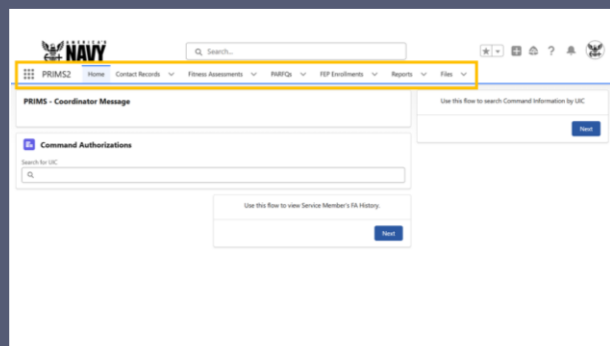




PRIMS Training

CFA Training for Read-Only Users



[Start Tutorial](#)



CFA Guidance



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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.



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



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 view the CFA modalities that you can print & reference.



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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.

How to View a CFA modalities

PRIMS Quick Steps



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

2 View the Fitness Assessment categories by selecting the [Medical Waiver Name](#) hyperlink, [BCA Name](#) hyperlink, and [FT Name](#) hyperlink.

Note: *Fitness Assessment and Fitness Test have replaced "PFA" within Sailor contact records. This system-wide change supports data entry for the PFA and CFA required for Combat Arms personnel.*


Fitness Assessments (3+)

FA-12088819		
Navy Cycle N...	Cycle 2026	
Navy Cycle S...	7/1/2026	
Navy Cycle E...	12/31/2026	


PARFQs (0)


Medical Waivers (1)

Cycle 2 2026		
Medical Waiver N...	MW-0000387988	
Waiver Start Date:	7/1/2026	
Waiver End Date:	8/7/2026	

[View All](#)


BCAs (1)

Cycle 2 2026		
BCA Name:	BCA-0006750854	
BCA Date:		

[View All](#)


Fitness Tests (1)

FT Name:	FT-0006715837	
FT Date:		
Final Category:	INCOMPLETE	

[View All](#)



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 View a BCA

3 View a CFT



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How To View a Medical Waiver

Step-By-Step Instructions



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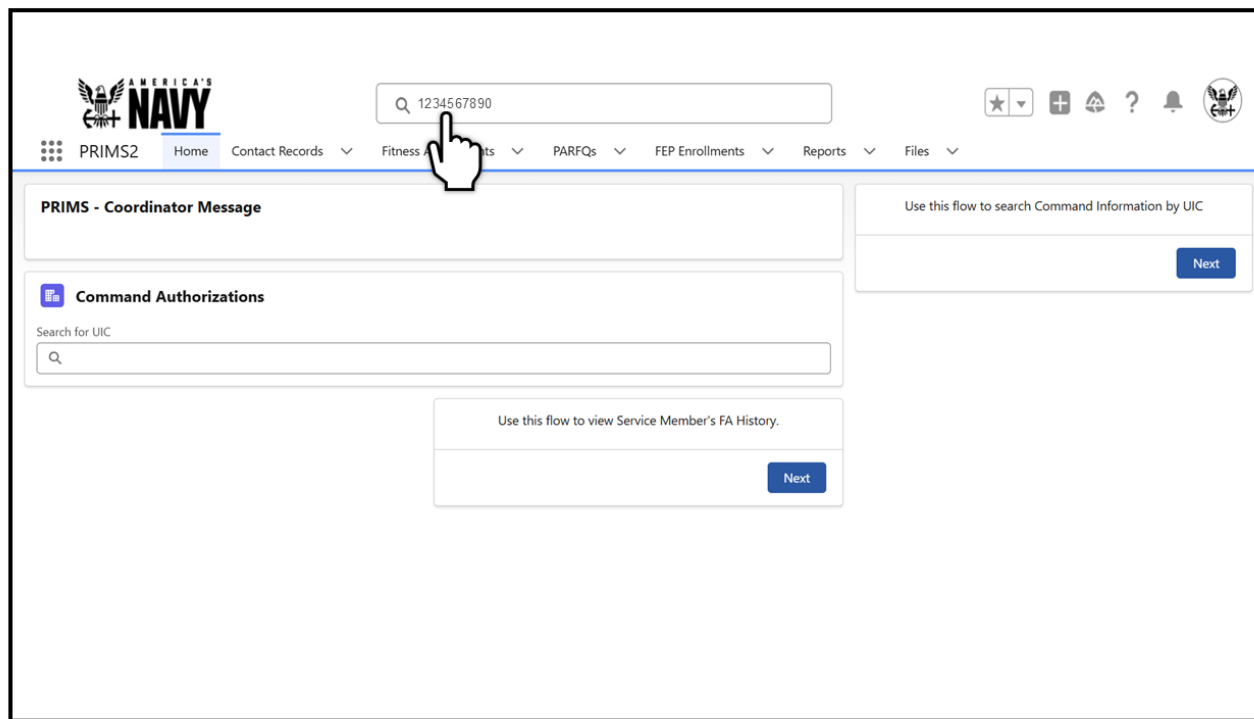
Step-By-Step
Instructions



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.



The screenshot shows the PRIMS2 web application interface. At the top, there is a search bar with the text "1234567890" and a magnifying glass icon. Below the search bar is a navigation menu with links: PRIMS2, Home, Contact Records, Fitness, PARFQs, FEP Enrollments, Reports, and Files. A hand cursor is pointing at the search bar. Below the navigation menu, there are three main sections: "PRIMS - Coordinator Message", "Command Authorizations", and a section for "Service Member's FA History". Each section has a "Next" button. The "Command Authorizations" section has a search field with a magnifying glass icon. The "Service Member's FA History" section has a "Next" button. The interface is framed by a blue border with navigation arrows on the left and right sides.



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

How To View a Medical Waiver

Step-By-Step Instructions



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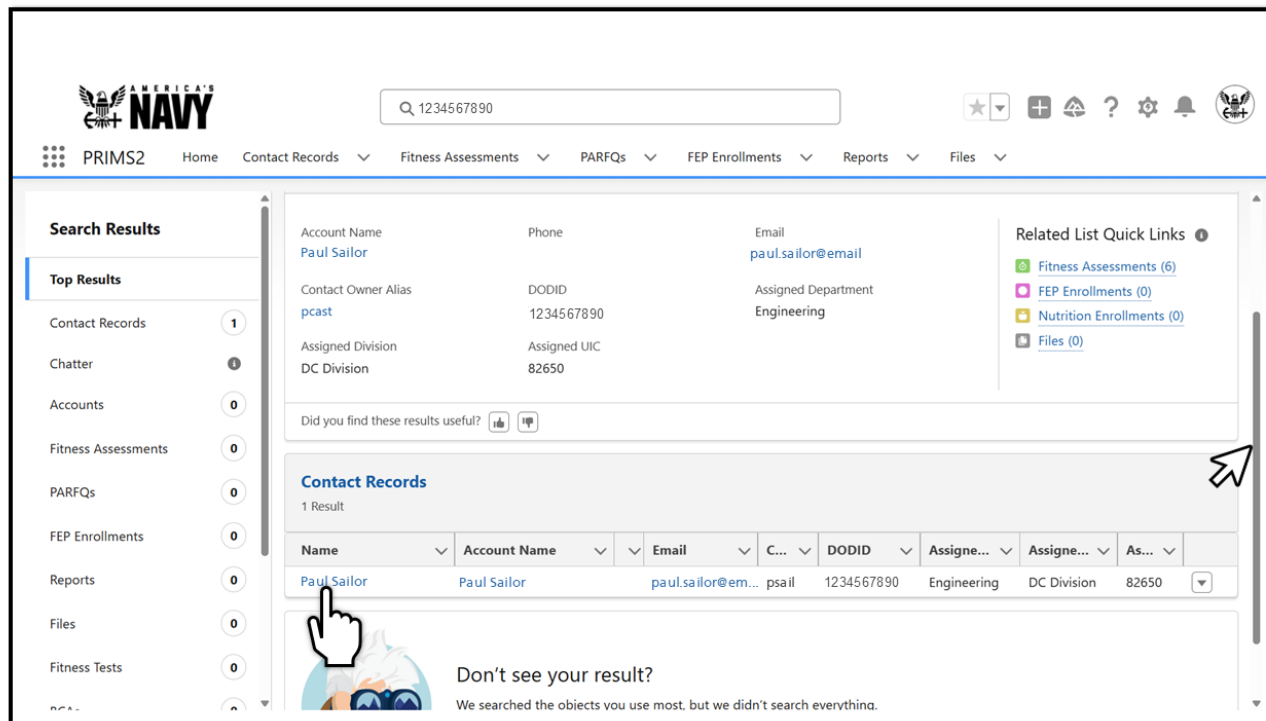
Step-By-Step
Instructions



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 NAVY PRIMS2 interface. At the top, there's a search bar with the text '1234567890'. Below the search bar, there's a navigation menu with options: Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. The 'Contact Records' option is selected. On the left side, there's a 'Search Results' panel with a 'Top Results' section. The 'Contact Records' result is highlighted with a blue bar and a '1' in a circle. The main content area shows the details for 'Paul Sailor', including Account Name, Phone, Email, Contact Owner Alias, DODID, Assigned Division, Assigned UIC, and Assigned Department. A 'Contact Records' section shows 1 result for 'Paul Sailor'. A hand cursor is pointing at the 'Paul Sailor' link in the table. On the right side, there's a 'Related List Quick Links' section with links to Fitness Assessments (6), FEP Enrollments (0), Nutrition Enrollments (0), and Files (0). At the bottom, there's a message: 'Don't see your result? We searched the objects you use most, but we didn't search everything.'

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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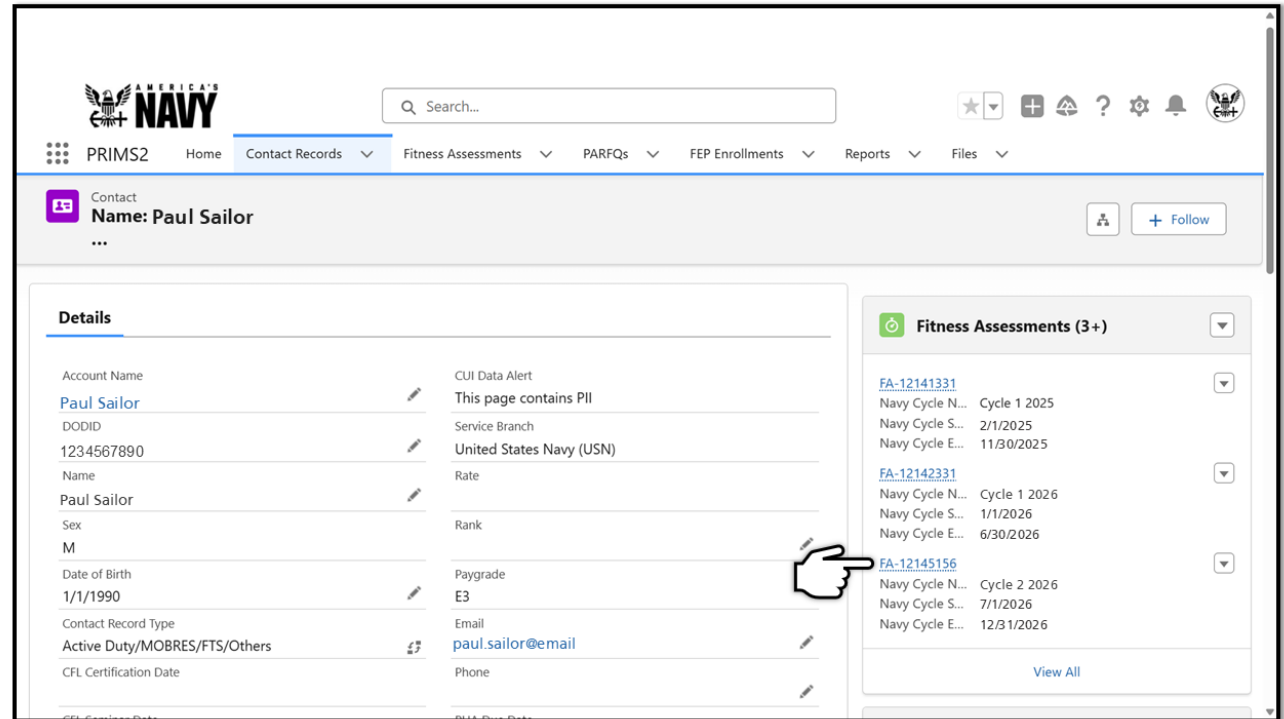
Step-By-Step
Instructions



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 Navy Physical Readiness Program interface. The top navigation bar includes a search bar and various menu items: PRIMS2, Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. The main content area displays the profile of Paul Sailor, including account details, service branch (United States Navy (USN)), rank (E3), and email (paul.sailor@email). A sidebar on the right shows a list of fitness assessments, with the current assessment (FA-12145156) highlighted. A hand icon points to the assessment list.

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

How To View a Medical Waiver

Step-By-Step Instructions



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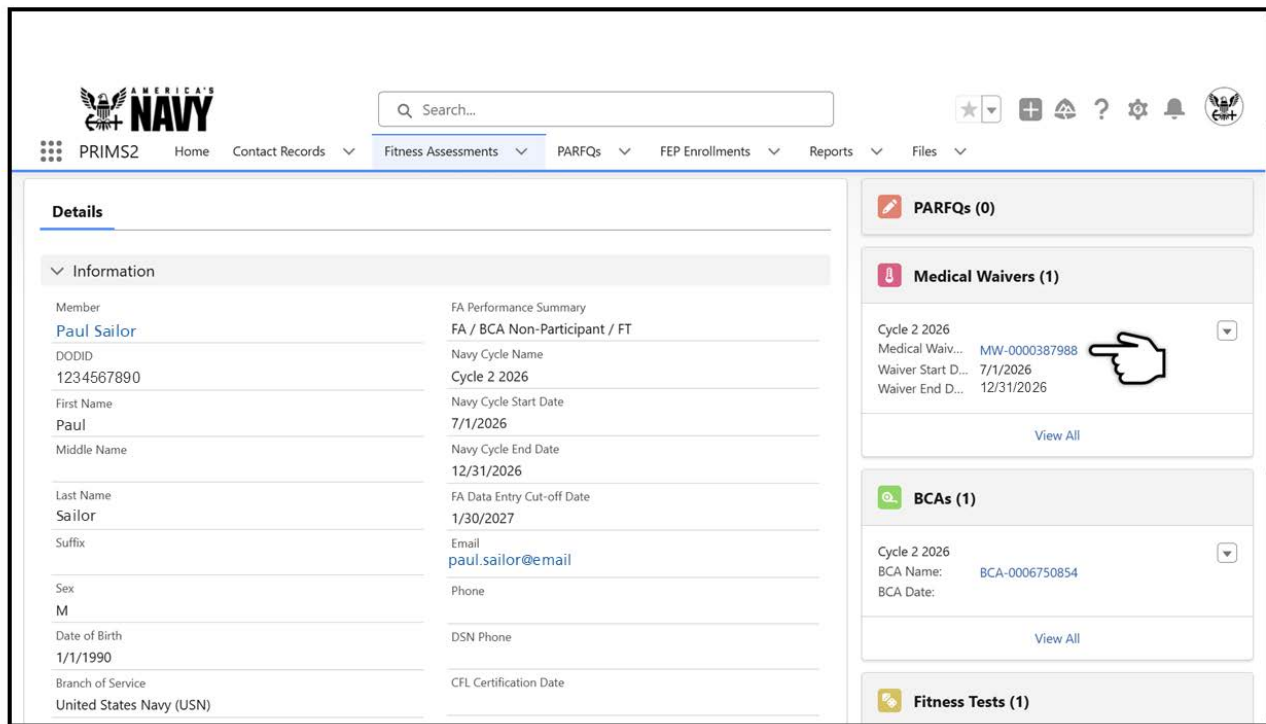
Step-By-Step
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Quick Steps



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 PRIMS2 interface. The top navigation bar includes links for Home, Contact Records, Fitness Assessments (selected), PARFQs, FEP Enrollments, Reports, Files, and a search bar. The main content area is divided into two columns. The left column, titled 'Details', shows member information for 'Paul Sailor' (DODID: 1234567890, First Name: Paul, Middle Name: Paul, Last Name: Sailor, Suffix: , Sex: M, Date of Birth: 1/1/1990, Branch of Service: United States Navy (USN)). The right column, titled 'Medical Waivers (1)', shows a table with one entry for 'Cycle 2 2026' with a 'Medical Waiver' link (MW-0000387988) and a 'View All' link. A hand icon points to the 'Medical Waiver' link. Below this is a 'BCAs (1)' section with one entry for 'Cycle 2 2026' with a 'BCA Name' link (BCA-0006750854) and a 'View All' link. At the bottom right is a 'Fitness Tests (1)' section.

Step 4 of 5: 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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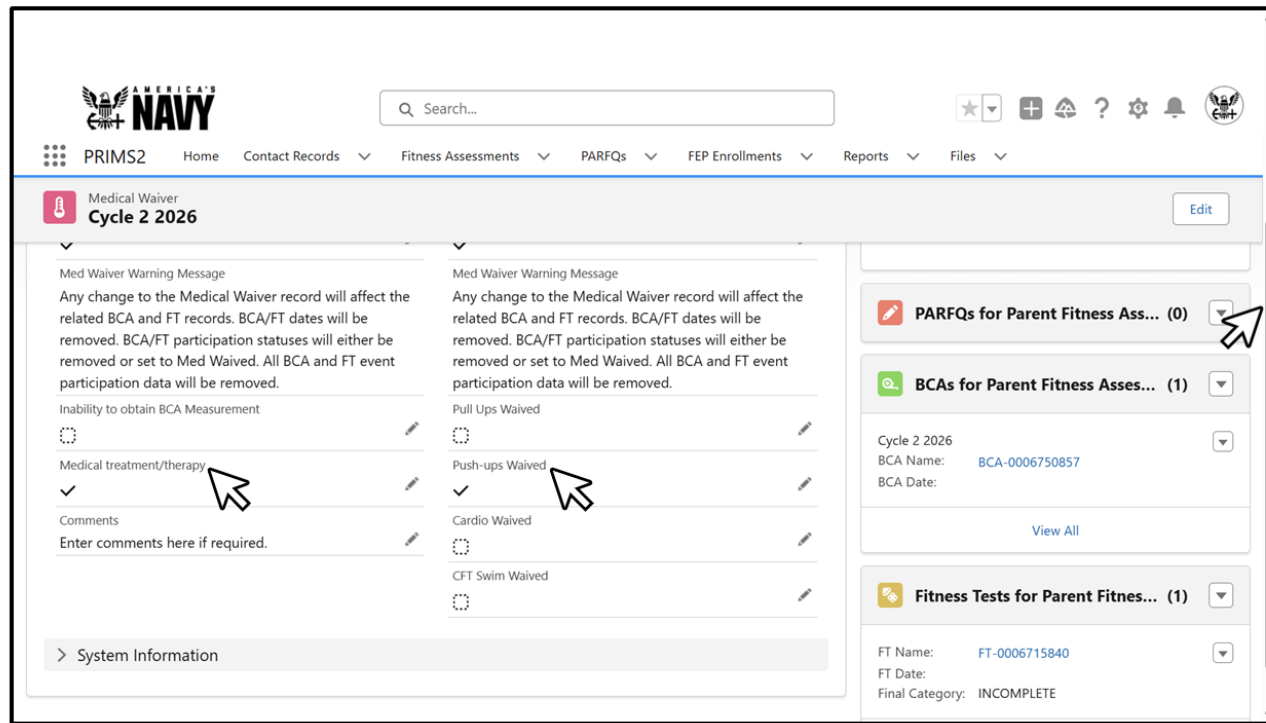
Step-By-Step
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Quick Steps



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.



Medical Waiver Cycle 2 2026 Edit

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.	☐	☐

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.

Pull Ups Waived	☐	☐
Push-ups Waived	☒	☐
Cardio Waived	☐	☐
CFT Swim Waived	☐	☐

PARFQs for Parent Fitness Asses... (0)

BCAs for Parent Fitness Asses... (1)

Cycle 2 2026
BCA Name: [BCA-0006750857](#)
BCA Date: [View All](#)

Fitness Tests for Parent Fitness Asses... (1)

FT Name: [FT-0006715840](#)
FT Date: [View All](#)
Final Category: INCOMPLETE

[System Information](#)

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

How To View a Medical Waiver

Step-By-Step Instructions



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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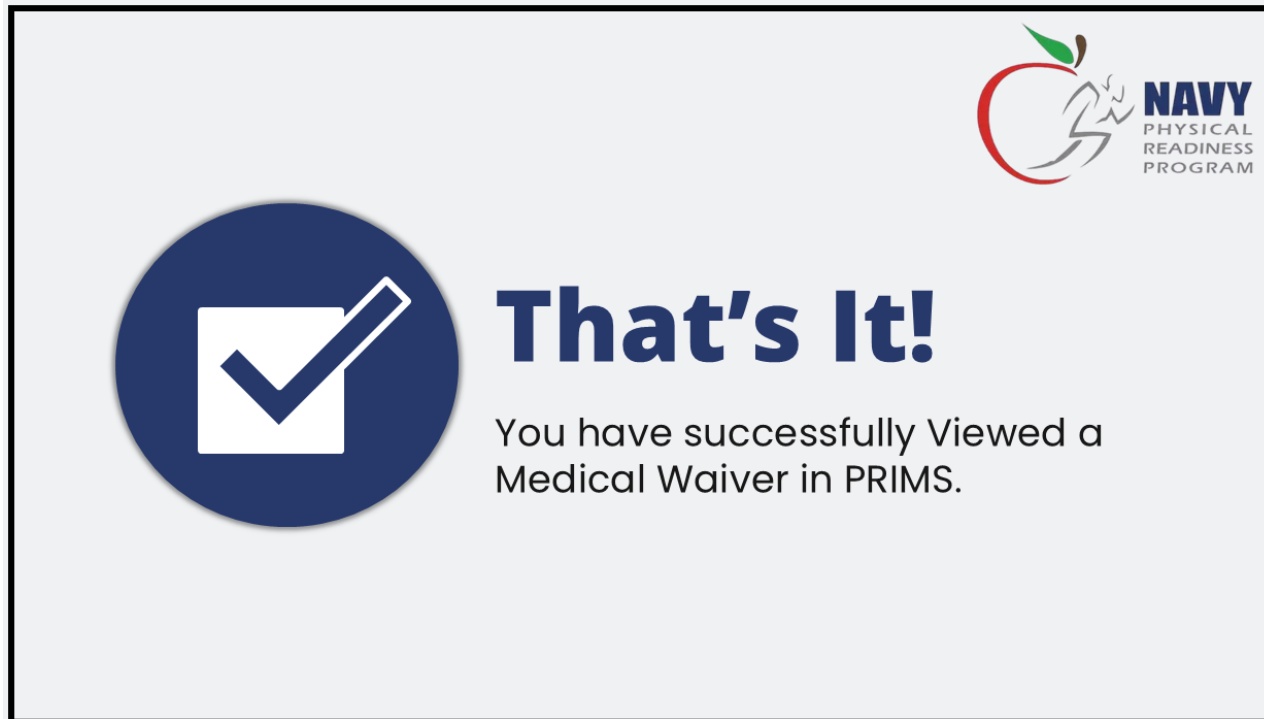
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Continue to View a BCA

How To View a BCA

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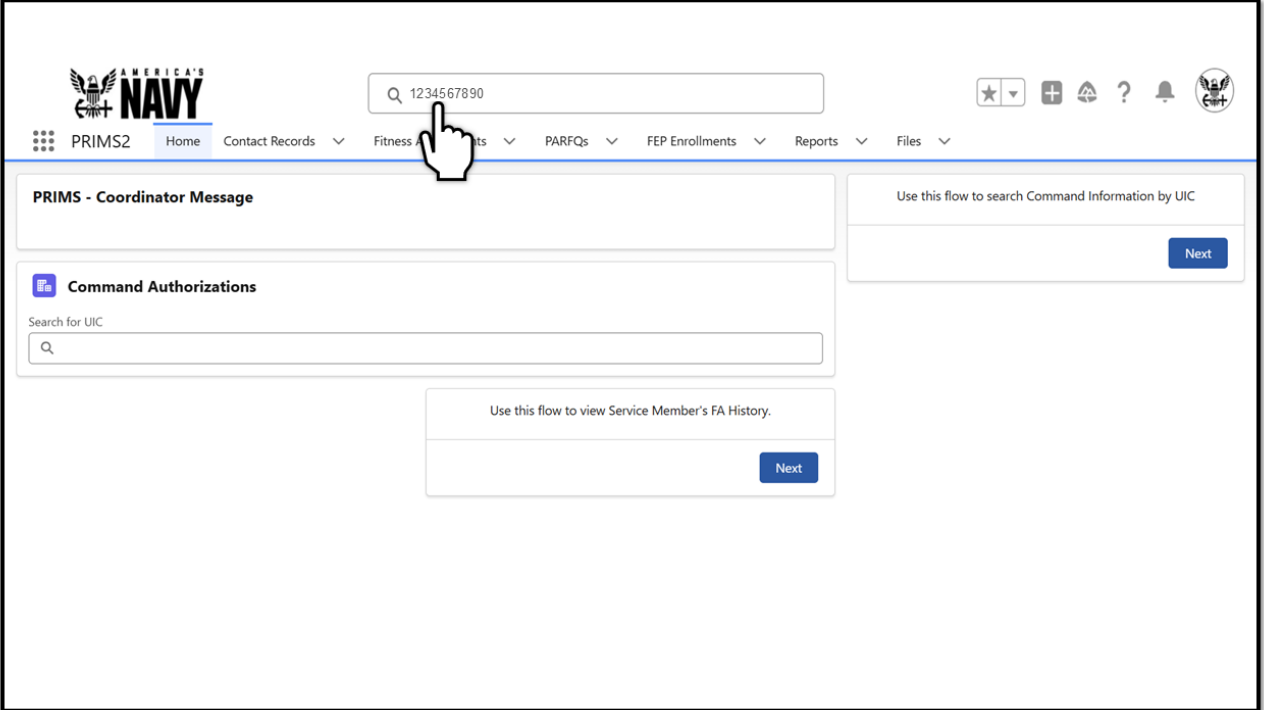
Step-By-Step
Instructions



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.



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

How To View a BCA

Step-By-Step Instructions



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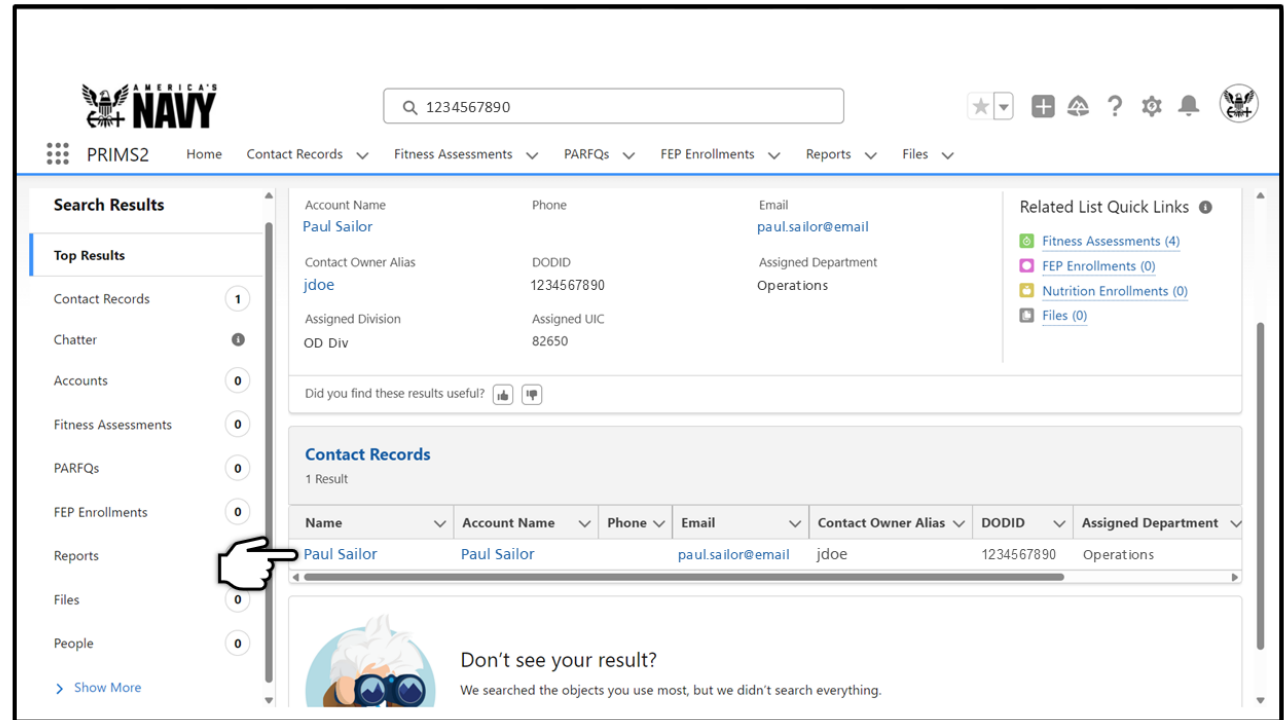
Step-By-Step
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Quick Steps



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



The screenshot shows the PRIMS2 interface. At the top, there's a search bar with the text '1234567890'. Below the search bar, there's a navigation menu with options: Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. The main content area displays search results for 'Paul Sailor'. On the left, there's a sidebar with a list of categories: Contact Records (1), Chatter (0), Accounts (0), Fitness Assessments (0), PARFQs (0), FEP Enrollments (0), Reports (0), Files (0), and People (0). A hand icon points to the 'Contact Records' category. The main content area shows a table with columns: Name, Account Name, Phone, Email, Contact Owner Alias, DODID, and Assigned Department. The table has one row with the data: Paul Sailor, Paul Sailor, 1234567890, paul.sailor@email, jdoe, 1234567890, and Operations. Below the table, there's a message: 'Don't see your result? We searched the objects you use most, but we didn't search everything.'

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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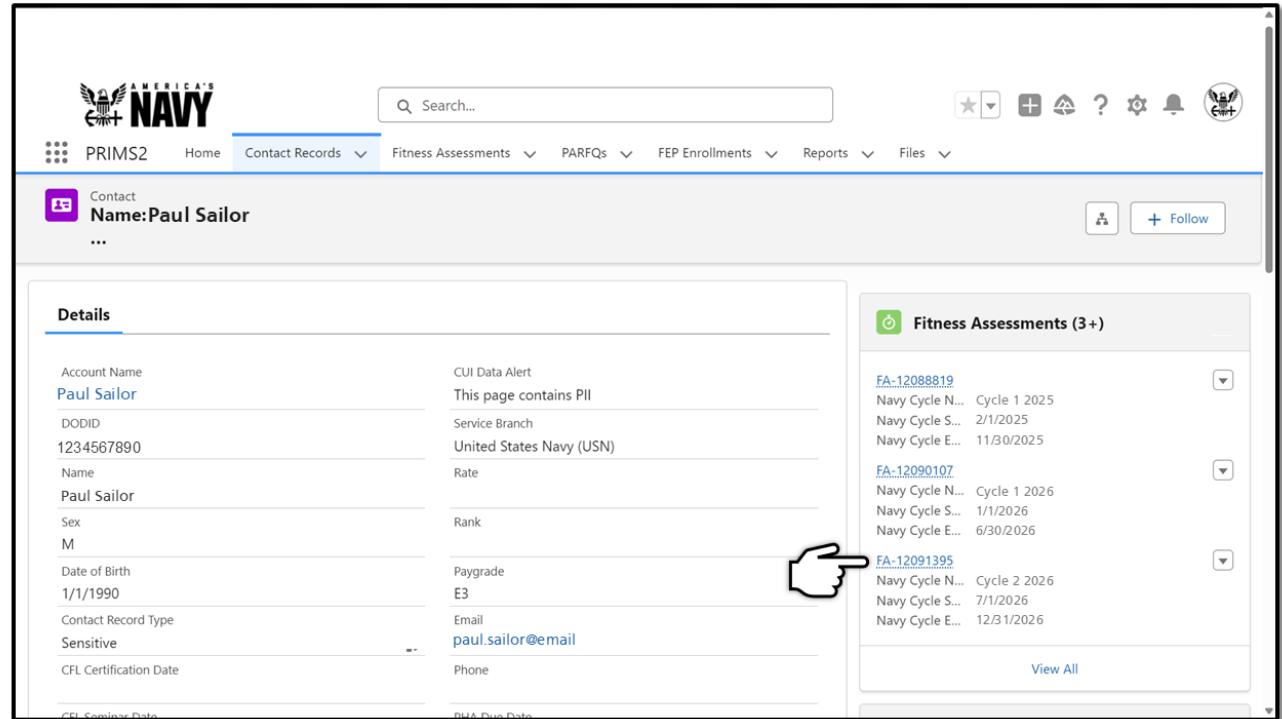
Step-By-Step
Instructions



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.



The screenshot shows the Navy Physical Readiness Program interface. At the top, there's a search bar and navigation tabs: PRIMS2, Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. The 'Contact Records' tab is selected, showing a profile for 'Paul Sailor'. The profile includes details like 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, listing three assessments with their IDs and cycle dates. A hand icon points to the 'FA-12091395' assessment, which is the current one being viewed.

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

How To View a BCA

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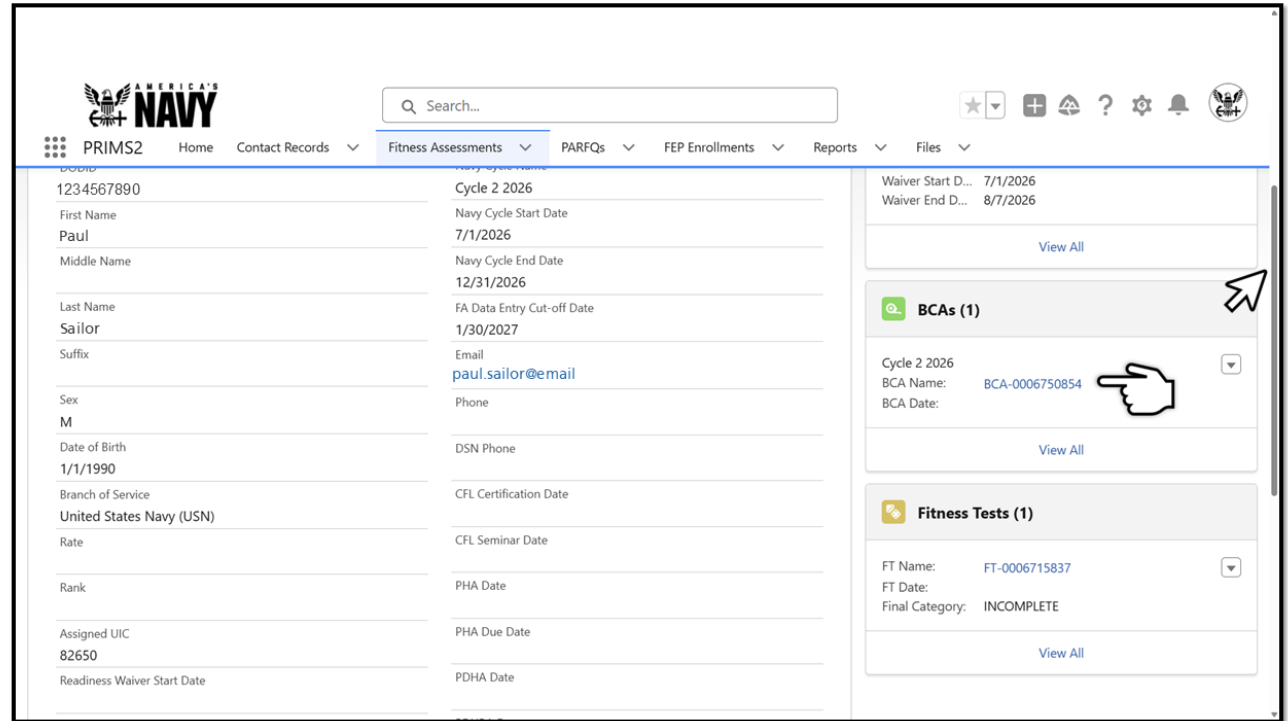
 Learning Targets

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



The screenshot shows the NAVY PRIMS2 interface. The top navigation bar includes a search bar and various icons. The main content area displays a sailor's profile on the left, a list of fitness assessments in the center, and a summary of fitness tests on the right. The 'BCAs (1)' tile is highlighted, and a hand cursor is pointing to the 'BCA-0006750854' hyperlink. Below the screenshot, there are six circular navigation buttons, with the first four being blue and the last two being grey.

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



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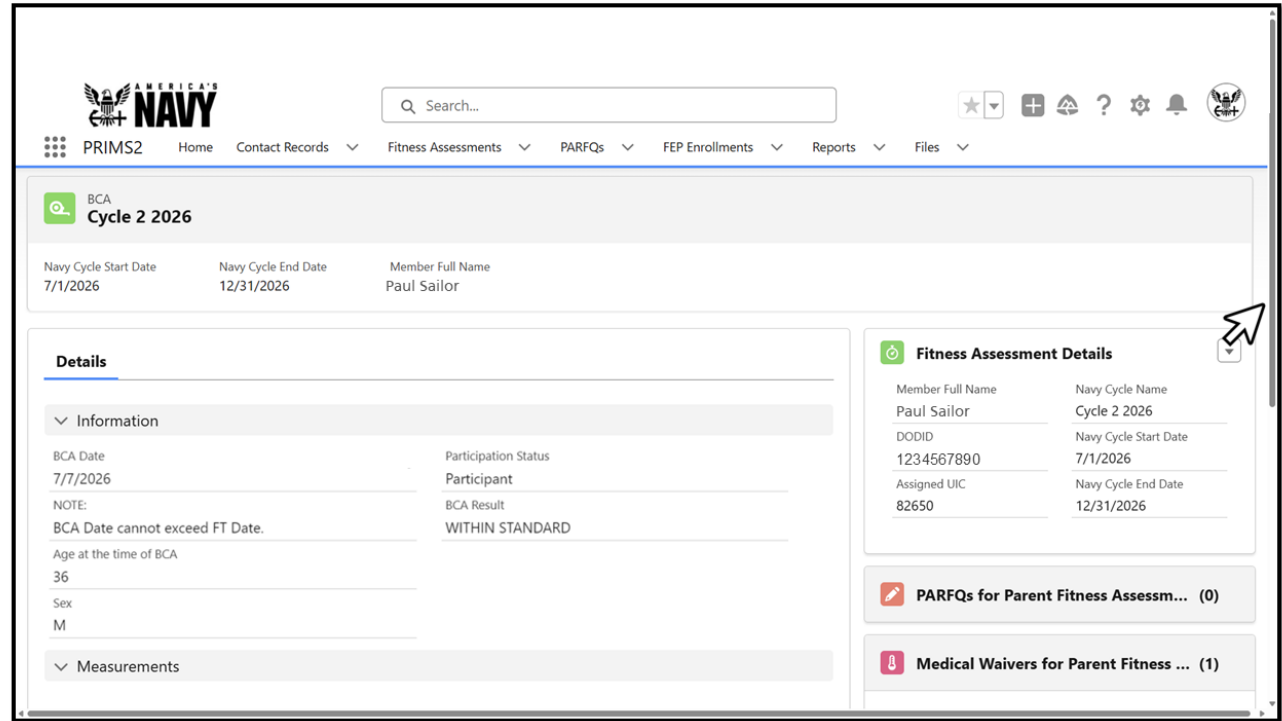
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Need to go back or move ahead? *Desktop Users:* Select the **Arrows** (< >) or the **Dots** (...) below the images. *Mobile Users:* Tap the **Dots** (...) below the images.



BCA Cycle 2 2026

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

Details

Information

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

Measurements

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 Assessm... (0)

Medical Waivers for Parent Fitness ... (1)

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

How To View a BCA

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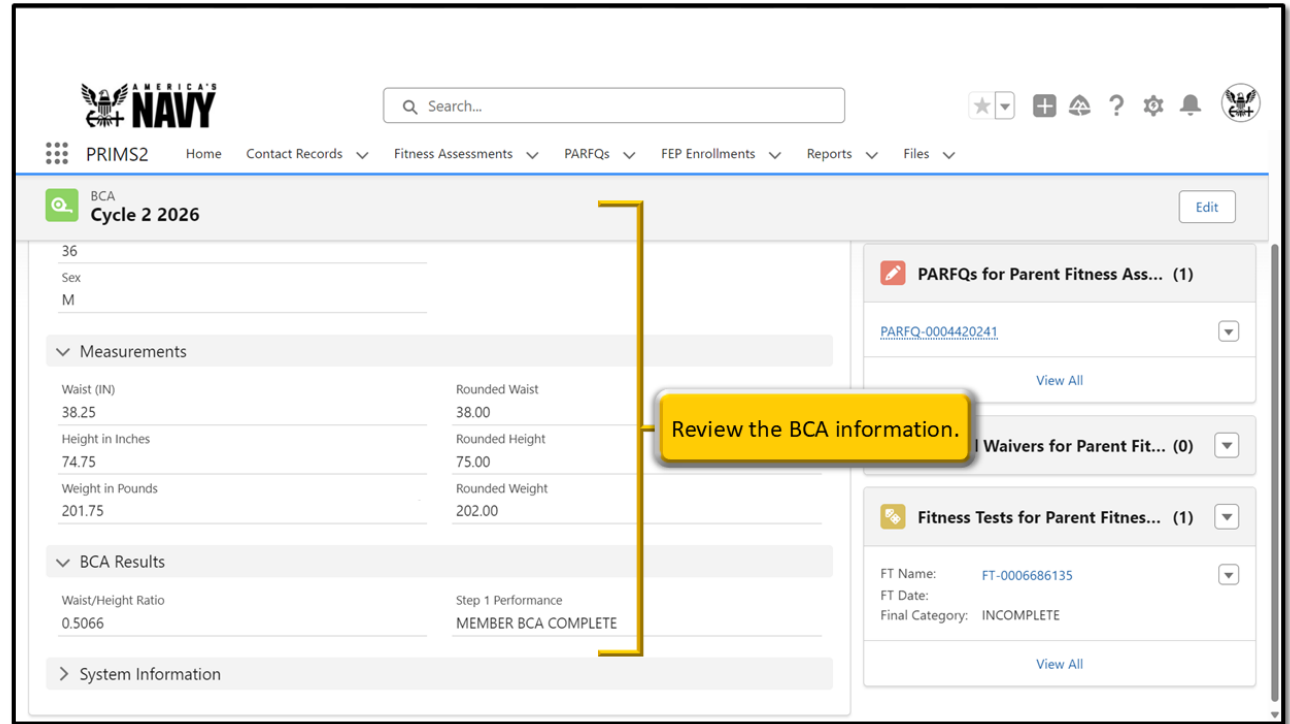
Step-By-Step
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Quick Steps



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



The screenshot shows the NAVY PRIMS2 interface. The top navigation bar includes links for Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. The main content area displays the 'BCA Cycle 2 2026' details. A yellow callout box with the text 'Review the BCA information.' points to the 'BCA Results' section. The 'BCA Results' section shows the 'Waist/Height Ratio' as 0.5066 and 'Step 1 Performance' as 'MEMBER BCA COMPLETE'. The 'Measurements' section shows 'Waist (IN)' as 38.25, 'Height in Inches' as 74.75, and 'Weight in Pounds' as 201.75. The 'PARFQs for Parent Fitness Ass...' section shows a link to 'PARFQ-0004420241'. The 'Fitness Tests for Parent Fitness...' section shows 'FT Name: FT-0006686135' and 'Final Category: INCOMPLETE'.

View the BCA details.

How To View a BCA

Step-By-Step Instructions



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



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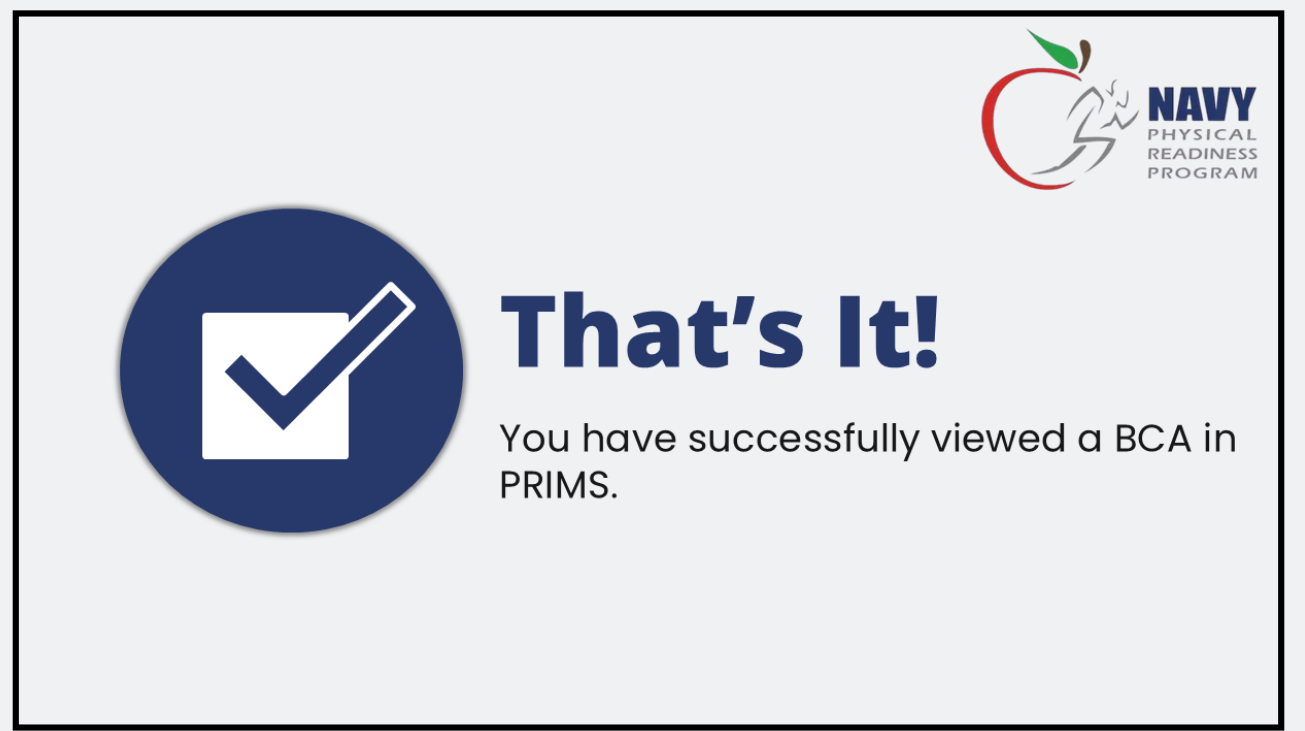
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Continue to View a CFT

3 How To View a Fitness Test (FT) Step-By-Step Instructions



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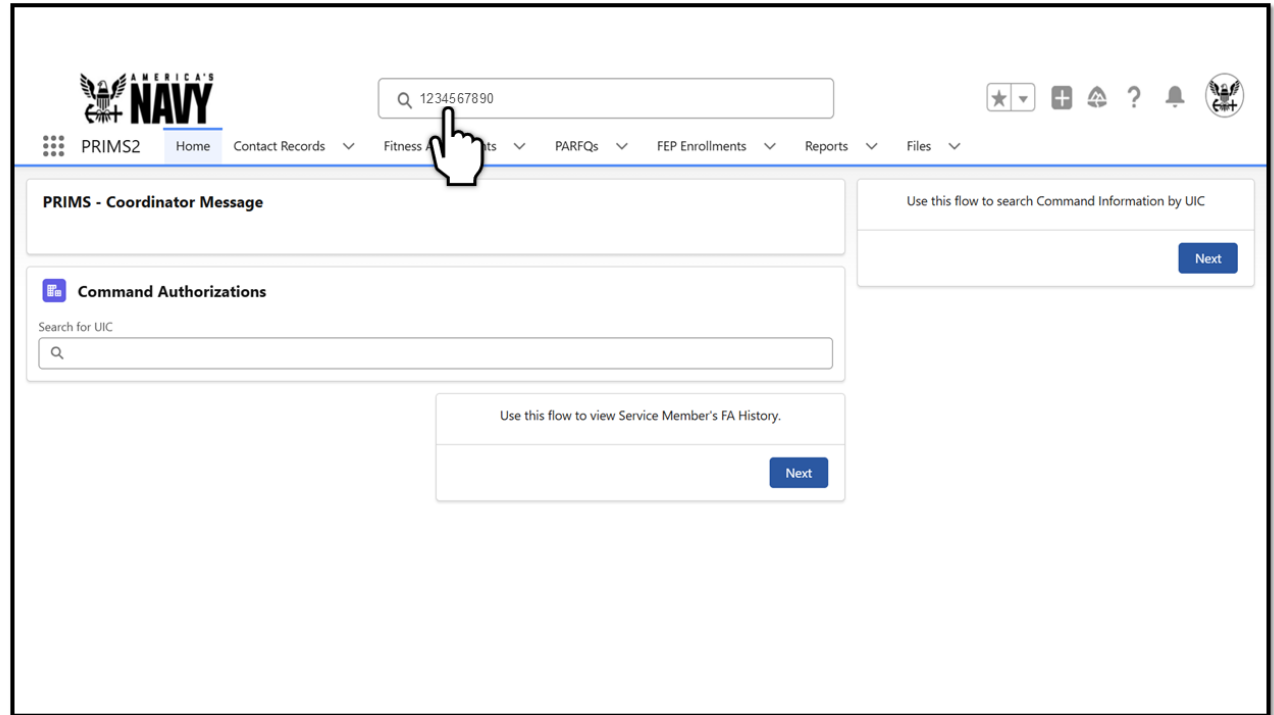
Step-By-Step
Instructions



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

3 How To View a Fitness Test (FT) Step-By-Step Instructions



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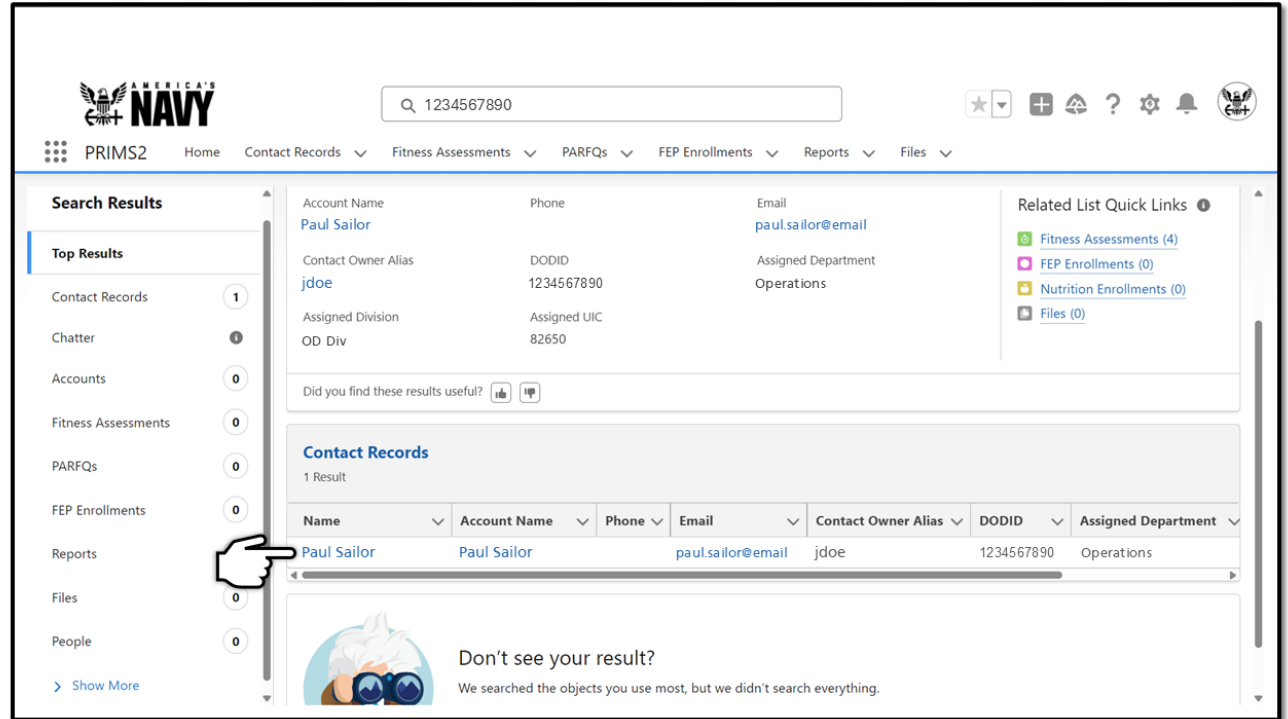
 Learning Targets

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



The screenshot shows the PRIMS2 interface. At the top, there's a search bar with '1234567890' and a navigation menu with options like Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. The main content area displays search results for 'Paul Sailor'. A sidebar on the left lists various categories with counts: Contact Records (1), Chatter (0), Accounts (0), Fitness Assessments (0), PARFQs (0), FEP Enrollments (0), Reports (0), Files (0), and People (0). A hand icon points to the 'Contact Records' tile. The 'Contact Records' section shows 1 result in a table with columns: Name, Account Name, Phone, Email, Contact Owner Alias, DODID, and Assigned Department. The result for 'Paul Sailor' is listed. 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.'

Name	Account Name	Phone	Email	Contact Owner Alias	DODID	Assigned Department
Paul Sailor	Paul Sailor	1234567890	paul.sailor@email	jdcoe	1234567890	Operations

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



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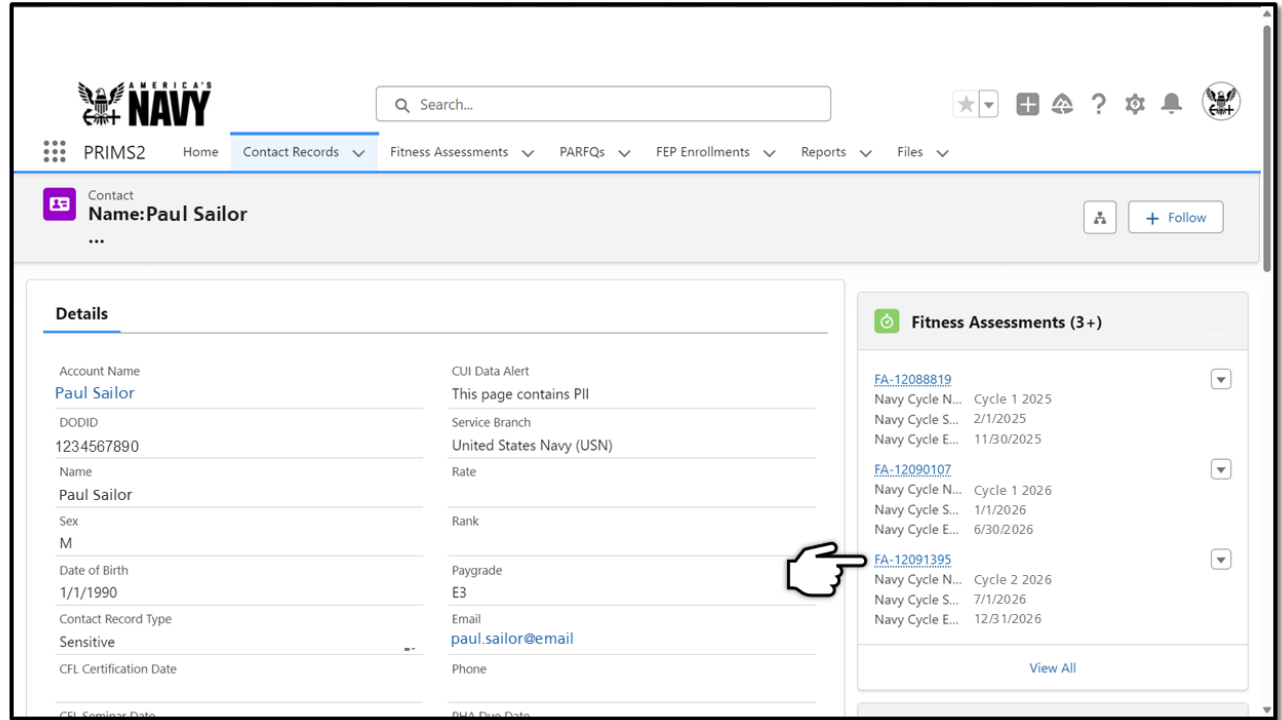
Step-By-Step
Instructions



Quick Steps



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



The screenshot shows the Navy Physical Readiness Program interface. At the top, there's a search bar and navigation tabs: PRIMS2, Home, Contact Records (selected), Fitness Assessments, PARFQs, FEP Enrollments, Reports, and Files. Below the tabs, the user's name is Paul Sailor. The 'Details' section on the left lists account information: Account Name (Paul Sailor), DODID (1234567890), Name (Paul Sailor), Sex (M), Date of Birth (1/1/1990), Contact Record Type (Sensitive), and CFL Certification Date. The 'Fitness Assessments (3+)' section on the right lists three assessments: FA-12088819 (Cycle 1 2025), FA-12090107 (Cycle 1 2026), and FA-12091395 (Cycle 2 2026). A hand cursor is pointing at the third assessment, FA-12091395.



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



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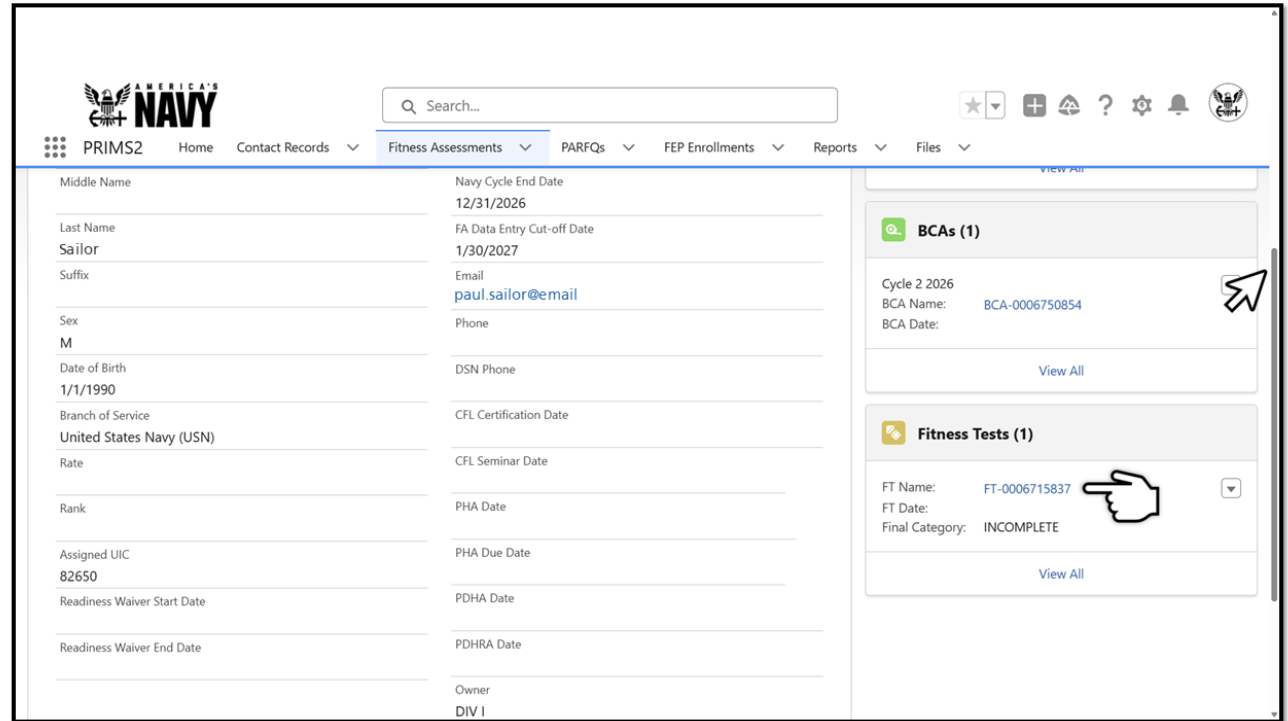
Step-By-Step
Instructions



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 Navy Physical Readiness Program interface. The top navigation bar includes a search bar and various icons. The main content area is divided into sections: 'PRIMS2' (Home, Contact Records, Fitness Assessments, PARFQs, FEP Enrollments, Reports, Files), 'User Profile' (Middle Name, Last Name, Suffix, Sex, Date of Birth, Branch of Service, Rank, Assigned UIC, Readiness Waiver Start/End Dates), 'Navy Cycle End Date' (12/31/2026), 'FA Data Entry Cut-off Date' (1/30/2027), 'Email' (paul.sailor@email), 'Phone', 'DSN Phone', 'CFL Certification Date', 'CFL Seminar Date', 'PHA Date', 'PHA Due Date', 'PDHA Date', 'PDHRA Date', 'Owner', 'DIV I'), 'BCAs (1)' (Cycle 2 2026, BCA Name: BCA-0006750854, BCA Date, View All), and 'Fitness Tests (1)' (FT Name: FT-0006715837, FT Date, Final Category: INCOMPLETE, View All). A hand icon points to the 'Fitness Tests (1)' section.

Step 4 of 6: Select the **Fitness Test** hyperlink.

3 How To View a Fitness Test (FT) Step-By-Step Instructions



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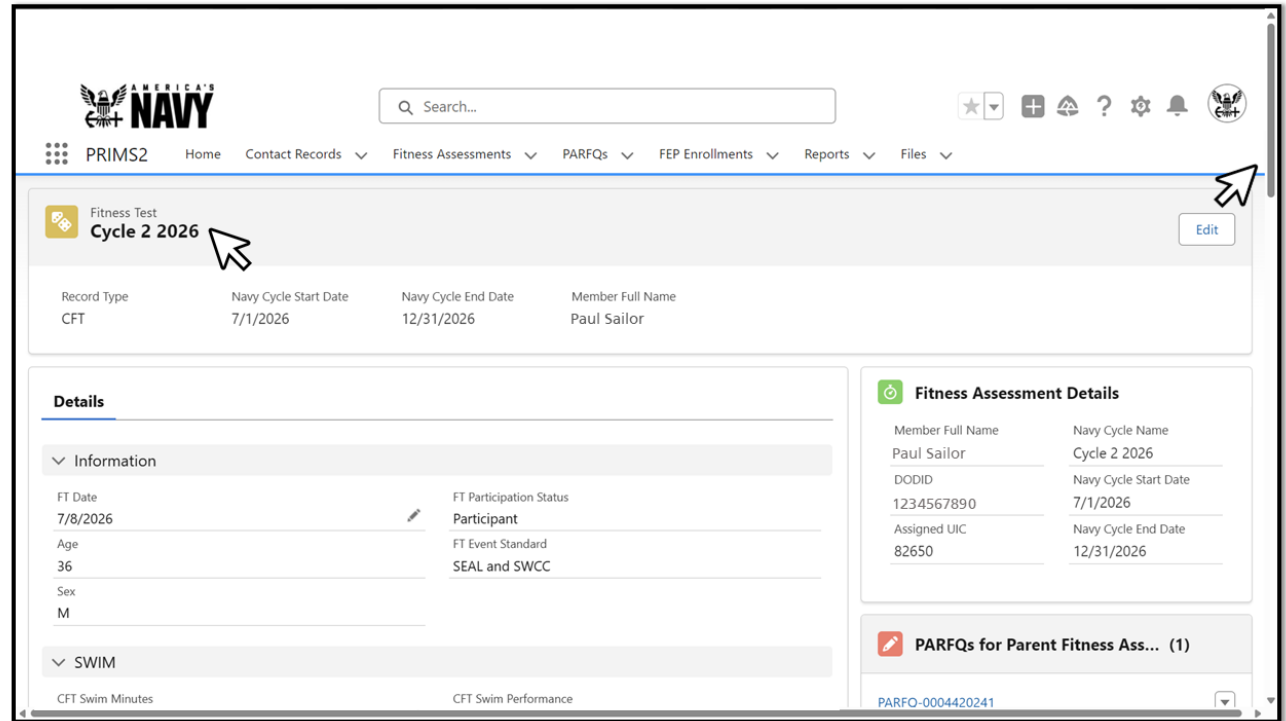
Step-By-Step
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Quick Steps



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.



Fitness Test Cycle 2 2026 [Edit](#)

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

Details

Information

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

SWIM

CFT Swim Minutes	CFT Swim Performance
------------------	----------------------

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)

[PARFO-0004420241](#)

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



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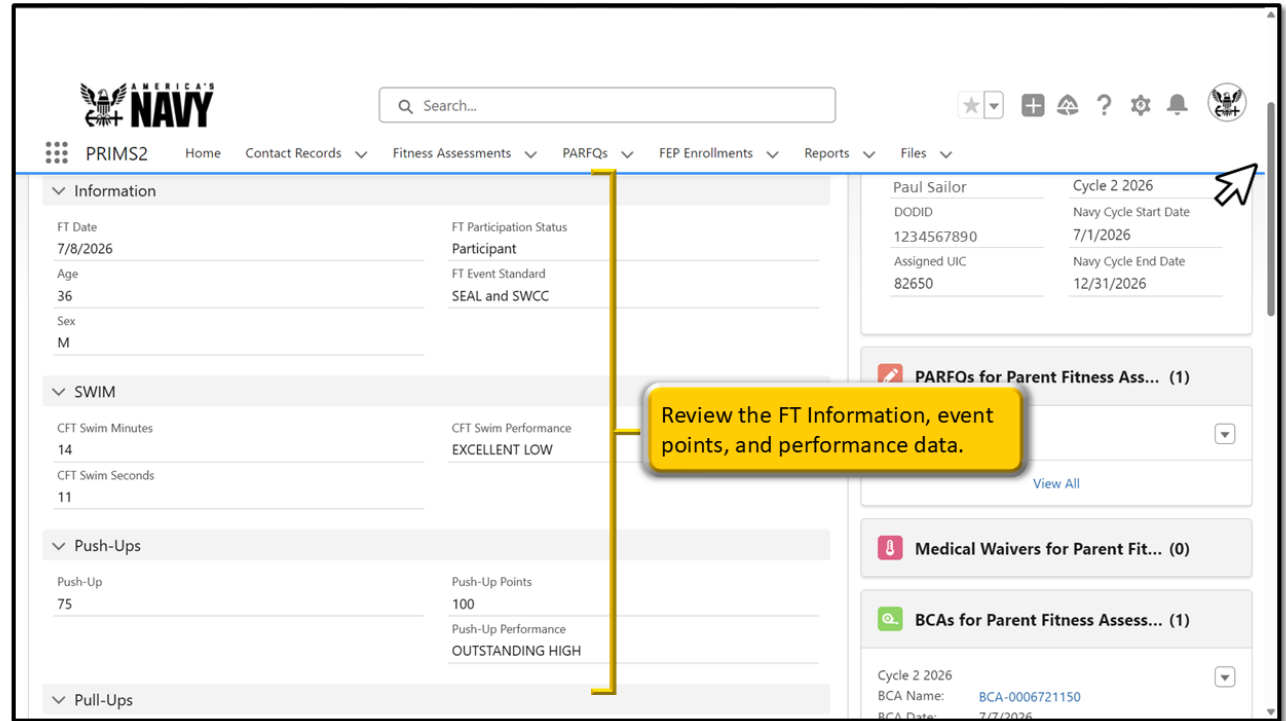
Step-By-Step
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Quick Steps



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



The screenshot displays the PRIMS2 interface for a participant named Paul Sailor. The interface includes a search bar, navigation tabs (Home, Contact Records, Fitness Assessments, PARFOs, FEP Enrollments, Reports, Files), and a detailed view of a fitness test.

Information Section:

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

SWIM Section:

- CFT Swim Minutes: 14
- CFT Swim Performance: EXCELLENT LOW
- CFT Swim Seconds: 11

Push-Ups Section:

- Push-Up: 75
- Push-Up Points: 100
- Push-Up Performance: OUTSTANDING HIGH

Pull-Ups Section:

- (Details are partially visible but not fully legible)

Right Sidebar:

- Paul Sailor - Cycle 2 2026**
 - DODID: 1234567890
 - Assigned UIC: 82650
 - Navy Cycle Start Date: 7/1/2026
 - Navy Cycle End Date: 12/31/2026
- PARFOs for Parent Fitness Ass... (1)** (View All)
- Medical Waivers for Parent Fit... (0)**
- BCAs for Parent Fitness Assess... (1)**
 - Cycle 2 2026
 - BCA Name: BCA-0006721150
 - BCA Date: 7/7/2026

A yellow callout box points to the 'Information' section with the text: "Review the FT Information, event points, and performance data."

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

3 How To View a Fitness Test (FT) Step-By-Step Instructions



Overview



Tutorial
Navigation



Policy Insights



Learning Targets



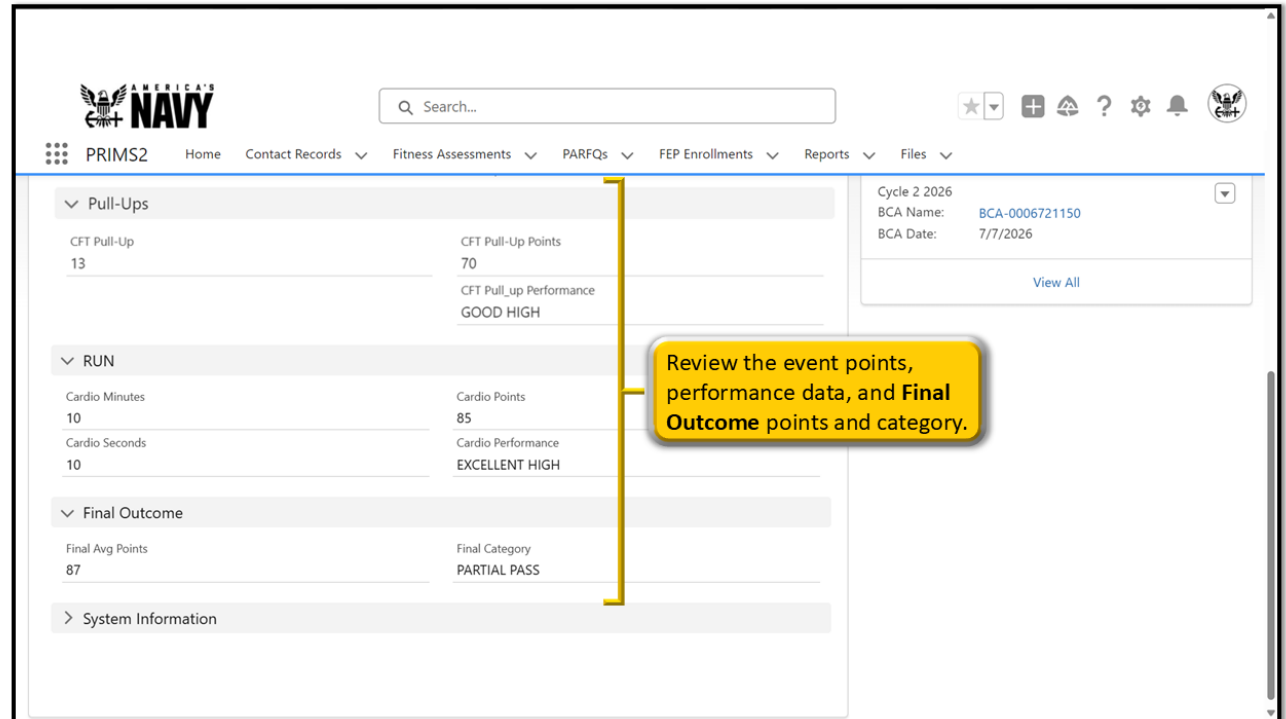
Step-By-Step
Instructions



Quick Steps



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AMERICA'S NAVY

Search...

PRIMS2 Home Contact Records Fitness Assessments PARFQs FEP Enrollments Reports Files

Pull-Ups

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

RUN

Cardio Minutes	Cardio Points
10	85
Cardio Seconds	Cardio Performance
10	EXCELLENT HIGH

Final Outcome

Final Avg Points	Final Category
87	PARTIAL PASS

> System Information

Cycle 2 2026
BCA Name: BCA-0006721150
BCA Date: 7/7/2026
[View All](#)

Review the event points, performance data, and **Final Outcome** points and category.

View the Final Outcome details.

3 How To View a Fitness Test (FT) 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.



That's It!

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



Tutorial Complete

That's It!

You have successfully viewed a Medical Waiver, BCA, & Fitness Test.



Overview



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