PHYSICAL READINESS PROGRAM

Authorized Medical Department Representative Training

APPROVED
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N171 BRANCH HEAD
Introduction

The Navy Physical Readiness Program (PRP) policy is published in OPNAVINST 6110.1 Series. Policy requires all Navy military personnel be properly screened prior to participation in the Navy’s Physical Fitness Assessment (PFA).

Only Authorized Medical Department Representatives (AMDR) may recommend a medical waiver.

AMDRs are required to complete training on proper procedures for PFA medical screening and waivers.

This presentation serves as the required AMDR training.

There is an expectation for a minimum annual review prior to the first calendar year (CY) PFA cycle.
Physical Readiness Program (PRP) Guides

The PRP Guides (11 in total) provide official supplemental policy information to OPNAVINST 6110.1 Series. Available for download via:

- Official Navy PFA app.

Pertinent Guides for this training:

- Guide 4 (Body Composition Assessment (BCA)) describes the BCA standards and measurement procedures.
- Guide 6 (PFA Medical Readiness) provides Command Fitness Leaders (CFLs) and AMDRs additional guidance on medical clearance/waiver procedures and management.
- Guide 8 (Managing PFA Records of Pregnant Sailors) defines the term and policy for ‘pregnancy status’, the Postpartum PFA schedule, and other pregnancy-related considerations.

Additional Guides of interest for medical personnel, but not required and not covered in this training, may include but are not limited to:

- Guide 5 (Physical Readiness Test), sections 2 and 3.
- Guide 9 (Command Physical Training (PT) and Fitness Enhance Program (FEP)).
- Guide 10 (Nutrition Resources).
Training Topics

1. AMDR Roles and Responsibilities
2. Components of the PFA and the medical clearance
3. Body Composition Assessment (BCA) Procedures
4. Physical Fitness Assessment (PFA) Medical Clearance/Waivers Policy
5. Medical Evaluation Boards (MEBs) as a Result of Multiple PFA Medical Waivers
6. Completing the PFA Medical Clearance/Waiver Form (NAVMED 6110/4)
7. PFA Policy for Pregnancy, Assisted Reproductive Technology (ART), and Postpartum Service Women
AMDR

ROLES AND RESPONSIBILITIES
AMDR Roles and Responsibilities

AMDR must:

• Be a physician, adult (including family) nurse practitioner, physician assistant, or Independent Duty Corpsman (IDC).

• Complete Physical Readiness Program AMDR training and review at least annually. *Highly encouraged to review before each PFA cycle.*

• Be designated in writing (after completing training) by the Commanding Officer or Officer in Charge. Note: The AMDR cannot also be designated as a CFL.

• Familiarize oneself with OPNAVINST 6110.1 Series, BUMEDINST 6110.15 Series, and the Physical Readiness Program Operating Guides.

• Review and Sign ALL medical waiver recommendations on the NAVMED 6110/4 only.

• Coordinate with CFLs as needed to support MEB review for those who meet criteria.
COMPONENTS OF THE PFA AND MEDICAL CLEARANCE
Components of the PFA

The Navy PFA is composed of two main parts:

1. Body Composition Assessment
2. Physical Readiness Test
   a) Cardiorespiratory fitness – One event; 1.5 mile run/walk
      1) Alternate options: stationary bike, treadmill, Concept 2 rower, and 500-yard/450-meter swim.
      2) Participation in alternate options is at the discretion of the commanding officer (CO).
   b) Muscular Strength and endurance – 2 events; no alternate options
      1) Push-ups – maximum repetitions in 2 minutes.
      2) Forearm Planks – sustained hold for as long as possible until a maximum time has been reached.
Components of the PFA Medical Clearance

PFA medical clearance includes three components:

1. Current Health Assessments:
   • Periodic Health Assessment (PHA) – within 12 months
   • Post-Deployment Health Re-Assessment (PDHRA) – if required

2. Physical Assessment Risk Factor Questionnaire (PARFQ) (NAVPERS 6110/3) for current PFA cycle
   • PFA Medical Clearance/Waiver Form (NAVMED 6110/4) if directed based on PARFQ response

3. Pre-Physical Activity Questions (PPAQ)** prior to any command/unit PT to include
   • Fitness Enhancement Program (FEP) session
   • Physical Readiness Test (PRT)

** Conducted by CFL/ACFL. Does not involve AMDR.
BODY COMPOSITION ASSESSMENT (BCA) PROCEDURES
Navy BCA Procedures

BCA Requirement:
• Must participate in BCA measurement, regardless of ability or authorization to participate in the PRT portion of the PFA UNLESS:
  ▪ Medically Waived specifically from the BCA
  ▪ Exempt (pregnancy/postpartum)

** Members on limited duty (LIMDU) must have specific limitation for BCA documented as part of their duty restrictions; otherwise, they follow same BCA waiver policy as those not on LIMDU.

Step-1: Maximum Weight for Height
• Specific to gender
• Member must be able to stand unassisted bearing weight on both legs/feet
• If pass – STOP
• If fail – proceed to Step-2
Step-2: Single-Site Abdominal Circumference (AC)

- Same site for both genders
  - Immediately above the uppermost hipbone (superior border of the iliac crest) on the RIGHT side of the body, vertically in line with the armpit (mid-axillary line).

- Maximum (regardless of height or age)
  - Males: 39 inches
  - Females: 35.5 inches

- If pass – STOP
- If fail – Go to Step-3
Navy BCA Procedures

Step-3: Body Circumference (BC) Measurement

- Anatomical locations for Male measurements:
  - Neck under Adam’s apple
  - Abdomen across navel

- Anatomical locations for Female measurements:
  - Neck at larynx
  - Natural waist at smallest portion
  - Hips across greatest protrusion of gluteal muscle

- If pass – PASS BCA
- If fail – FAIL BCA
PFA MEDICAL CLEARANCE/WAIVER POLICY
1. **Members with any positive PARFQ (NAVPERS 6110/3) responses will be referred for clearance or waiver, documented on the NAVMED 6110/4:**
   a) Waivers may be initiated by the treating provider or an AMDR.
   b) Final waiver recommendations (NAVMED 6110/4, Sec 4) to the Commanding Officer (CO) must be completed by a properly trained and appointed AMDR only.
   c) Waivers initiated by treating providers (non-AMDR) must be routed to AMDR for review and final recommendation. If the AMDR determines additional evaluation is required, the Member must schedule an appointment with the AMDR to complete the process. To support remote Members, telehealth is authorized.

2. **All waiver recommendations must be completed on the official NAVMED 6110/4, PFA Medical Clearance/Waiver Form, 12/2023 version and must:**
   a) Have all portions of Sections 1-4 fully completed and appropriately signed.
   b) Be accompanied by a completed PARFQ (NAVPERS 6110/3), signed by Member, and endorsed by the AMDR.
   c) Be documented in the medical record including a copy of the AMDR-signed NAVMED 6110/4 and NAVPERS 6110/3.
3. **Waiver Recommendation Determination:**
   
a) Authorized for injury, illness, or recovery from a procedure preventing participation in PFA prior to the end of the cycle.

   1) If an injury or illness occurs during the PRT and prevents a Member from completing, a waiver should only be recommended if it is determined by the AMDR that it is not due to lack of physical conditioning.

   2) Members currently on LIMDU must have any PFA limitations specifically stated on LIMDU documentation.

b) BCA waivers will be addressed separately on next slide (slide 18).

4. **Periodicity:**
   
a) Waivers are only valid for one (1) PFA cycle.

b) Expiration dates may not exceed the end of the current official Navy PFA cycle.
5. BCA Clearance/Waiver (NAVMED 6110/4, Sec 3):

a) Member must be under the care of a physician.

b) Requires **two (2) Physician signatures**:
   1) Treating physician recommending the waiver, AND
   2) AMDR physician
   3) If the AMDR physician is the treating physician, the 2\textsuperscript{nd} signature must be either another AMDR physician or the AMDR’s supervising physician

c) **Acceptable reasons** for BCA waiver include:
   1) Inability to obtain accurate weight (e.g., leg cast) or measurement (e.g., recent surgery on an area directly involved with the measurements used to calculate BCA)
   2) Medical condition or therapy which has been newly diagnosed, worsened in severity, or a change in dosage of medication which is **known to result in weight gain**

d) Inability to exercise is **NOT** a valid reason for BCA medical waiver

e) Members approved for BCA medical waiver are **NOT** authorized to participate in the stationary bike alternate cardio as an official weight is required for scoring purposes.
MEB AS A RESULT OF MULTIPLE PFA MEDICAL WAIVERS
Medical Evaluation Board (MEB)

1. MEB Reviews are required when the following criteria are met:
   a) Sailor receives multiple PFA medical waivers which resulted in the member not participating in the BCA, or
   b) Sailor receives multiple PFA medical waivers which resulted in the member not participating in a cardio event and at least one (1) muscular endurance event; or two (2) muscular endurance events in the following scenarios:
      i. For the same medical condition for two (2) consecutive PFA cycles.
      ii. Three (3) PFA medical waivers in the most recent four-year period for any medical condition.

2. Responsibilities:
   a) CFL is to inform the CO of any Member that meets MEB criteria on the basis of PFA medical waivers.
   b) The Member's chain of command is responsible to direct the Member to the cognizant medical authority for an MEB. The CFL may assist in the coordination of this process at the CO's discretion.

The MEB process is not specifically a responsibility of the AMDR; further information can be found in Guide 6.
COMPLETING THE PFA MEDICAL CLEARANCE/WAIVER FORM (NAVMED 6110/4)
Sample NAVMED 6110/4 (12/2023)

A copy must be placed in the medical record for proper medical documentation and accounting. If the electronic health record is not available, at minimum a copy should be placed in the hard copy medical record.

**Current version: 12/2023**
### Section 1, A-E, is for the Member to complete

- However, Section 1.E., often needs to be completed by the AMDR.
Section 2 can be completed by EITHER the treating provider or AMDR.

- AMDR is ultimately responsible for ensuring it is completed accurately and within accordance of the policy.
### PRT Waiver Recommendation

- **“Yes”** = Member is recommended NOT to participate in that portion of the PRT.
- **“No”** = Member MAY participate in that portion of the PRT.

<table>
<thead>
<tr>
<th>SECTION 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Completed by Treating Provider OR AMDR</td>
</tr>
<tr>
<td>A. PRT Waiver Recommended</td>
</tr>
<tr>
<td>------------------------------</td>
</tr>
<tr>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
</tr>
<tr>
<td>Yes</td>
</tr>
</tbody>
</table>
**PRT Modifications:**

“Yes” = Member is CLEARED to participate in those activities.

“No” = Member is NOT cleared to participate in those activities.

**Failure to prepare/train, IS NOT** an indication to waive from an activity.

**You can clear a Member to participate in physical training EVEN IF** they are NOT cleared to participate in the PRT.
**Section 3.A**

- “Yes” = Recommend Member NOT participate in the BCA.
- Signatures:
  - Requires TWO physician signatures.
  - Should be the “Treating Physician” + “AMDR Physician.”
    - If the Treating Physician = AMDR, the second physician signature must ALSO be an AMDR or the supervising physician (i.e., Senior Medical Officer) in the AMDR’s chain of command.
    - NMRTCs with Medical Cognizance of a geographic area may be requested to support this requirement.
Section 3.B

- Select indication for BCA Waiver
  - Inability to obtain the proper measurements (see BCA procedures, slides 11-13) OR
  - Medical condition/therapy that is known to cause weight gain and MUST meet at least one of the following in the preceding 6 months:
    1. Newly diagnosed OR worsened in severity (i.e., Hypothyroidism)
    2. Increased dosage (i.e., Corticosteroids)
**NAVMED 6110/4: Section 4**

<table>
<thead>
<tr>
<th>SECTION 4</th>
<th>Final Waiver Recommendation, Completed by AMDR only</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Member Cleared for Full PFA</td>
<td>☐ Yes ☐ No</td>
</tr>
<tr>
<td>B. PRT Waiver Recommended</td>
<td>☐ Yes ☐ Push-Ups ☐ Forearm Plank ☐ 1.5 mile run/walk (Cardio Event)</td>
</tr>
<tr>
<td>C. BCA Waiver Recommended</td>
<td>☐ Yes ☐ No</td>
</tr>
<tr>
<td>D. Is this a second consecutive waiver for the same medical condition?</td>
<td>☐ Yes ☐ No ☐ Not applicable</td>
</tr>
<tr>
<td>E. Waiver Expiration Date</td>
<td></td>
</tr>
</tbody>
</table>

**Final PFA Clearance/Waiver Recommendation – completed by AMDR only**

4.A. “Member Cleared for Full PFA”  
   “YES” - If cleared for ALL portions of the PFA  
   “NO” - If recommending waiver from BCA or at least 1 PRT event

4.B. “PRT Waiver Recommended”  
   “YES” – If recommending a waiver for any PRT event, check all events that apply  
   “NO” – If not recommending a waiver for any PRT event

4.C. “BCA Waiver Recommended”  
   Self explanatory

4.D. "Is this a second consecutive waiver for the same medical condition?"
   - Self explanatory. Select "N/A" if this is not the Sailor's second consecutive waiver. This information assists CFLs in determining a given Sailor's MEB status in Section 5.

4.E. Waiver expiration date = DON official LAST day of the current PFA cycle as prescribed in the annual PFA NAVADMIN. **CY 2024 END date is 30 NOV 2024, per NAVADMIN 258/23.**

***NOTE that command Official PFA dates WILL differ.***

- If the Member is expected to recover AFTER their command official PFA ends BUT before the end of the official DON cycle, you MAY consider giving a light duty chit recommending the late PFA for that Member in lieu of waiving them entirely.

- CFLs document medical waivers in PRIMS-2, which ONLY allows for the expiration date to be the official DON end date and it **cannot be removed**.

**The AMDR is responsible to review the form for accuracy and completeness and to ensure it is copied into the medical record after completing Section 4.**
Sample Completed NAVMED 6110/4

Sample of a properly completed NAVMED 6110/4 when initiated by the treating provider.

Section 2.A. – Member is being recommended for waiver from 1 muscular strength and endurance event AND the cardio event

Section 2.B. – Clears the member to participate in physical training and provides specific comment.

Section 3A – Recommends a waiver for BCA; it is signed by the treating physician and co-signed by the AMDR physician.

Section 3B – Indicates that the waiver is due to medical treatment/therapy.

Section 4 – Final recommendation is completed by the AMDR, ensuring all sections have been properly completed. This section includes a summary of the recommendations for the waivers, indicates that it’s the Sailor’s second consecutive waiver for the same medical condition, and lists the waiver expiration date of 30 Nov 2024 (end of current year’s cycle).

Section 5 -- LEFT BLANK FOR THE CFL AND COMMANDING OFFICER/OIC TO COMPLETE.

The patient demographic information is completed
PFA POLICY FOR PREGNANCY, ASSISTED REPRODUCTIVE TECHNOLOGY (ART), AND POSTPARTUM SERVICE WOMEN
PFA Policy for Pregnancy, ART, and Postpartum Sailors

1. **Definition:**
   a) **Pregnant status:** From the time pregnancy is confirmed by a Health Care Provider (HCP) until the end of the 12 months following a Qualified Birth Event (QBE).
   b) **QBE:** A live birth.

2. **Notification:**
   a) In accordance with ALNAV 017/23, Sailors have until they are 20-weeks gestation to notify commanders of a pregnancy, unless special circumstances dictate otherwise.
   b) For those who do not wish to delay notification or are beyond 20-weeks gestation, the HCP will complete the pregnancy notification documentation and the Sailor will show this documentation to the CFL who will update the Physical Readiness Information Management System TWO (PRIMS-2) to place the Member in a “pregnant status.”
3. Official PFA Participation:

a) Sailors in “pregnant status” are considered EXEMPT from the PFA until the NEXT PFA cycle following the end of their 12-month postpartum period.

1) MEDICAL WAIVERS are NOT provided.

2) If the 12-month postpartum period ends during a PFA cycle, they are not required to participate until the next PFA cycle. For example, Calendar Year 2024 Navy PFA cycle is 01 FEB through 30 NOV 2024:

   a. For a QBE in JAN 2023, the 12-month period ends JAN 2024 – Sailor is required to take the 2024 PFA.

   b. For a QBE in APR 2023, the 12-month period ends APR 2024 – Sailor is exempt from the 2024 PFA and would be required to take the 2025 PFA.

3) If medically necessary for the Sailor to have additional time past the 12-month postpartum period, a medical waiver is required.

b) Sailors less than 20-weeks gestation who wish to delay notification will be granted a medical waiver by the AMDR, to include a BCA waiver, to protect their privacy.
3. Official PFA Participation (cont.):

c) If a Sailor failed her PFA or was pregnant and did not disclose and is able to provide documentation from her HCP that she was pregnant at the time the BCA and/or PRT was conducted, annotating the estimated date of conception, the Sailor’s official PFA record will be updated in PRIMS-2 and correctly documented as “Pregnant” once the PRP Office receives the letter of correction (LOC) from the command.

1) The LOC is the responsibility of the CFL; the HCP’s only requirement is to provide medical documentation.

2) There is no specific AMDR responsibility to address this issue.

4. Pregnancy Loss or Termination:

a) Sailors who miscarry or have an abortion must seek evaluation by their Obstetric HCP to determine the appropriate convalescent leave period.

b) The “pregnant status” of these Sailors, including length of the postpartum period, will be based on the recommendation of their Obstetric HCP.

**Guide 8, page 5 provides recommendations based on gestational age at the time of pregnancy loss to assist the Obstetric HCP in making determination.**
5. Assisted Reproductive Technology (ART):
   a) During ART procedures [e.g., In-Vitro Fertilization (IVF)], CO/OICs are authorized to approve a medical waiver (NAVMED 6110/4) to increase likelihood of ART success.

   b) ART Results:
      a) Pregnancy achieved - the provisions of the pregnancy policy will pertain.
      b) Pregnancy not achieved - the Sailor must participate in the current PFA cycle once medically cleared. If not cleared, a medical waiver (NAVMED 6110/4) is required.

6. Stillborn Birth:
   a) Sailors who give birth to a stillborn child(ren) are exempt from participating in a PFA for 12-months following the birth event.
KNOWLEDGE CHECK
What is required to fully document and complete PFA medical waivers? *(Choose all that apply)*

A. SF 600
B. NAVMED 6110/4 - PFA Medical Clearance/Waiver
C. Signed Physical Assessment Risk Factor Questionnaire (PARFQ) NAVPERS 6110/3
D. Memorandum to Member’s Chain of Command (COC)
What is required to fully document and complete PFA medical waivers? *(Choose all that apply)*

A. SF 600  
B. NAVMED 6110/4 - PFA Medical Clearance/Waiver  
C. Signed Physical Assessment Risk Factor Questionnaire (PARFQ) NAVPERS 6110/3  
D. Memorandum to Member’s Chain of Command (COC)

**Answer:** B. and C. NAVMED 6110/4 – PFA Medical Clearance/Waiver and PARFQ must be signed by a designated AMDR.
Question

When recommending BCA waivers, the Member must be under the care of a physician.

A. True
B. False
When recommending BCA waivers, the Member must be under the care of a physician.

A. True
B. False

**Answer:** A. True, Members receiving a BCA waiver must be under the care of a physician. Additionally, the NAVMED 6110/4 will require two physician signatures as noted in Guide 6.

**Slide 17**
Question

Recent surgery involving which anatomical locations would be considered an “inability to obtain an accurate measurement”? (Choose all that apply)

A. Shoulder
B. Neck
C. Lower abdomen
D. Hips
Recent surgery involving which anatomical locations would be considered an “inability to obtain an accurate measurement”? (Choose all that apply)

A. Shoulder  
B. Neck  
C. Lower abdomen  
D. Hips

**Answer: B, C, D* (*indication for females only)**

These are the only areas used to obtain measurements for AC or BC. Additional consideration could be made for surgeries that result in Member’s inability to obtain an accurate height (i.e., unable to bear weight and stand on both feet unassisted).

**Slides 11-13 and 17**
Wearing a cast or immobility device that cannot be safely removed to obtain a weight is an appropriate indication for a BCA waiver.

A. True
B. False
Wearing a cast or immobility device that cannot be safely removed to obtain a weight is an appropriate indication for a BCA waiver.

A. True
B. False

Answer: True

While a cast/immobility device may NOT be in a location required for a measurement, it WOULD impact the ability to obtain an accurate weight and therefore is an appropriate indication for a BCA waiver.

**Slide 17**
Question

A female Sailor fails the BCA. One week later she learns she is pregnant. **Can the Sailor be entered in PRIMS-2 as pregnant for the BCA after the fact?**
Question/Answer

A female Sailor fails the BCA. One week later she learns she is pregnant. **Can the Sailor be entered in PRIMS-2 as pregnant for the BCA after the fact?**

Yes, this is done by the Physical Readiness Program office AFTER receiving CO signed Letter of Correction (LOC) which is submitted by the CFL.

Sailor must provide documentation from her HCP that she was pregnant at the time it was conducted, annotating the date of conception as supporting documentation.

There is no specific role/responsibility of the AMDR in this process.

**Slide 34**
YNC Fields sprained his ankle $\frac{3}{4}$ mile into the 1.5 mile run and is unable to complete the remainder of the event. Upon medical evaluation, it was determined that the injury occurred due to tripping over a hazard on the course.

**Question**

Can YNC Fields be provided a PFA medical waiver for the cardio event?
YNC Fields sprained his ankle \(\frac{3}{4}\) mile into the 1.5 mile run and is unable to complete the remainder of the event. Upon medical evaluation, it was determined that the injury occurred due to tripping over a hazard on the course.

**Can YNC Fields be provided a PFA medical waiver for the cardio event?**

**Yes.** As it has been determined that the injury was not due to a failure to prepare for the PFA, the AMDR can complete a NAVMED 6110/4, medical waiver recommendation for the cardio event.
Question

How long are Postpartum Sailors exempt from participating in the official PFA?

How long are Sailors in a Pregnancy status who experience a pregnancy loss, exempt from the PFA?
**Question/Answer**

How long are Postpartum Sailors exempt from participating in the official PFA?

Postpartum Sailors are exempt from participating in an official PFA for 12-months following a QBE. **Slide 33**

How long are Sailors in a Pregnancy status who experience a pregnancy **loss**, exempt from the PFA?

The “pregnant status” of these Sailors, including length of the postpartum period, will be based on the recommendation of their Obstetric HCP. **Slide 34**

Guide 8, page 5 provides recommendations based on gestational age at the time of pregnancy loss to assist the Obstetric HCP in making determination.
AMDRs must be designated in writing and are the only authorized Member of the medical staff that may recommend a PFA medical waiver. **What Medical Department Personnel may be designated an AMDR?**

A. IDCs  
B. Adult (including Family) Nurse Practitioners  
C. Physician Assistants  
D. Physicians  
E. All of the above
AMDRs must be designated in writing and are the only authorized Member of the medical staff that may recommend a PFA medical waiver. **What Medical Department Personnel may be designated an AMDR?**

A. IDCs  
B. Adult (including Family) Nurse Practitioners  
C. Physician Assistants  
D. Physicians  
E. All of the above
Scenario

LCDR S. Brown underwent a cervical fusion in 2018. Since her recovery, she has participated in the PFA, with the exception of push-ups.

Does LCDR S. Brown meet requirements for a MEB review?
Scenario

LCDR S. Brown underwent a cervical fusion in 2018. Since her recovery, she has participated in the PFA, with the exception of the push-ups.

Does LCDR S. Brown meet requirements for a MEB review?

No. Although the waivers are for the same condition, the member is able to participate in the BCA, the cardio event, and one muscular endurance event (i.e., forearm plank), therefore does NOT meet MEB review requirements.

**Slide 19**
Scenario

IT2 Gray has shoulder surgery in February. Following surgery, he receives Physical Therapy and is released with home exercises. The Orthopedic Surgeon documents “No PRT this cycle.” His Command PRT is in April. IT2 Gray answers his PARFQ (NAVPERS 6110/3) positively regarding “a bone or joint problem.”

What expiration date should be documented in the PFA medical/clearance waiver (NAVMED 6110/4)?
Scenario

IT2 Gray has shoulder surgery in February. Following surgery, he receives Physical Therapy and is released with home exercises. The Orthopedic Surgeon documents “No PRT this cycle.” His Command PRT is in April. IT2 Gray answers his PARFQ (NAVPERS 6110/3) positively regarding “a bone or joint problem.”

What expiration date should be documented in the PFA medical/clearance waiver (NAVMED 6110/4)?

For 2024 PFA cycle, 30 Nov 2024
Medical Waivers are valid for one PFA cycle only. Medical waivers granted for the entire PFA cycle are not to exceed the official Navy PFA cycle.

**Slide 16**
Resources

Detailed guidance for designated AMDRs is available via:

- PRP Guide 6 – PFA Medical Clearance/Waiver
  https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Physical-Readiness/
- PRP Guide 8 – Managing PFA Records for Pregnant Servicewomen
  https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Physical-Readiness/
- Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook
  Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook
- MyNavy HR Physical Readiness Program
  https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Physical-Readiness/
You have completed Navy Medicine’s Physical Readiness Program
Authorized Medical Department Representative Training

Name:
Date:

Please print your name and the date completed. Ensure that a copy is maintained in your training record.