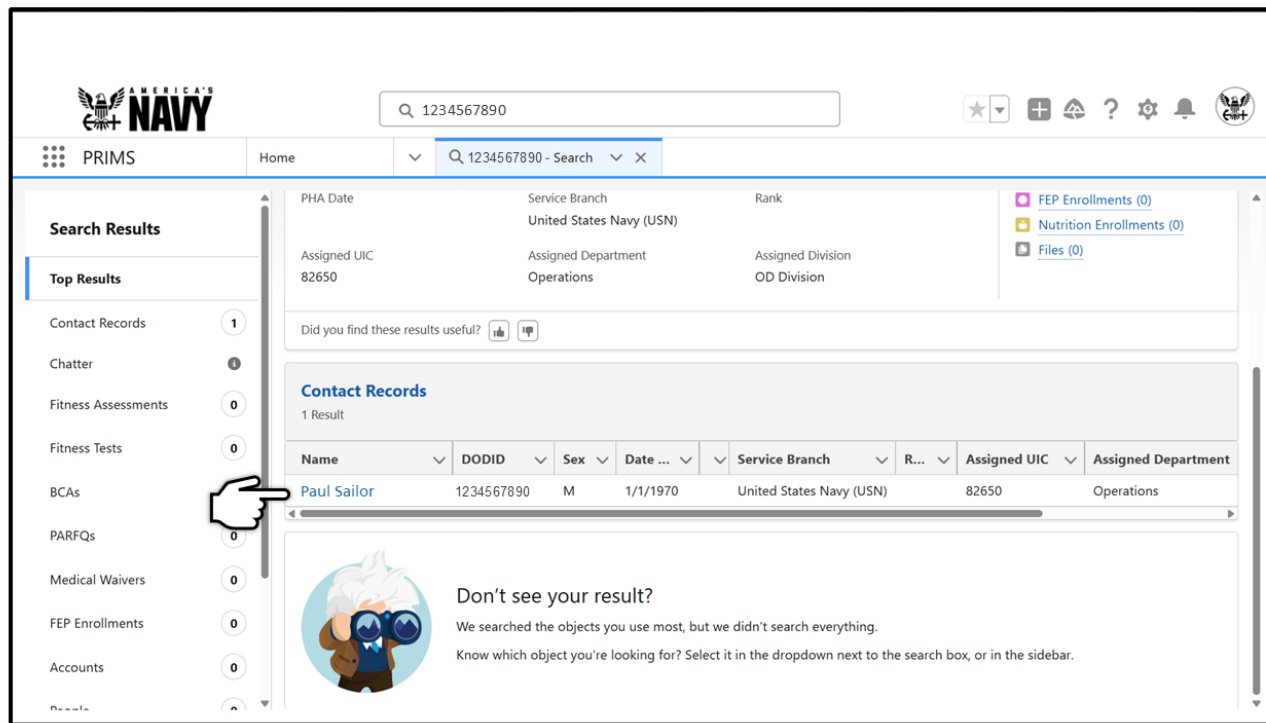
Step-By-Step
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Quick Steps



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



Search Results

Top Results

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

Search Results

PHIA Date: [blank] Service Branch: United States Navy (USN) Rank: [blank]

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

How To View a CFT

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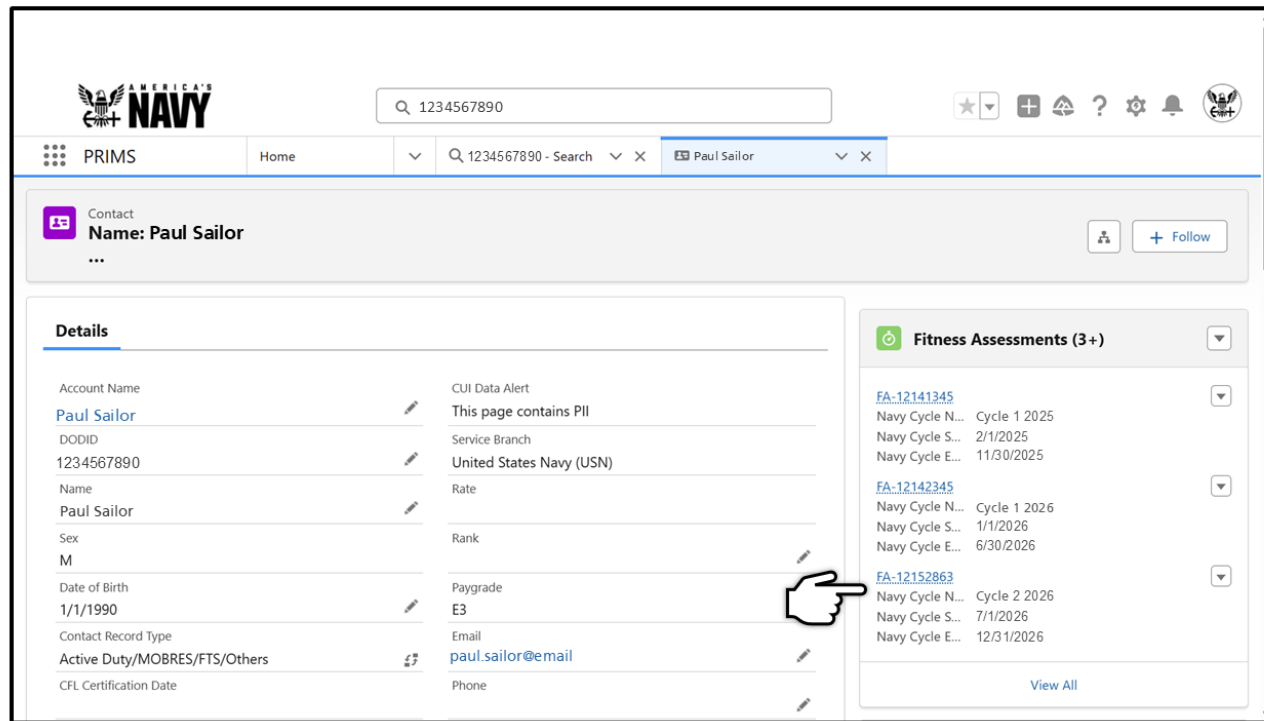
Step-By-Step
Instructions



Quick Steps



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



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



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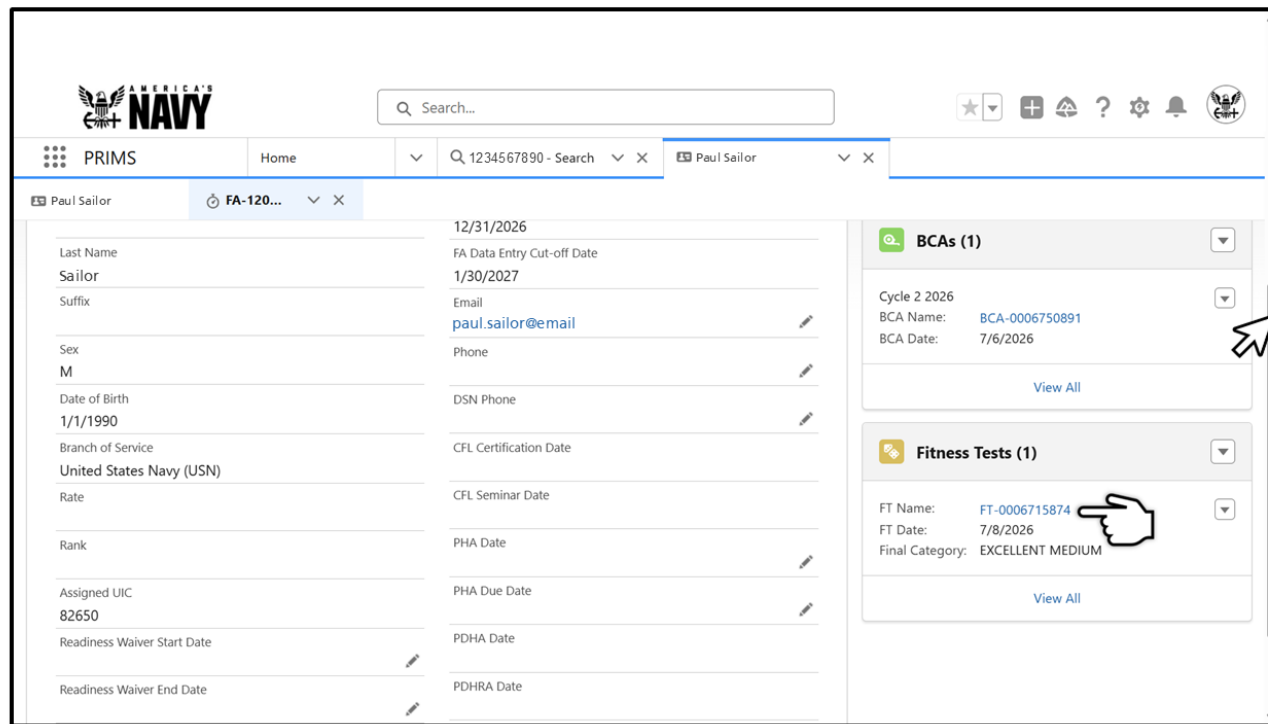
Step-By-Step
Instructions



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 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 following details:

Fitness Tests (1)	
FT Name:	FT-0006715874
FT Date:	7/8/2026
Final Category:	EXCELLENT MEDIUM
View All	

A hand icon points to the 'FT Name' hyperlink. Below the screenshot, there are seven circular navigation dots, with the fourth dot from the left being highlighted in blue, indicating the current step in the tutorial.

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

1 How To View a CFT

Step-By-Step Instructions



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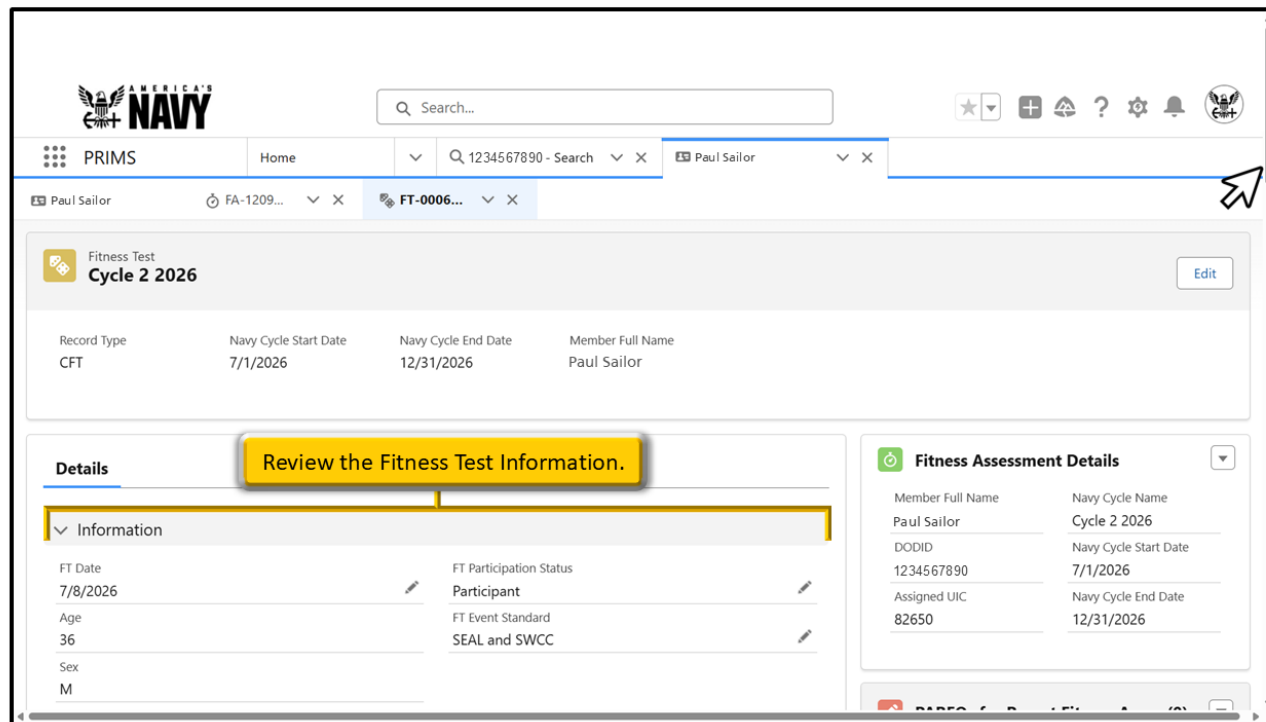
Step-By-Step
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Quick Steps



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.



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.

1 How To View a CFT

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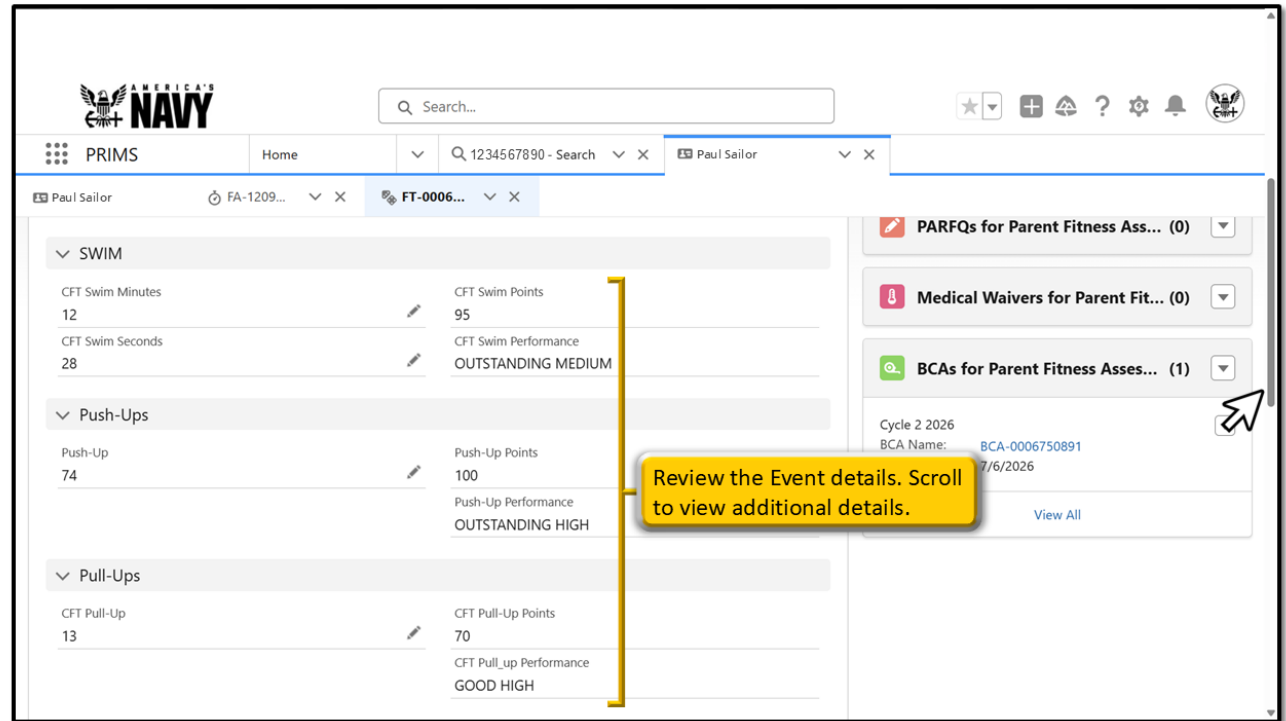
Step-By-Step
Instructions



Quick Steps



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



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 an arrow points to the 'Push-Ups' section, containing the text: 'Review the Event details. Scroll to view additional details.'

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

On the right side, there are dropdown menus for 'PARFQs for Parent Fitness Asses... (0)', 'Medical Waivers for Parent Fit... (0)', and 'BCAs for Parent Fitness Asses... (1)'. Below these, it shows 'Cycle 2 2026' and 'BCA Name: BCA-0006750891' with a date '7/6/2026' and a 'View All' link.

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



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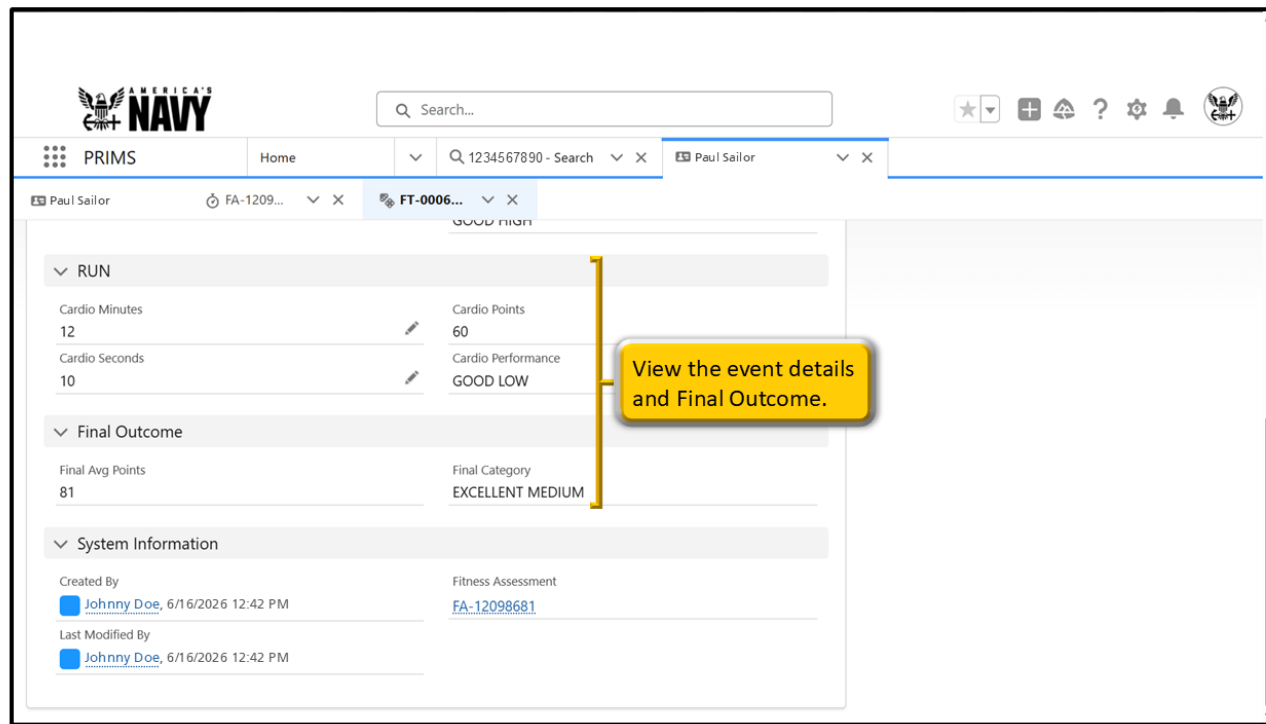
Step-By-Step
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Quick Steps



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.



View the event details and Final Outcome.



View the Final Outcome details.

1 How To View a CFT

Step-By-Step Instructions



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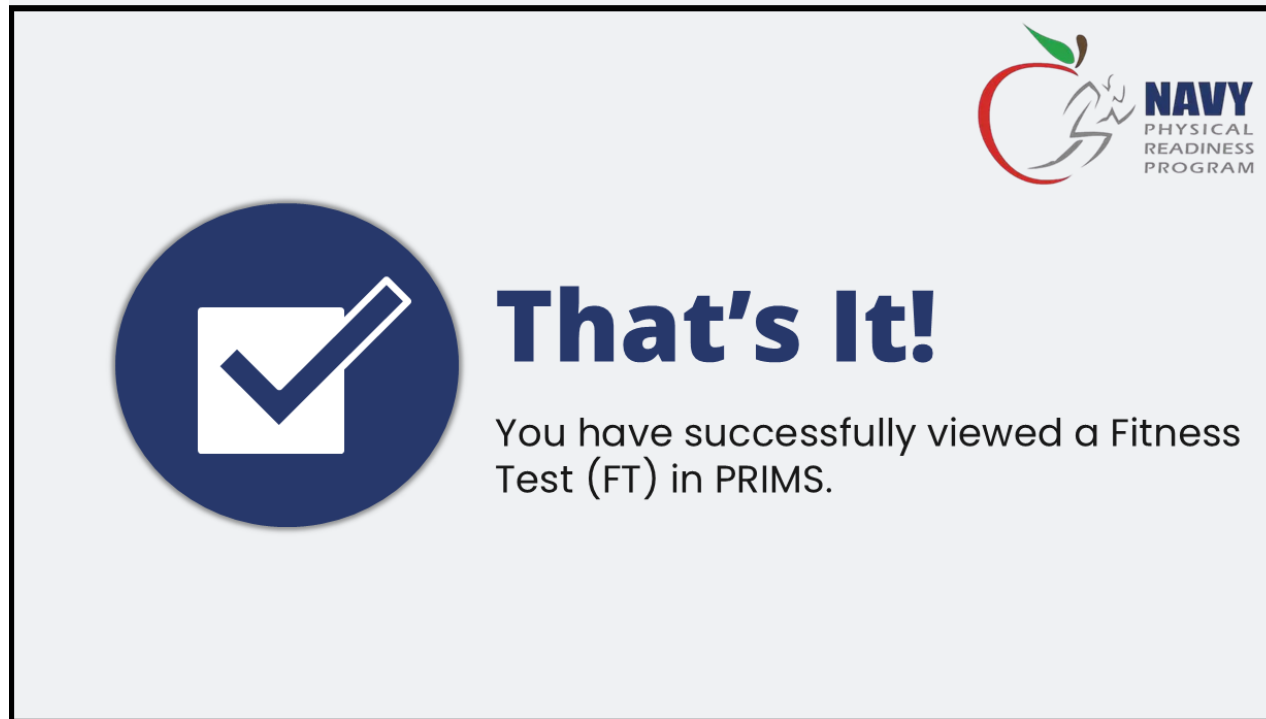
Step-By-Step
Instructions



Quick Steps



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



Continue to Create a CFT



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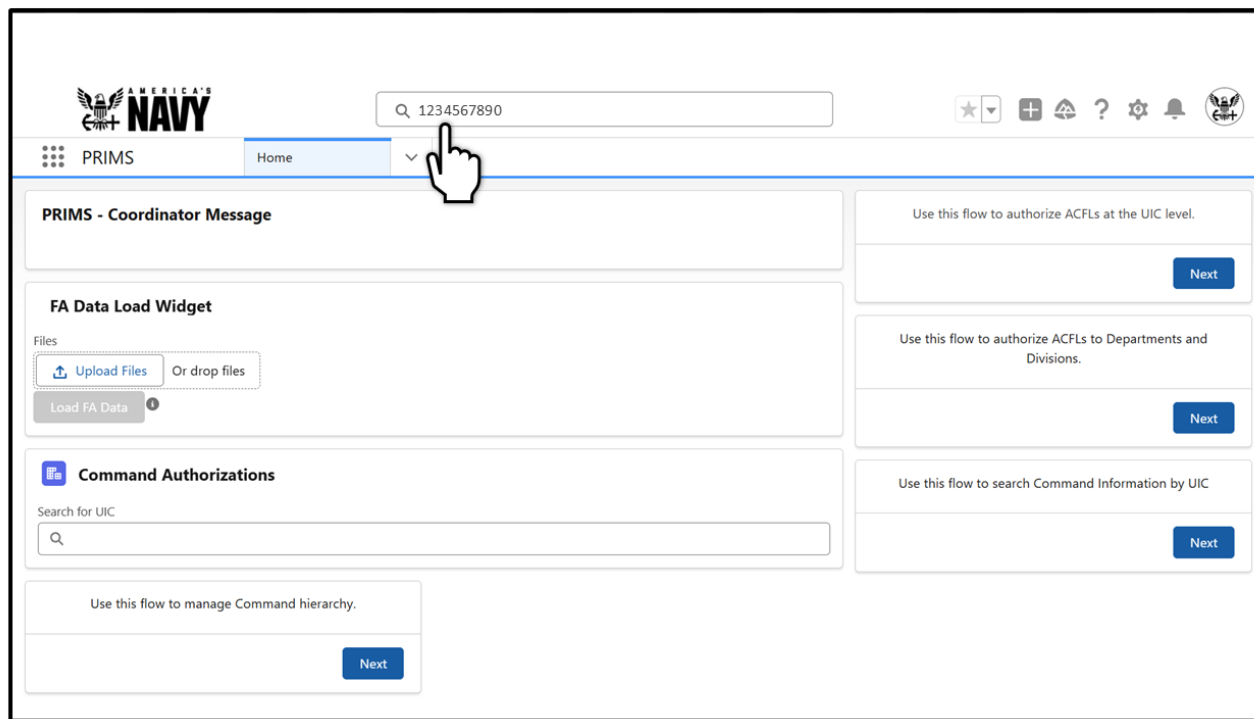
Step-By-Step
Instructions



Quick Steps



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



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



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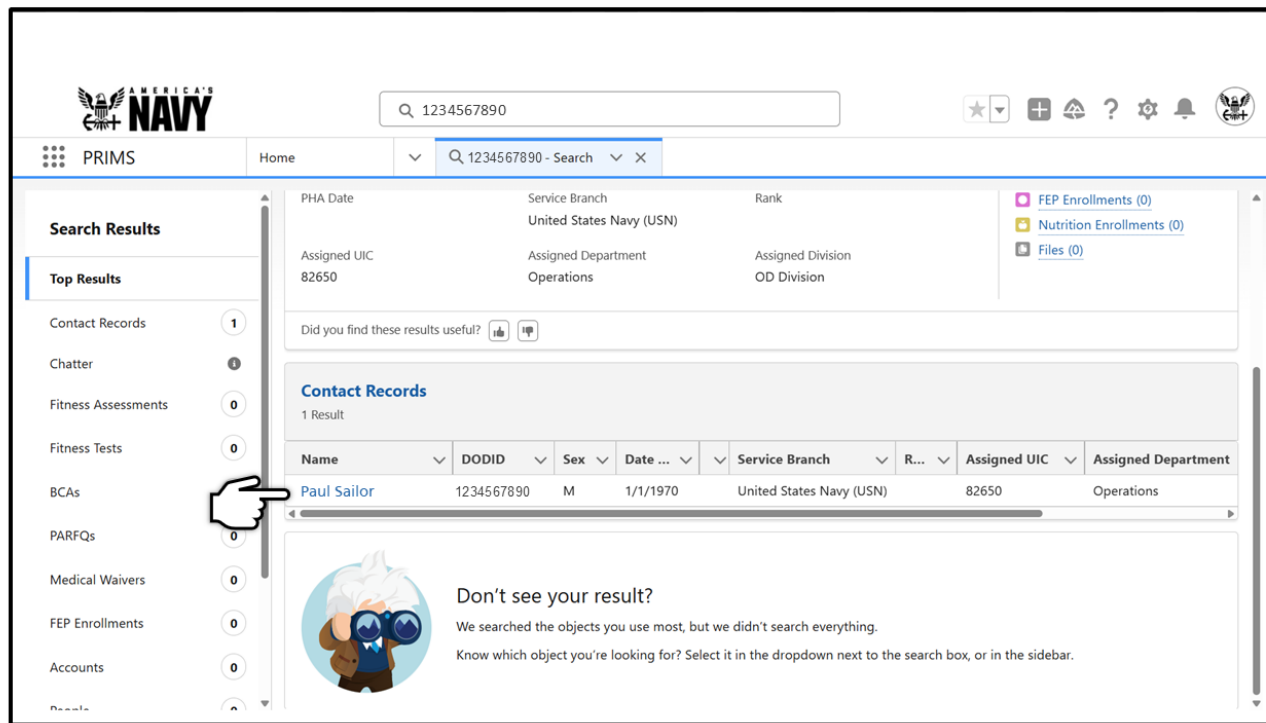
Step-By-Step
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Quick Steps



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



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



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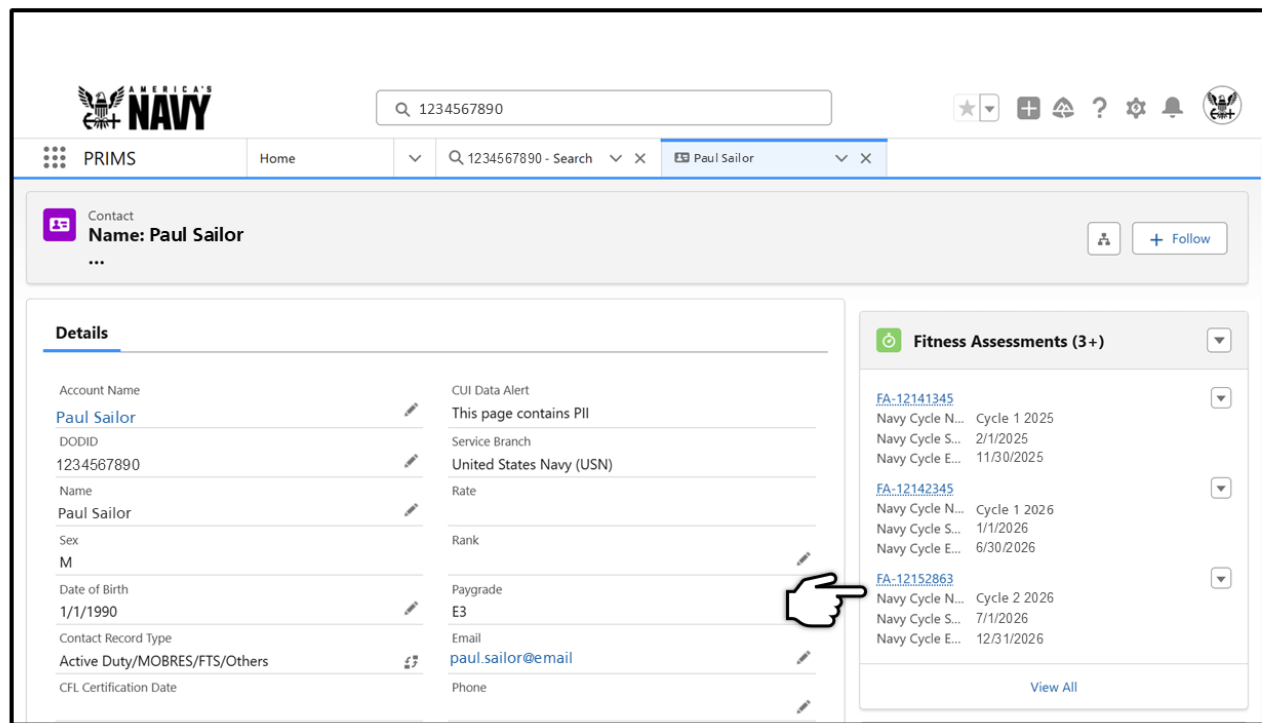
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Quick Steps



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 displays the sailor's details, including account name, DODID, name, sex, date of birth, contact record type, and CFL certification date. A 'Fitness Assessments (3+)' section is visible on the right, showing a list of assessments with links to view details. A hand icon points to the 'View All' link at the bottom of the fitness assessments list.

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



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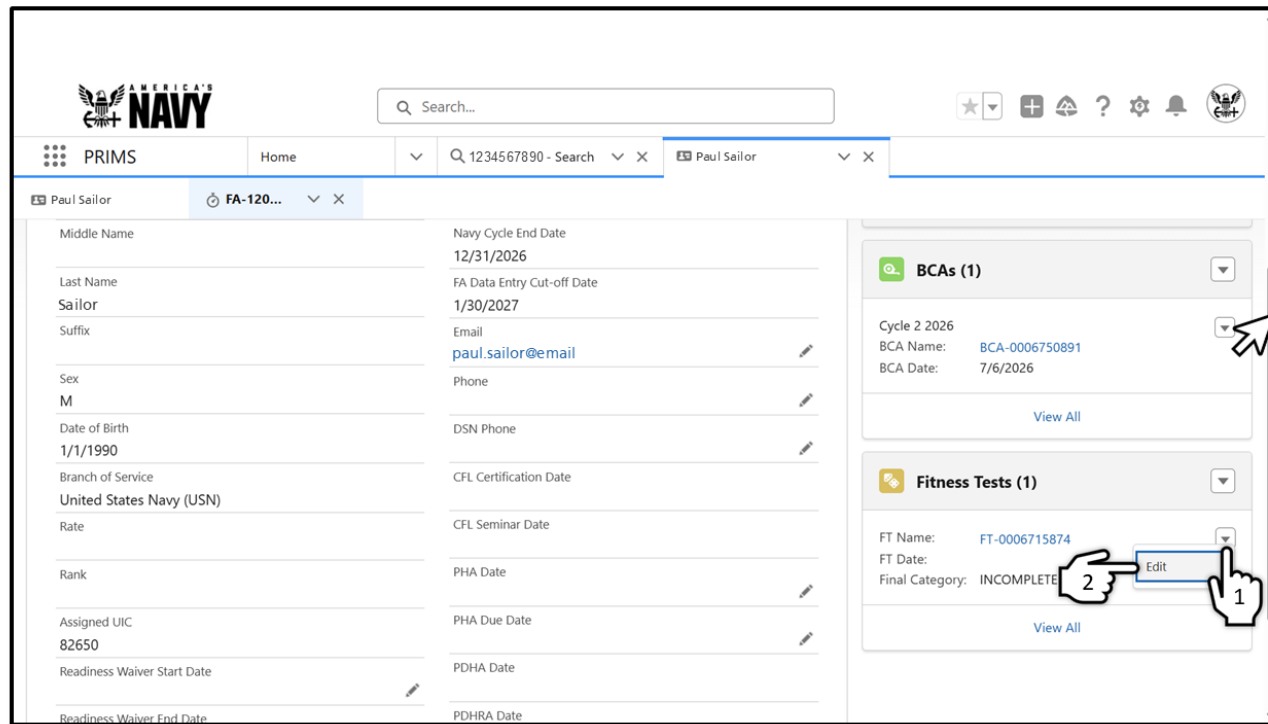
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Quick Steps



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. The top navigation bar includes the PRIMS logo, a search bar, and user information for 'Paul Sailor'. The main content area displays the sailor's profile on the left, including personal and service details. On the right, there are two tiles: 'BCAs (1)' and 'Fitness Tests (1)'. The 'Fitness Tests (1)' tile shows a test named 'FT-0006715874' with a date of '7/6/2026' and a status of 'INCOMPLETE'. A hand icon with the number '2' points to the 'FT Name' drop-down menu, and another hand icon with the number '1' points to the 'Edit' button next to it. Below the screenshot, there is a row of 11 circular indicators, with the first four being dark blue and the remaining seven being light gray, indicating the current step in the tutorial.

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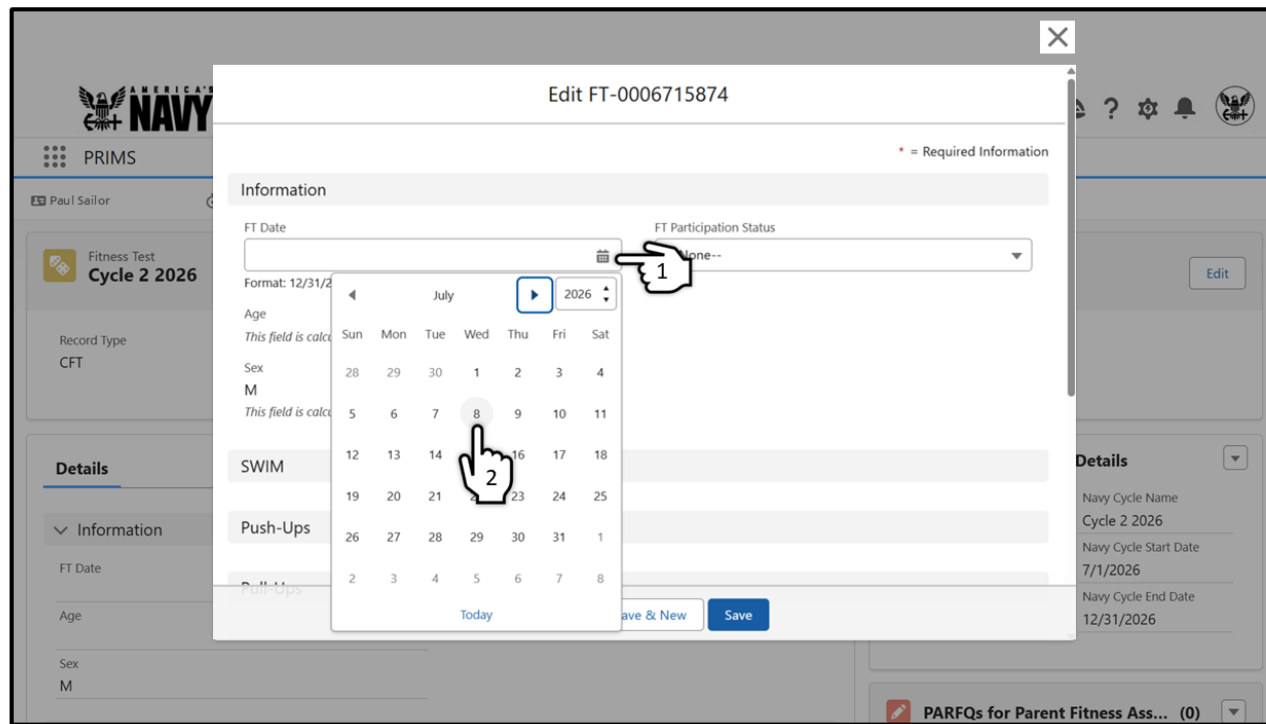
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



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**.



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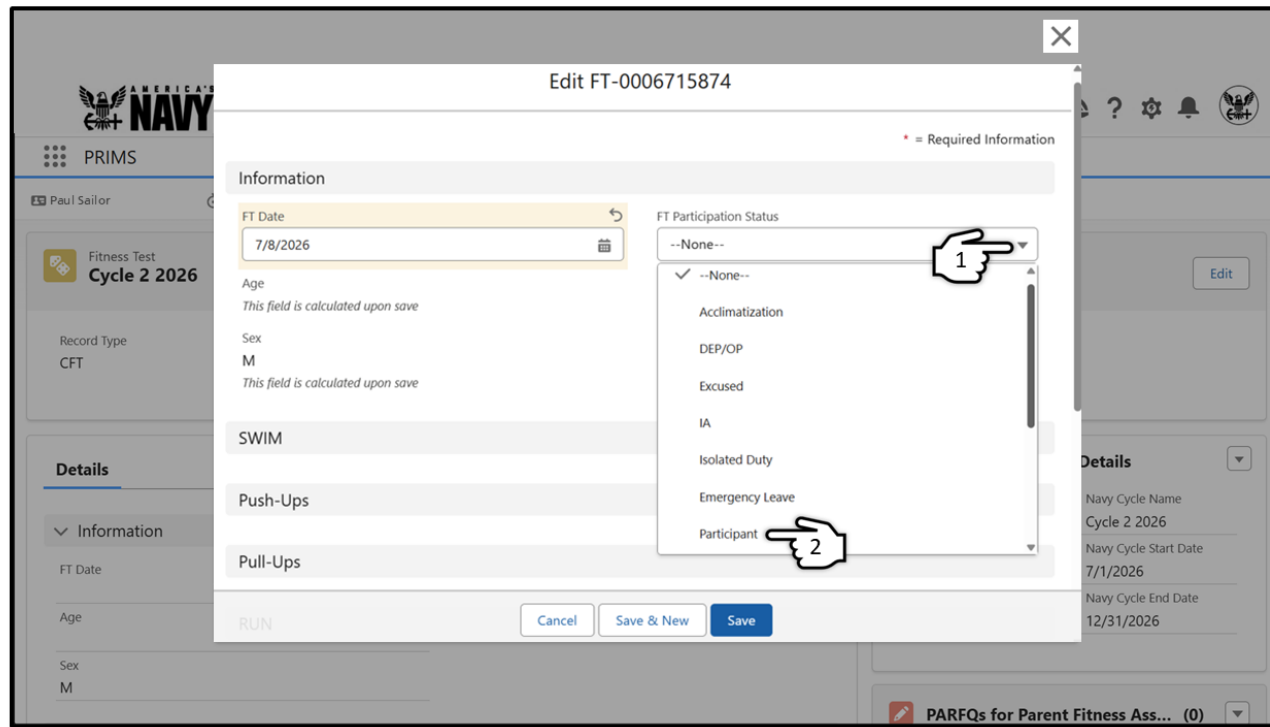
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Quick Steps



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.



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



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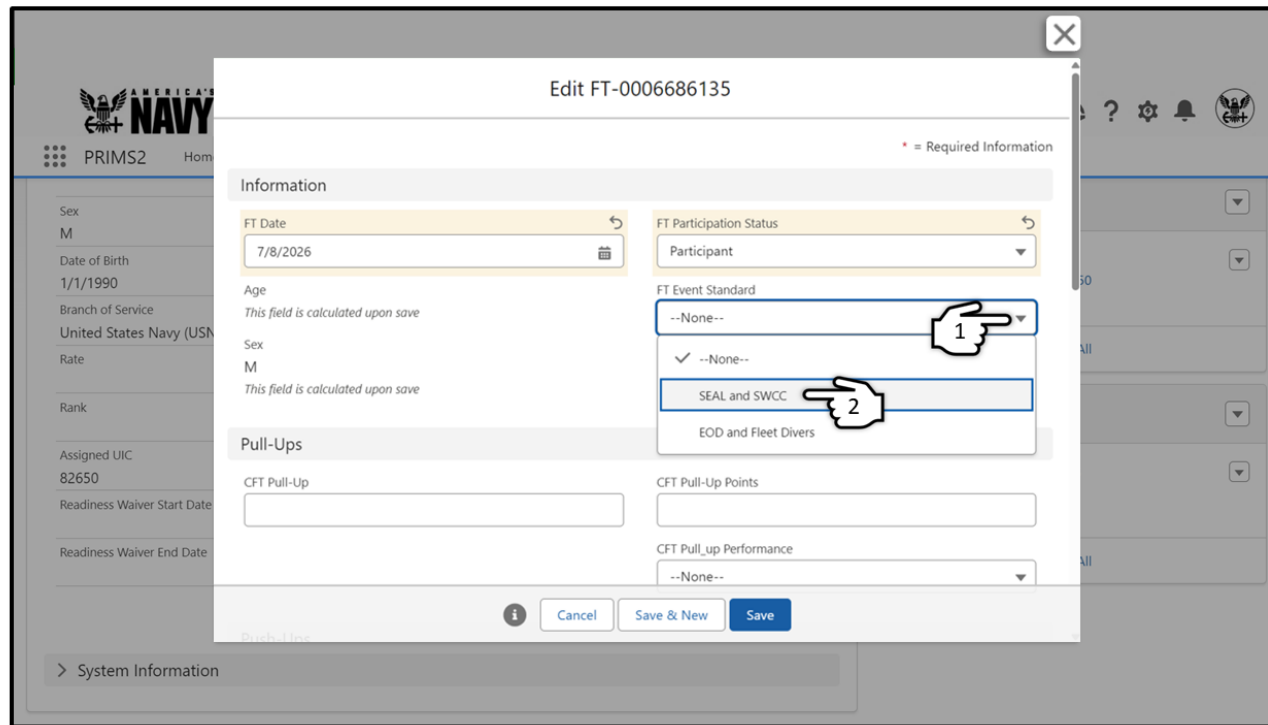
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows (< >)** or the **Dots (...)** below the images. *Mobile Users:* Tap the **Dots (...)** below the images.



Step 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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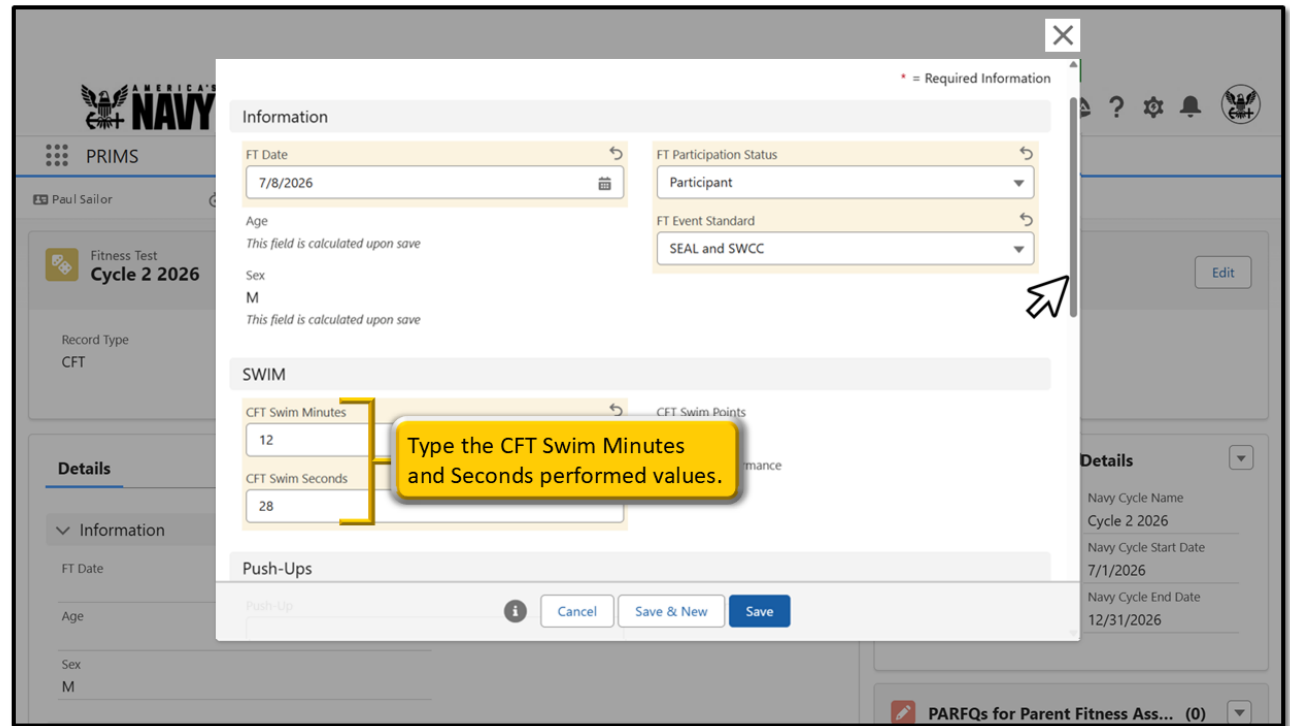
Step-By-Step
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Quick Steps



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), "Age" (M), and "FT Event Standard" (SEAL and SWCC). Below these is the "SWIM" section with "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 and a "Details" section on the right.

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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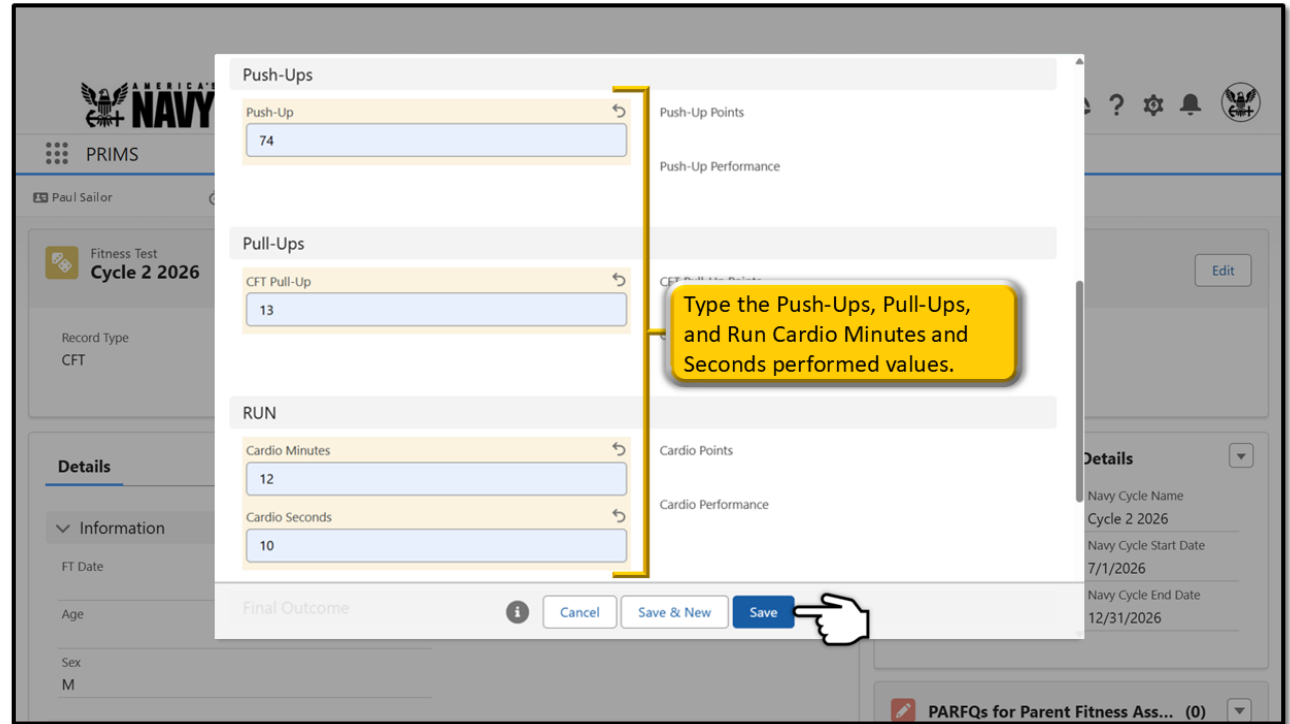
Step-By-Step
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Quick Steps



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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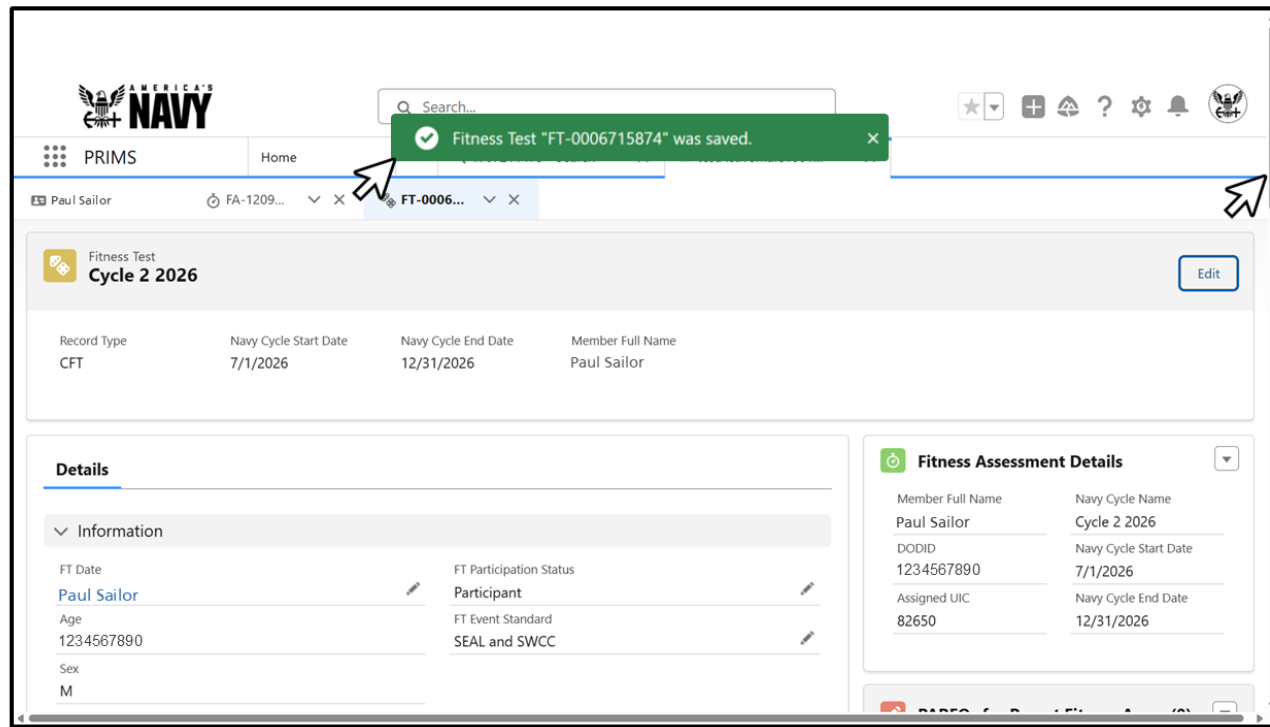
Step-By-Step
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Quick Steps



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



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. At the top, there's a search bar and a green banner indicating "Fitness Test 'FT-0006715874' was saved." Below the banner, the user is logged in as "Paul Sailor". The main content area displays "Fitness Test Cycle 2 2026" with an "Edit" button. A table shows the record type as "CFT", the Navy Cycle Start Date as "7/1/2026", the Navy Cycle End Date as "12/31/2026", and the Member Full Name as "Paul Sailor". Below this, the "Details" section is expanded, showing "Information" with fields for FT Date (Paul Sailor), Age (1234567890), Sex (M), FT Participation Status (Participant), FT Event Standard (SEAL and SWCC), and Fitness Assessment Details. The assessment 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), and Navy Cycle End Date (12/31/2026).

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



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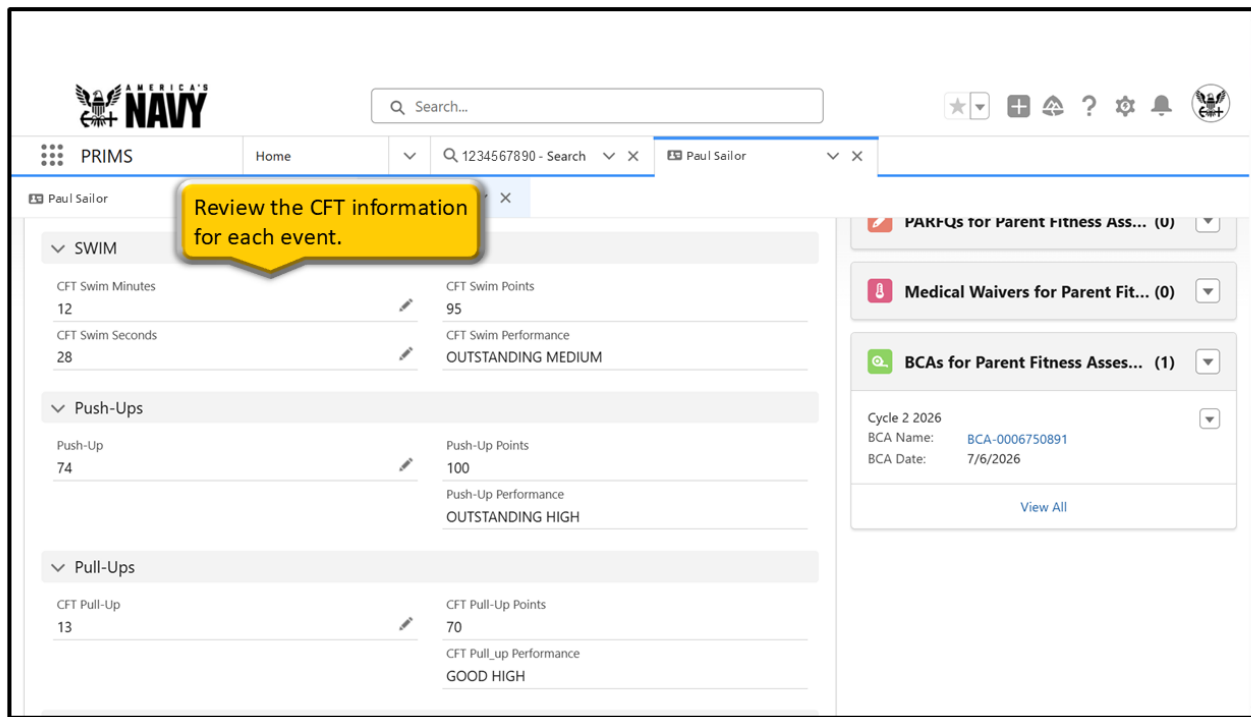
Step-By-Step
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Quick Steps



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.



Review the CFT information for each event.

Event	Value	Performance
CFT Swim Minutes	12	
CFT Swim Seconds	28	
CFT Swim Points	95	
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

Additional information on the right sidebar:

- PAK+Qs for Parent Fitness Ass... (0)
- Medical Waivers for Parent Fit... (0)
- BCAs for Parent Fitness Asses... (1)
- Cycle 2 2026
- BCA Name: BCA-0006750891
- BCA Date: 7/6/2026
- [View All](#)

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



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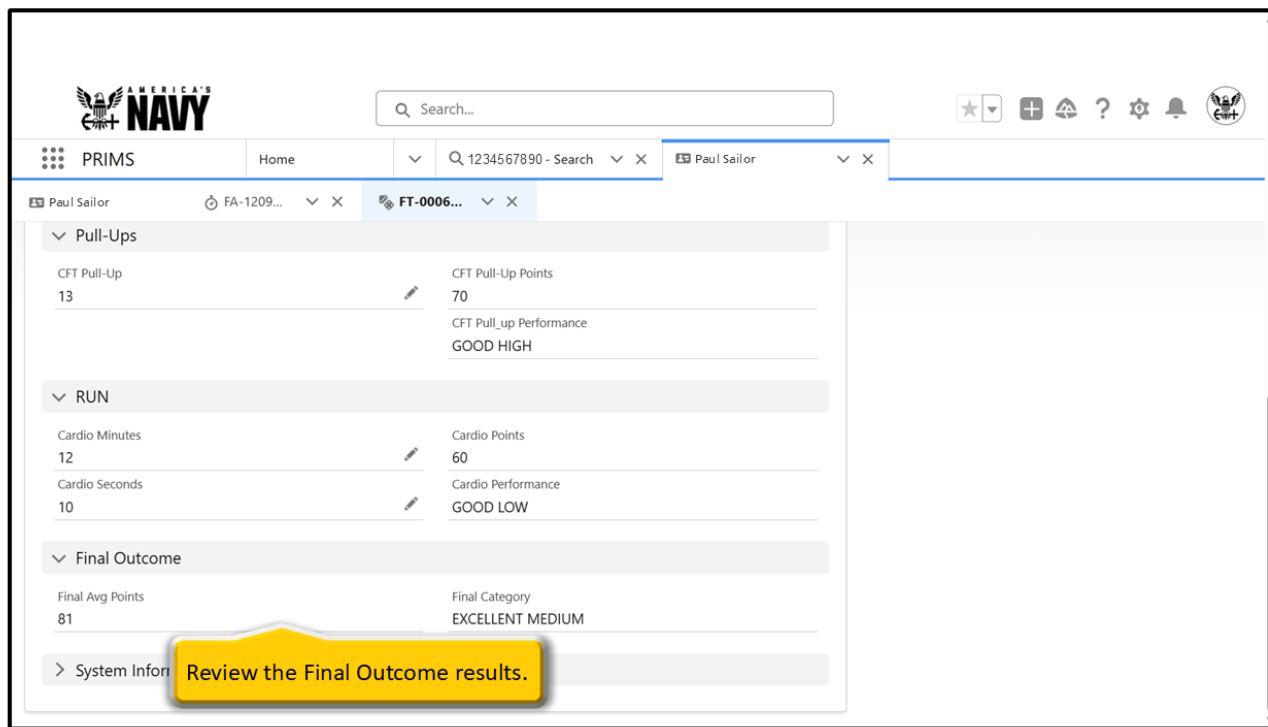
Step-By-Step
Instructions



Quick Steps



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



The screenshot shows the PRIMS (Physical Readiness Information Management System) interface. The user is logged in as 'Paul Sailor'. The interface displays performance data for a specific event, 'FT-0006...'. The data is organized into sections: Pull-Ups, RUN, and Final Outcome. A yellow callout box highlights the 'Final Outcome' section, which shows a 'Final Avg Points' of 81 and a 'Final Category' of 'EXCELLENT MEDIUM'. The 'Pull-Ups' section shows 'CFT Pull-Up' of 13 and 'CFT Pull-Up Points' of 70. The 'RUN' section shows 'Cardio Minutes' of 12 and 'Cardio Points' of 60. The 'Final Outcome' section shows 'Final Avg Points' of 81 and 'Final Category' of 'EXCELLENT MEDIUM'. A yellow callout box with the text 'Review the Final Outcome results.' is overlaid on the 'Final Outcome' section.

Section	Item	Value	Performance
Pull-Ups	CFT Pull-Up	13	
	CFT Pull-Up Points	70	
RUN	Cardio Minutes	12	
	Cardio Points	60	
Final Outcome	Final Avg Points	81	
	Final Category	EXCELLENT MEDIUM	

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.



Overview



Tutorial
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Policy Insights



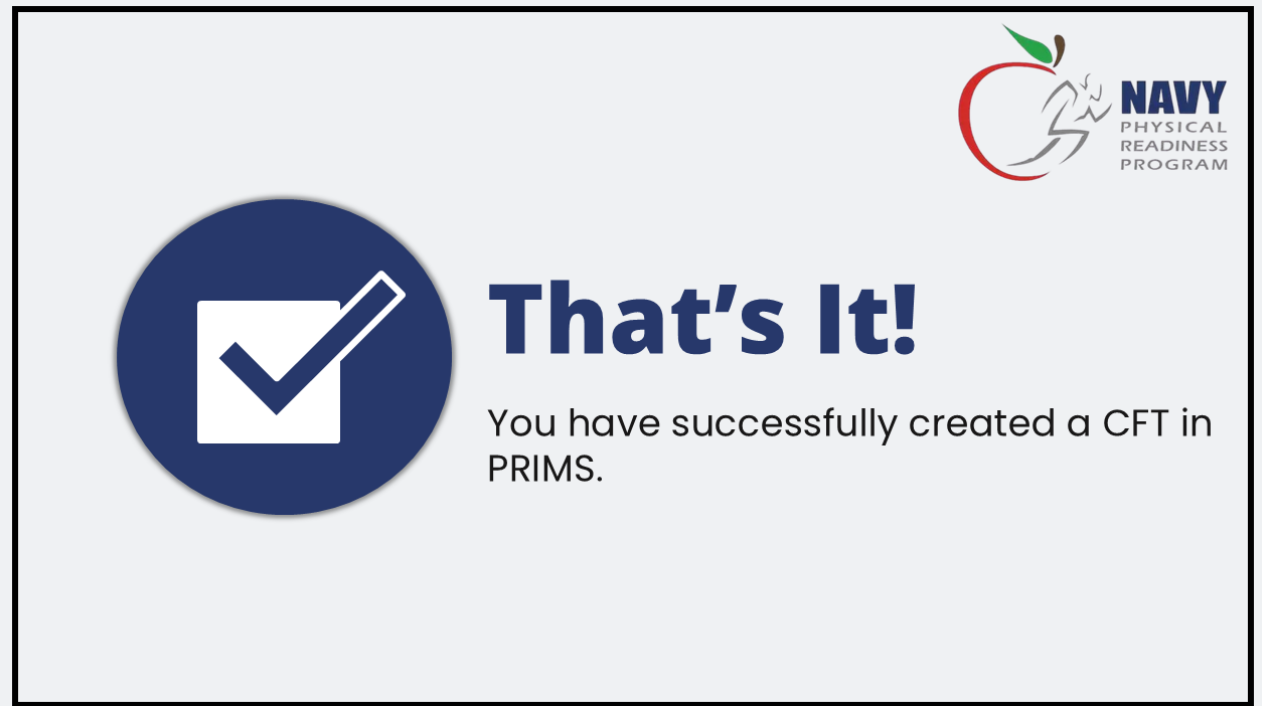
Learning Targets



Step-By-Step
Instructions



Quick Steps



Continue to Edit a CFT



Overview



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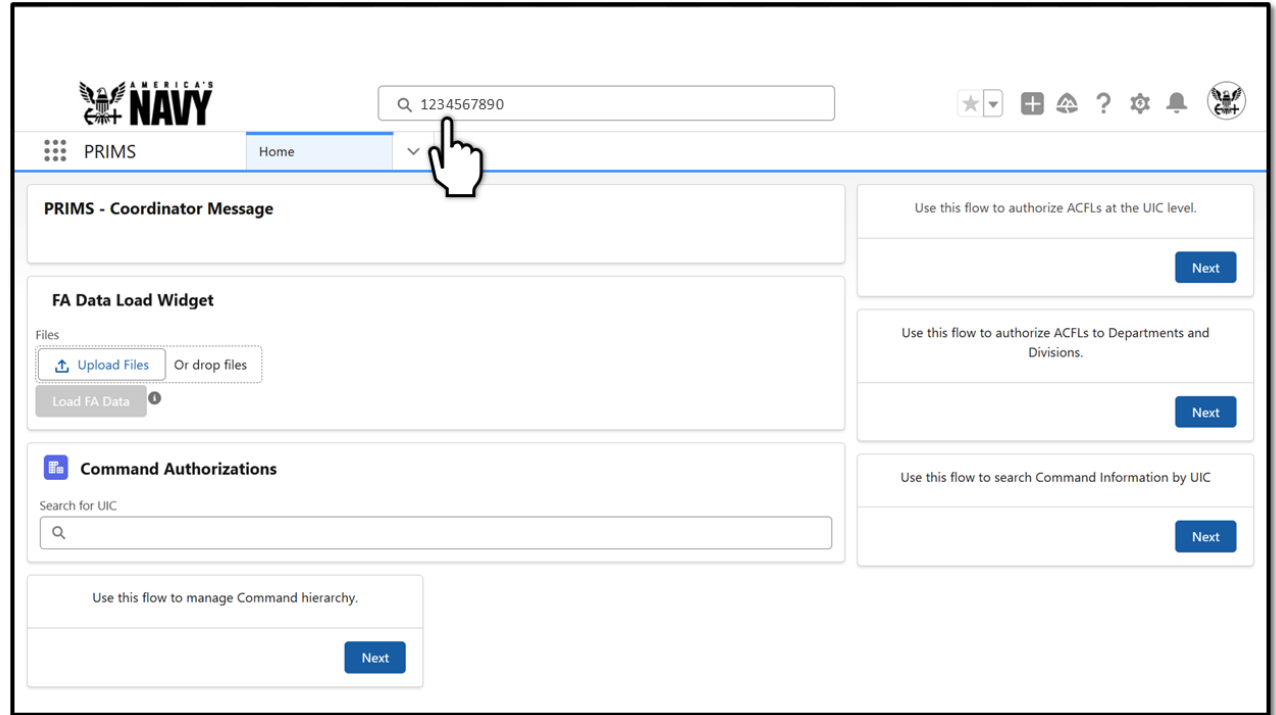
Step-By-Step
Instructions



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.



The screenshot shows the PRIMS interface. At the top, there is a search bar with the text "Q 1234567890". Below the search bar, there are navigation buttons: "PRIMS" and "Home". A hand icon is pointing to the "Home" button. 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 10: In the **Search** field, type the **DODID**, then press the **Enter** key.



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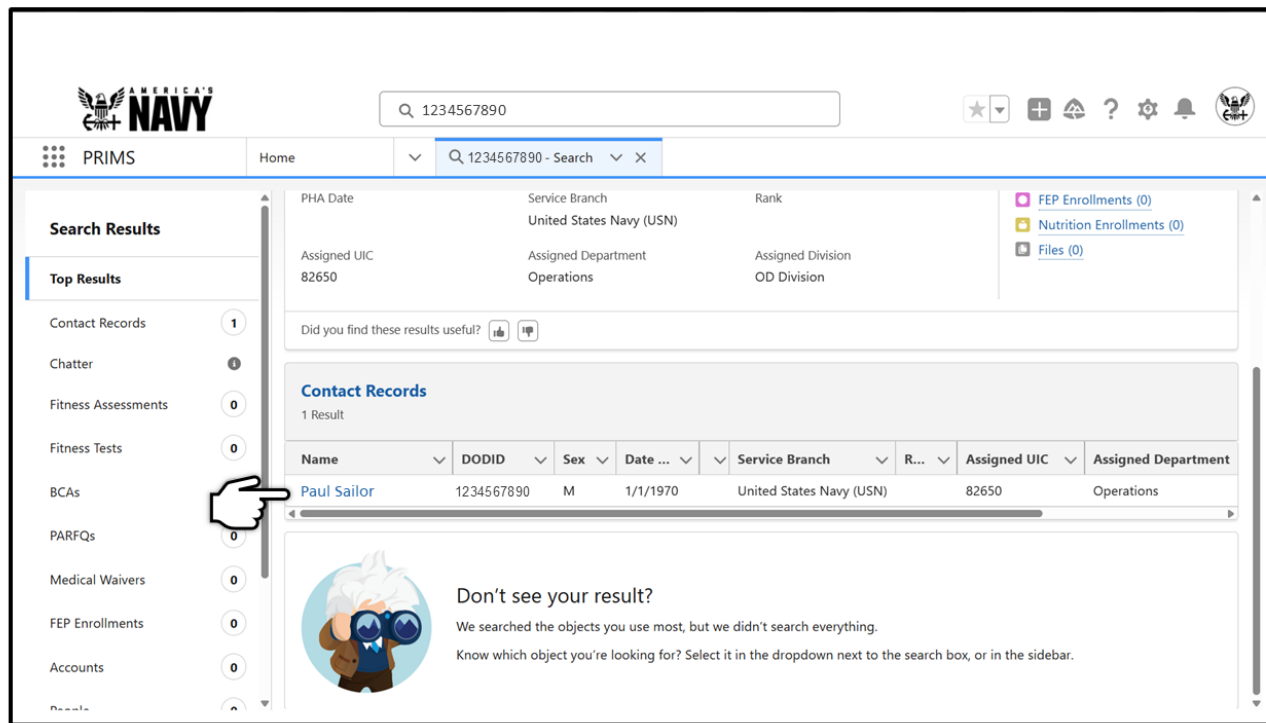
Step-By-Step
Instructions



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 United States Navy (USN) Operations OD Division

Did you find these results useful? ☐ ☐

Contact Records
1 Result

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

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

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



Overview



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Learning Targets



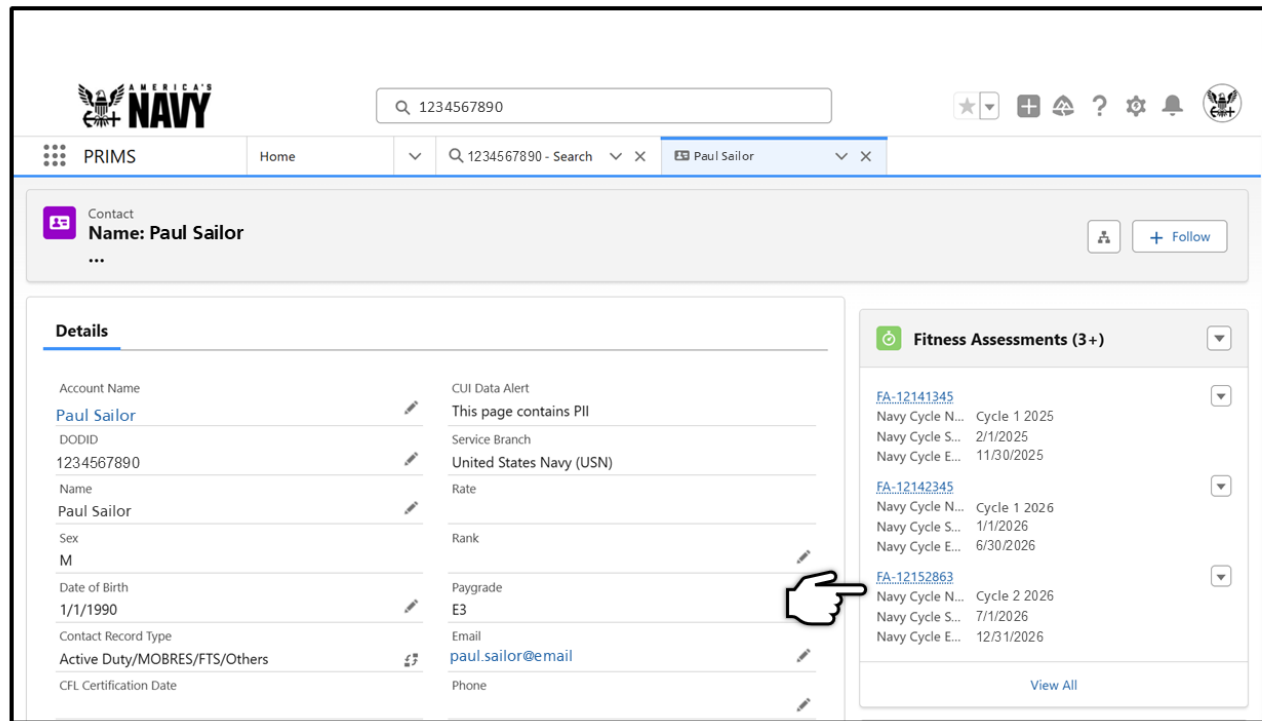
Step-By-Step
Instructions



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.



Details

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

Fitness Assessments (3+)

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

[View All](#)

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



Overview



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Learning Targets



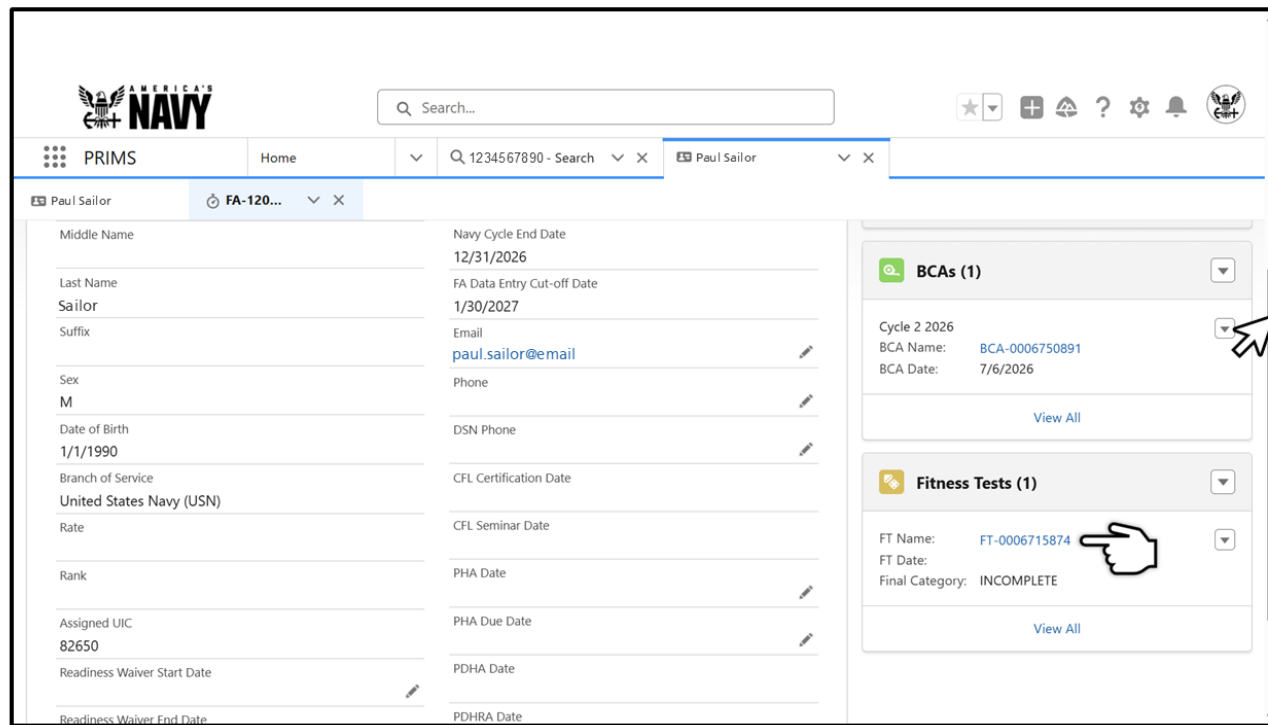
Step-By-Step
Instructions



Quick Steps



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



The screenshot shows the PRIMS interface for 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 columns for FT Name, FT Date, and Final Category. The 'FT Name' field contains the value 'FT-0006715874' and is highlighted with a hand icon, indicating it is a clickable hyperlink. Below the table, there is a 'View All' link.

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



Overview



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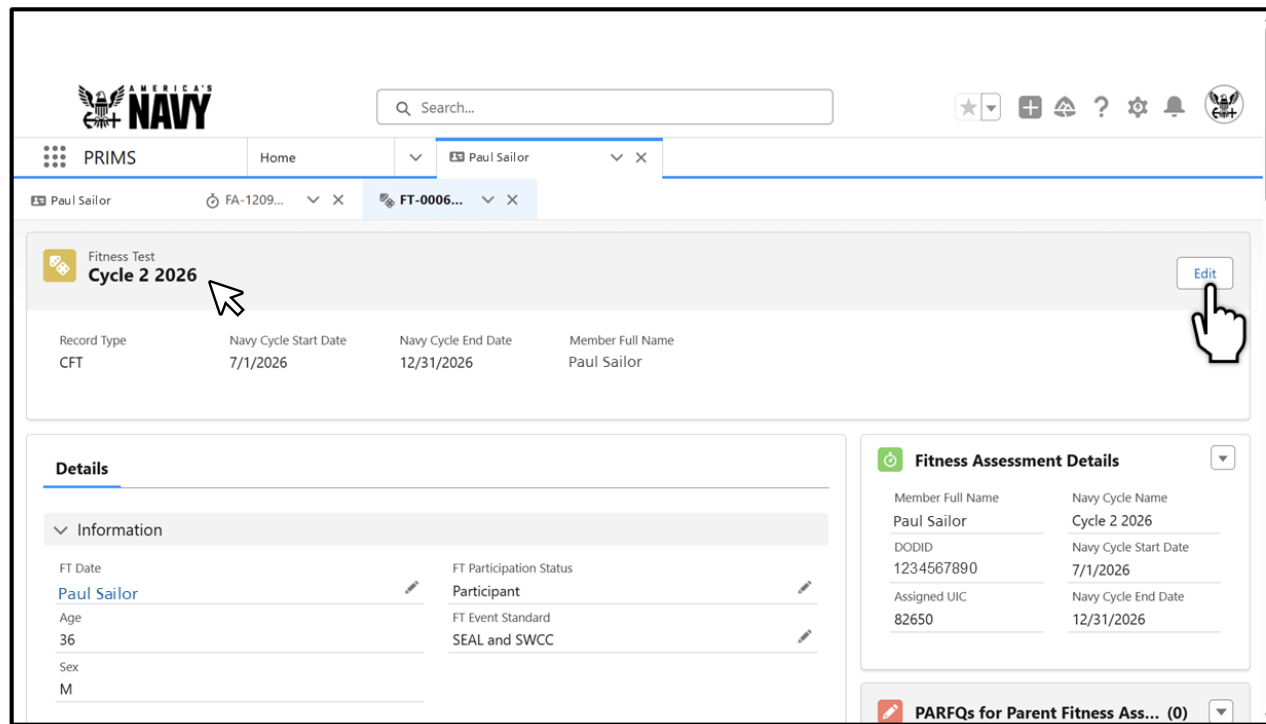
Step-By-Step
Instructions



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.



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**.



Overview



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Learning Targets



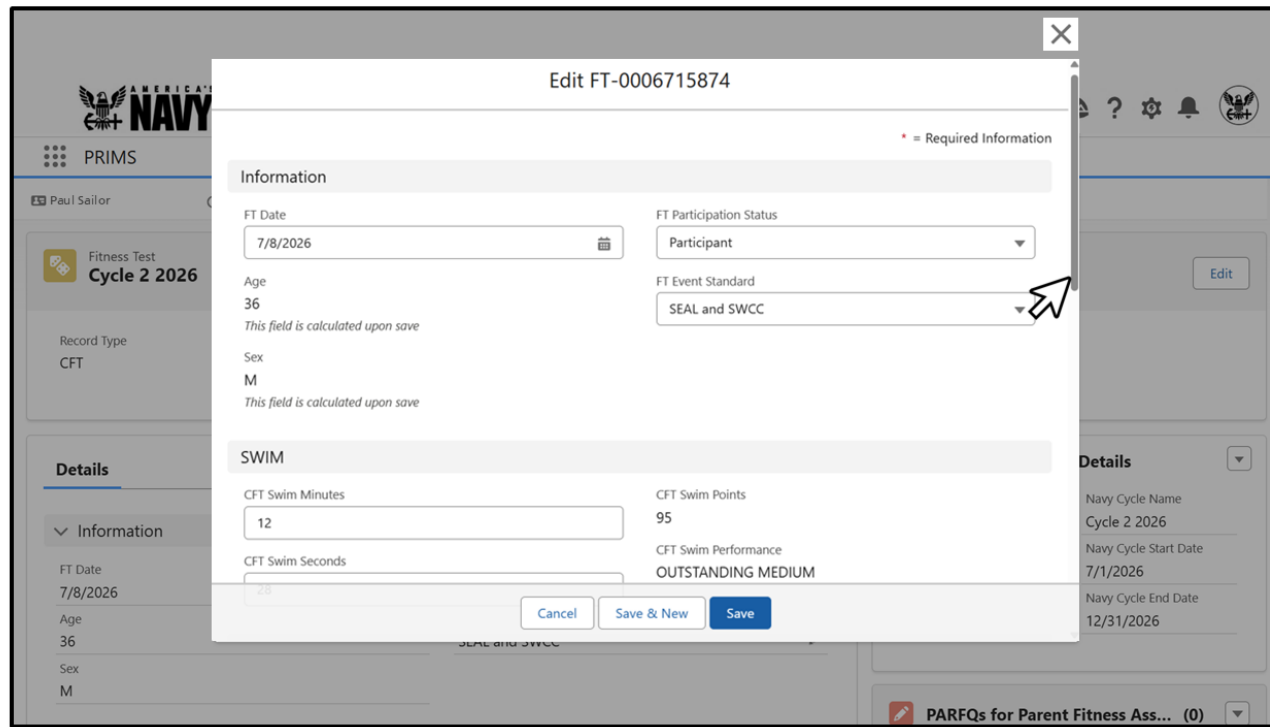
Step-By-Step
Instructions



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.




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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Learning Targets



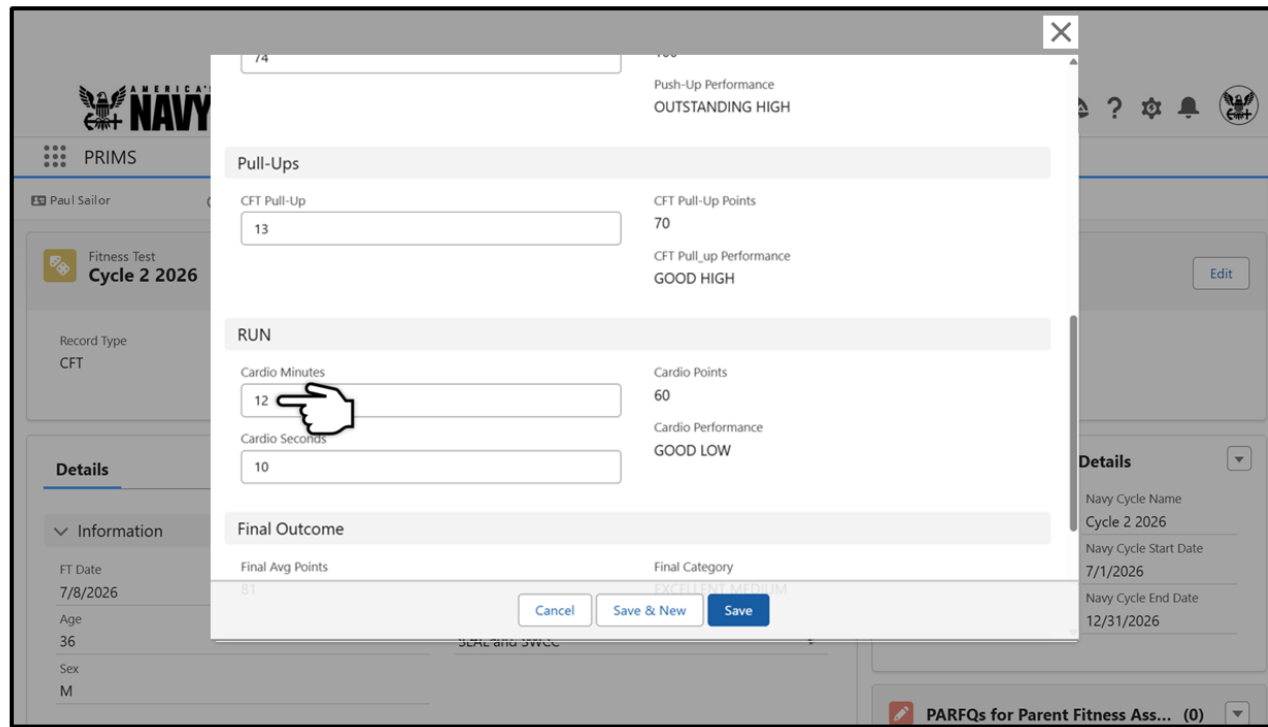
Step-By-Step
Instructions



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

Event	Value	Performance
Pull-Ups	13	GOOD HIGH
Cardio Minutes	12	GOOD LOW
Cardio Seconds	10	GOOD LOW

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



Overview



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Learning Targets



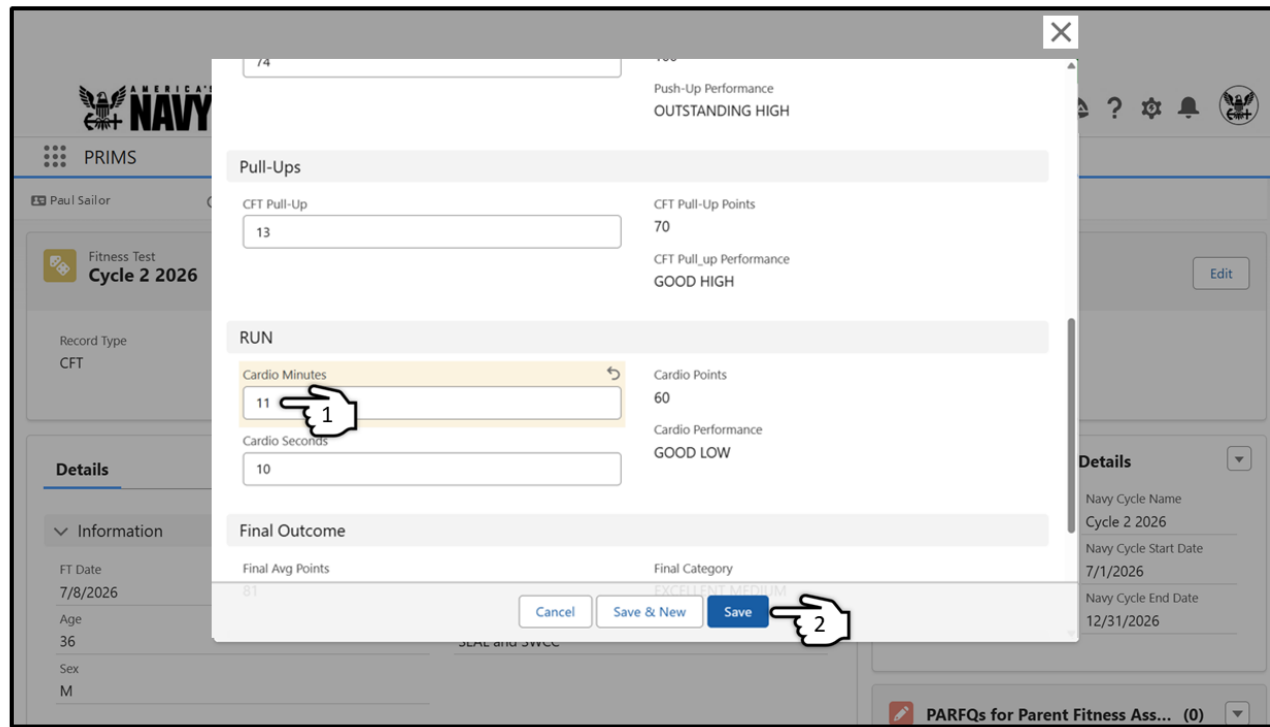
Step-By-Step
Instructions



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.



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**.



Overview



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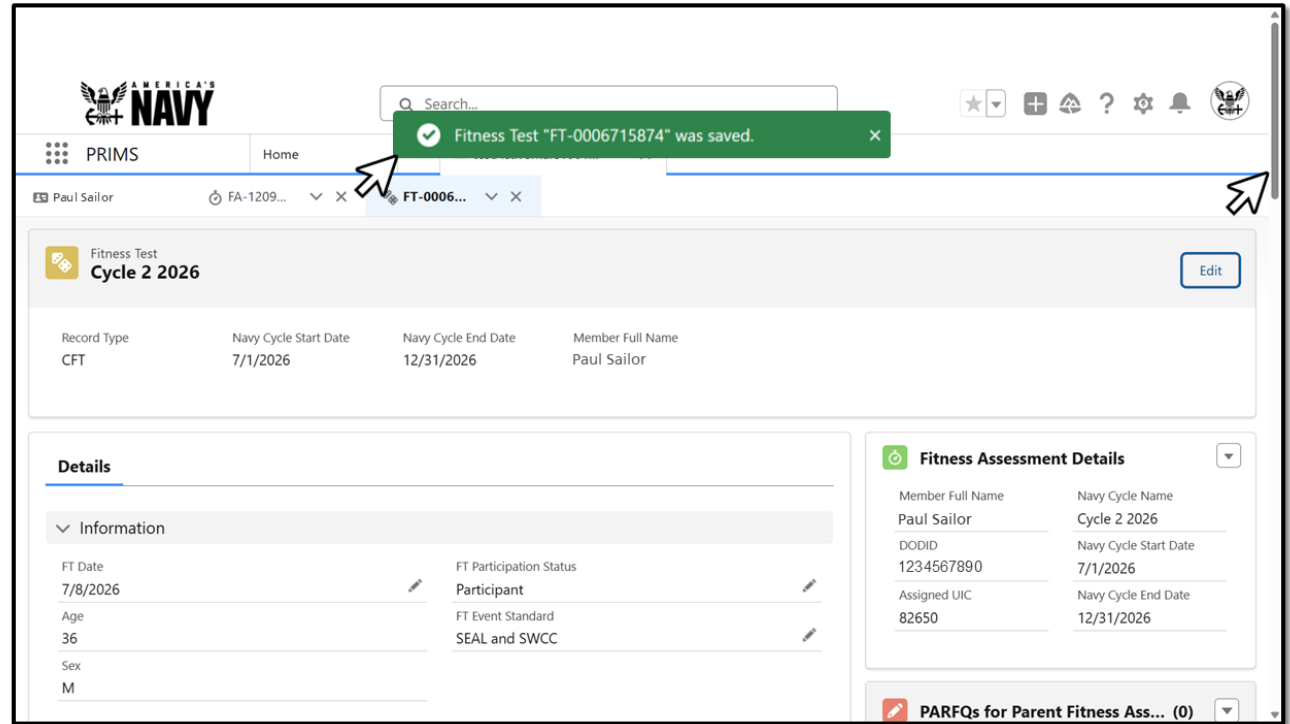
Step-By-Step
Instructions



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.



PRIMS Home

Search...

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

Fitness Test
Cycle 2 2026

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

Details

Information

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

Fitness Assessment Details

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

PARFQs for Parent Fitness Ass... (0)

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

How To Edit a CFT

Step-By-Step Instructions



Overview



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Learning Targets



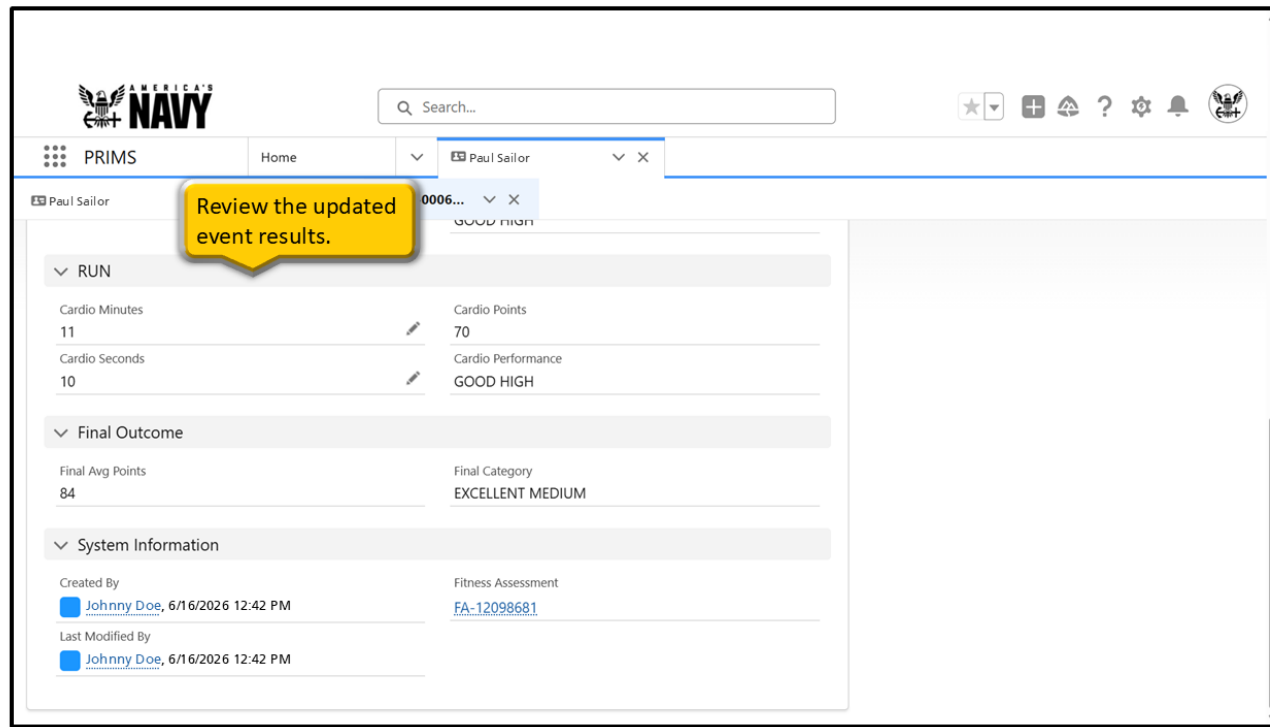
Step-By-Step
Instructions



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.



Review the updated event results.

AMERICA'S NAVY

PRIMS Home Paul Sailor

Paul Sailor 0006... GOOD HIGH

RUN

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

Final Outcome

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

System Information

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

Review the event results and updated Final Outcome.

How To Edit a CFT

Step-By-Step Instructions



Overview



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Learning Targets



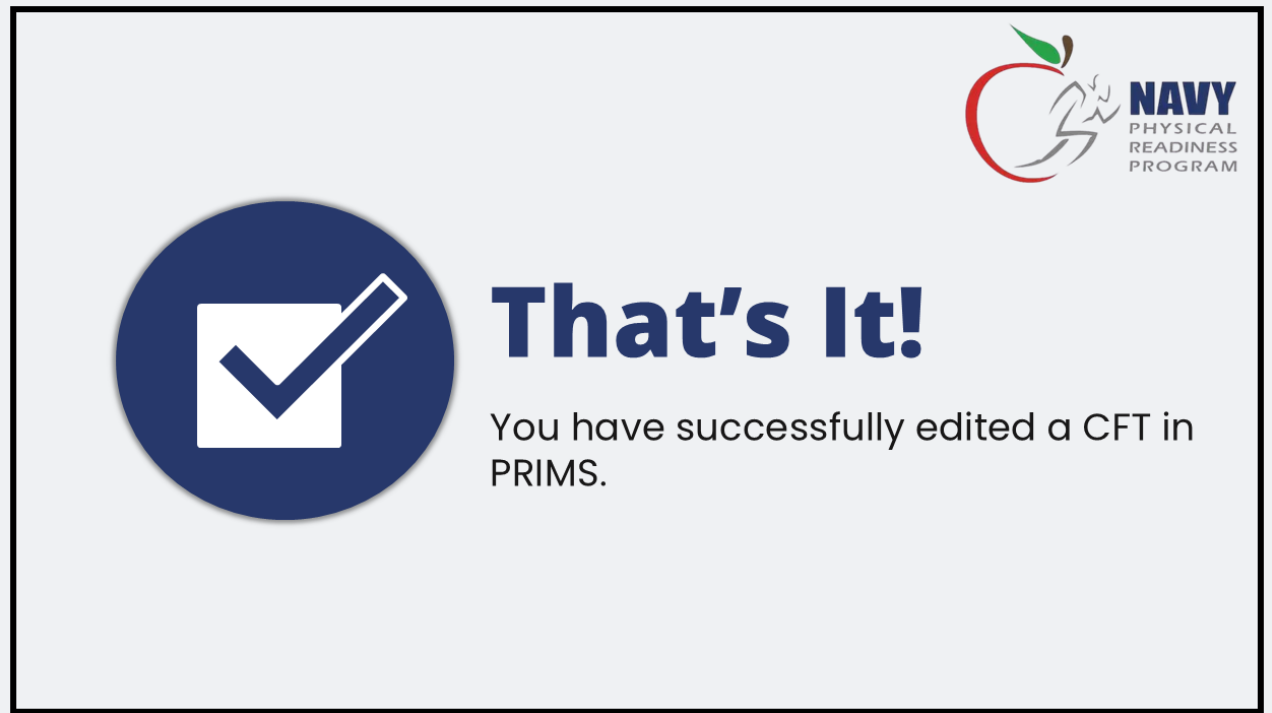
Step-By-Step
Instructions



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.



[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.



Overview



Tutorial
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Learning Targets



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