

The below guidance explains the limitations of each field in the CSV file.

IMPORTANT NOTES: *NEW*****

- **CSV file WITHOUT Medical Waiver Data.** Submit all PFA data without medical waivers as outlined below in one CSV file. The maximum line items without medical waiver data is 200 per CSV file.
- **CSV file WITH Medical Waiver Data.** Submit all PFA data with medical waivers as outlined below in one CSV file. The maximum line items with medical waiver data is 44 per CSV file.
- Entries are case sensitive.
- No columns can be added or removed.
- File type must remain CSV (do not convert or save as EXCEL).

CSV Columns:

- DODID (Column A)
 - 10-digit DoDID of the service member. Can be retrieved by pulling the data from the PRIMS system
- CYCLE_NAME (Column B)
 - Represents the cycle that the target BCAs and PRTs are being loaded against
 - ALL BCAs and PRTs in document must be related to the same cycle
 - Example format: Cycle 1 2025 or Cycle 2 2025
- WAIVER_START_DATE (Column C)
 - Date the waiver starts
 - Date must fall within the Cycle dates or failure will occur
 - **THIS FIELD IS REQUIRED IF YOU ARE ENTERING A MEDICAL WAIVER.**
 - Format must be in mm/dd/YYYY → E.g. 8/29/2025 or 12/13/2025
 - Leave blank if no medical waiver
- WAIVER_END_DATE (Column D)
 - Date the waiver ends
 - Date must fall within the Cycle dates or failure will occur
 - Date must be after WAIVER_START_DATE or failure will occur
 - **THIS FIELD IS REQUIRED IF YOU ARE ENTERING A MEDICAL WAIVER.**
 - Format must be in mm/dd/YYYY → E.g. 8/29/2025 or 12/13/2025
 - Leave blank if no medical waiver
- BCA_WAIVED_INDICATOR (Column E)
 - Leave blank if member has no medical waiver
 - Indicate either TRUE OR FALSE
 - Indicates whether the BCA is waived for the current member
- INABILITY_TO_OBTAIN_BCA (Column F)
 - Indicate either TRUE OR FALSE
 - **IF BCA_WAIVED_INDICATOR IS MARKED TRUE, EITHER THIS FIELD OR MEDICAL_TREATMENT_THERAPY MUST BE TRUE**
 - Indicates whether the BCA was waived due to an inability to obtain BCA measurements
 - Leave blank if no medical waiver or if MEDICAL_TREATMENT_THERAPY is going to be marked TRUE.
- MEDICAL_TREATMENT_THERAPY (Column G)
 - Indicate either TRUE OR FALSE
 - **IF BCA_WAIVED_INDICATOR IS MARKED TRUE, EITHER THIS FIELD OR INABILITY_TO_OBTAIN_BCA MUST BE TRUE**
 - Indicates whether the BCA was waived due to medical treatment or therapy
 - Leave blank if no medical waiver or if INABILITY_TO_OBTAIN_BCA was marked TRUE.

- PRT_WAIVED_INDICATOR (Column H)
 - Leave blank if member has no medical waiver
 - Indicate either TRUE OR FALSE
 - Indicates whether the PRT is waived for the current member
 - Leave blank if no medical waiver
- PUSHUP_WAIVED (Column I)
 - Indicate either TRUE OR FALSE
 - Indicates whether the pushup portion of PRT is waived for the current member
 - Leave blank if no medical waiver
- CARDIO_WAIVED (Column J)
 - Indicate either TRUE OR FALSE
 - Indicates whether the cardio portion of PRT is waived for the current member
 - Leave blank if no medical waiver
- PLANK_WAIVED (Column K)
 - Indicate either TRUE OR FALSE
 - Indicates whether the plank portion of PRT is waived for the current member
 - Leave blank if no medical waiver
- BCA_Date (Column L)
 - Date the BCA was administered
 - Format must be in mm/dd/YYYY format → E.g. 8/29/2025 OR 12/13/2025
 - Cannot be left blank. If no BCA was conducted due to medical waiver, use the start date of the medical waiver.
- BCA_PARTICIPATION (Column M)
 - Participation type for administered BCA (if value is entered that is not in allowed list below, failure will occur)
 - Leave blank if medically waived from the BCA
 - **Values are case sensitive and must match exactly**
 - Allowed Values:
 - DEP/OP
 - Leave
 - Med Waived
 - Participant
 - PCS
 - PFA<4 Months
 - PHA Not Done
 - TAD
 - UA
 - Pregnant
- HEIGHT (Column N)
 - Height measurement obtained during the BCA
 - Height must be between 51-79.5
 - 79.5 is the Max allowable height value in inches
 - If member's height value exceeds the max value listed here, you must use the Max value listed until policy tables are expanded.
 - Height values entered above the max will calculate incorrectly and show member as a "fail" even if they should pass.
 - Leave blank if medically waived from the BCA
- WEIGHT (Column O)
 - Weight measurement obtained during the BCA
 - Weight must be between 50-400 LBS
 - Leave blank if medically waived from the BCA
- ABDOMINAL_CIRCUMFERENCE (Column P)
 - Abdominal circumference measurement obtained during the BCA
 - ACM must be between 20-50 inches
 - Leave blank if medically waived from the BCA
- NECK (Column Q)
 - Neck measurement obtained during the BCA
 - Neck measurement must be between 10-25 inches

- Leave blank if medically waived from the BCA
- ABDOMEN (Column R)
 - Abdomen measurement obtained during the BCA
 - Leave blank if medically waived from the BCA
- WAIST (Column S)
 - Waist measurement obtained during the BCA
 - Waist must be between 20-50
 - Leave blank if medically waived from the BCA
- HIPS (Column T)
 - Hips measurement obtained during the BCA
 - Measurement must be between 20-50 inches
 - Leave blank if medically waived from the BCA
- ACM_REQUIRED (Column U)
 - This column is not to be filled in, **do not** delete the column from the document, and do not input any values in this column.
- PRT_DATE (Column V)
 - Date the PRT was administered
 - Format must be in mm/dd/YYYY → E.g. 8/29/2025 OR 12/13/2025
 - Must be 1-45 days from the BCA date
 - Cannot be left blank. If no PRT was conducted, use one day after the BCA date or the start date of the medical waiver
- PRT_PARTICIPATION (Column W)
 - Participation type for administered PRT (if value is entered that is not in allowed list below, failure will occur)
 - Leave blank if medically waived from **all modalities** of the PRT. If partially waived, use Participant
 - ***Values are case sensitive and must match exactly***
 - Allowed Values:
 - Acclimatization
 - DEP/OP
 - IA
 - Leave
 - Participant
 - PCS
 - PFA<4 Months
 - PHA Not Done
 - Pregnant
 - TAD
 - UA
- STANDARD (Column X)
 - Standard that the PRT was administered. (If value is entered that is not in the allowed list below, failure will occur)
 - ***Values are case sensitive and must match exactly***
 - Sea Level
 - High Elevation
 - USMC
- PLANK_MINUTES (Column Y)
 - Minute value that the plank was held during the PRT
- PLANK_SECONDS (Column Z)
 - Second value that the plank was held during the PRT
- PUSHUPS (Column AA)
 - Number of pushups performed during the PRT
 - Score must be between 1-150

- CARDIO_EXERCISE (Column AB)
 - Type of cardio exercise performed during the PRT (if value is entered that is not in allowed list below, failure will occur)
 - **Values are case sensitive and must match exactly**
 - Allowed Values:
 - BIKE
 - ROW
 - RUN/WALK
 - SWIM-MTR
 - SWIM-YD
- CARDIO_MACHINE (Column AC)
 - Type of cardio machine that was used during the PRT (if value is entered that is not in allowed list below, failure will occur)
 - Cardio machine entries are REQUIRED if cardio exercise is set to BIKE
 - **Values are case sensitive and must match exactly**
 - Allowed Values:
 - Cybex 625C
 - Cybex 750C
 - Cybex 770C
 - Life Fitness 95Ci / Classic Series (CLSC)
 - LifeFitness 95C Inspire
 - LifeFitness 95CiXXL
 - Life Fitness INCSC Upright Bike
 - Matrix U5X
 - ASPC / SL Console Upright Bike
 - INC / SL Console Upright Bike
 - INC / Integrity Series Upright Bike
- WEIGHTCARDIO (Column AD)
 - This column is not to be filled in, **do not** delete the column from the document, and do not input any values in this column.
- CALORIES (Column AE)
 - Calories expended during the PRT
 - Calories expended is only required if cardio exercise is set to BIKE
 - Bike calories value must be between 10-300
- CARDIO_MINUTES (Column AF)
 - Minute value that the cardio exercise was performed in
 - Cardio minutes must be between 6 – 59
 - Leave blank if CARDIO_EXERCISE is marked as BIKE
- CARDIO_SECONDS (Column AG)
 - Second value that the cardio exercise was performed in
 - Cardio seconds must be between 0 - 59