

**PHYSICAL READINESS PROGRAM  
FREQUENTLY ASKED QUESTIONS (FAQs)**

**1. Are pregnant Sailors required to provide proof of pregnancy to the CFL for non-participation in the official PFA?**

**ANS:** Yes, pregnant Sailors must provide the CFL with proof of pregnancy (DD 689 Individual Sick Slip). To comply with HIPAA, the CFL is prohibited from keeping a copy.

Ref: PRP Guide 8

**2. How many months do pregnant Sailors have to recover from a Qualifying Birth Event (QBE)?**

**ANS:** A minimum of 12 months.

Ref: PRP Guide 8

**3. Are postpartum Sailors required to perform a wellness PFA before their official PFA?**

**ANS:** Yes, postpartum Sailors will perform a Wellness PFA Screening between 6 and 9 months postpartum following a QBE and medical clearance from their HCP prior to participating in any organized PT led by a CFL/ACFL.

Ref: PRP Guide 8

**4. Does the Postpartum Wellness PFA count as an official PFA for the Navy PFA cycle?**

**ANS:** No. The postpartum Wellness PFA is prohibited from being conducted as an official PFA. It is used to determine when the Sailor may return to command/unit PT.

Ref: PRP Guide 8

**5. How long does a Sailor remain in a pregnancy status?**

**ANS:** Sailors will remain in a pregnancy status from the time pregnancy is confirmed by a military Health Care Provider (HCP) or civilian HCP and until the end of the 12-months following a qualifying birth event (QBE).

Ref: PRP Guide 8

**6. How does the long single cycle for CY23 affect postpartum participation?**

**ANS:** Pregnant Sailors whose postpartum period expires during the CY23 PFA cycle are not required to participate in the official PFA. However, Sailors who are medically cleared and would like to participate, are to coordinate with their CFL/ACFL.

Ref: PRP Guide 8

**7. Will PFA scores from the CY23 cycle be utilized for validation in the CY24 PFA cycle?**

**ANS:** The PFA validation incentive will be based on CNPs decision to do two PFA cycles in 2024. If the decision is to perform one cycle in CY24, then there will be no PFA validation incentive.

Ref: OPNAVINST 6110.1K

**8. Why is the PFA cycle ten months long vice six months long in CY 2023?**

ANS: The cycle is 10 months long to allow as many commands as possible to complete the PFA, especially those commands that may be deployed during the year.

Ref: NAVADMIN 251/22

**9. How does a Sailor regain eligibility for advancement/retention?**

ANS: Sailors who have failed one or more PFAs must pass a command FEP mock or official PFA to regain eligibility for advancement/retention.

Ref: PRP Guide 7; BUPERINST 1610.10F

**10. How should CFLs maintain CY2021 PFA Records and Data Management?**

ANS: CFLs are required to retain original paper copies (notes, worksheets, BCA and PRT score sheets, etc.) of official command PFAs and Fitness Enhancement Program for a period of five years and in line with current personal identifiable information (PII) policy. All official PFA forms can be downloaded on the PRP Website forms section:

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/Forms>

Ref: NAVADMIN 264/21

**11. How do you determine which PFA code is used on Fitness Reports and Evaluations?**

ANS: Per BUPERSINST 1610.10E, enter the one-letter code for the result of each official PFA conducted in the reporting period in block 20. Due to both PFA cycles being “*excused*” in 2020, the one-letter code *N* is to be used if the performance report for each PFA Cycle in 2020. Format for block 20 must be from oldest to most recent PFA performed during the reporting period. For example, a performance report from 16SEP20-15SEP21 would reflect the following:

- Block 20: NP (indicates member was excused for PFA Cycle 20-2 and passed the CY2021 PFA Cycle. **Note:** PFA Cycle 20-1 is not listed because that cycle ended 30JUN20 and the report doesn’t begin until 16SEP20)
- Block 29: PFA: 20-2/CY2021

Ref: BUPERSINST 1610.10E

**12. When should Deployed/Operations (DEP/OP) be used?**

ANS: Based on deployment and operational commitments (DEP/OP), COs have the authority to elect DEP/OP for the PRT component of the official PFA for the entire command. To DEP/OP the entire PFA (BCA and PRT), the CO must request and receive ISIC approval. If COVID-19 conditions have prevented a CO from safely executing the official PFA cycle, the CO may use DEP/OP for the PRT component for the entire command. However, the BCA must be conducted on all personnel prior to the end of the cycle. DEP/OP is normally used for Ships at Sea in a DEP/OP status.

Ref: OPNAVINST 6110.1K

**13. Can I transfer with 1 or more PFA failures?**

Any special programs/billets that have specific PFA requirements will be announced in its governing instruction. Members who are out of standards may transfer; however, assignment to certain duties (e.g., instructor, recruiting, etc.) will continue being restricted to members who are within standards. Select schools may require members to report within Body Composition

Assessment (BCA) or Physical Readiness Test (PRT) standards in order to be accepted for training, or require members to be within standards to graduate. Contact community detailers or school commands for guidance. Certain communities may require members to remain within BCA or PRT standards to retain standing in that community. Contact community detailers or school command for guidance.

Ref: PRP Guide 1; MILPERSMAN 1306-134

**14. Can the PFA for the CPO Season be used as the official PFA?**

If the CPO Select Special PFA is conducted in accordance with OPNAVINST 6110.1 series and approved by the CO, the results can be utilized as official PFA scores in PRIMS for the cycle in which the special PFA occurred.

Ref: PRP Guide 1

**15. If a Sailor fails the BCA, are they required to participate in the PRT?**

Sailors who fail the BCA are required to participate in the PRT. Prior to participation, the Sailor must receive medical clearance in order to participate in the PRT. If not medically cleared the Sailor cannot participate in the PRT.

Ref: PRP Guide 1