The following document explains the limitations of each field in the data upload tool input file.

ENTIRES ARE CASE SENSITIVE

- **DODID**
  - 10 digit DoDID of the service member. Can be retrieved by pulling the data from the PRIMS system

- **CYCLE_NAME**
  - 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 2021 or Cycle 2 2021

- **WAIVER_START_DATE**
  - Date the waiver starts
  - **THIS FIELD IS REQUIRED IF YOU ARE ENTERING A MEDICAL WAIVER.**
  - Format must be in mm/dd/YYYY → E.g. 8/29/2021 or 12/13/2021
  - Leave blank if no medical waiver

- **WAIVER_END_DATE**
  - Date the waiver ends
  - **THIS FIELD IS REQUIRED IF YOU ARE ENTERING A MEDICAL WAIVER.**
  - Format must be in mm/dd/YYYY → E.g. 8/29/2021 or 12/13/2021
  - Leave blank if no medical waiver

- **BCA_WAIVED_INDICATOR**
  - Boolean (TRUE OR FALSE)
  - Indicates whether the BCA is waived for the current member

- **INABILITY_TO_OBTAIN_BCA**
  - Boolean (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**
  - Boolean (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**
  - Boolean (TRUE OR FALSE)
  - Indicates whether the PRT is waived for the current member
  - Leave blank if no medical waiver

- **PUSHUP_WAIVED**
  - Boolean (TRUE OR FALSE)
  - Indicates whether the pushup portion of PRT is waived for the current member
  - Leave blank if no medical waiver

- **CARDIO_WAIVED**
  - Boolean (TRUE OR FALSE)
  - Indicates whether the cardio portion of PRT is waived for the current member
  - Leave blank if no medical waiver
• PLANK_WAIVED
  o Boolean (TRUE OR FALSE)
  o Indicates whether the plank portion of PRT is waived for the current member
  o Leave blank if no medical waiver

• BCA_Date
  o Date the BCA was administered
  o Format must be in mm/dd/YYYY format → E.g. 8/29/2021 OR 12/13/2021
  o Cannot be left blank. If no BCA was conducted due to medical waiver, use the start date of the medical waiver.

• BCA_PARTICIPATION
  o Participation type for administered BCA (if value is entered that is not in allowed list below, failure will occur, values are case sensitive)
  o Leave blank if medically waived from the BCA
  o Allowed Values:
    ▪ DEP/OP
    ▪ Excused
    ▪ IA
    ▪ Isolated Duty
    ▪ Leave
    ▪ Med Waived
    ▪ Participant
    ▪ PCS
    ▪ PFA<4 Months
    ▪ PHA Not Done
    ▪ Pregnant
    ▪ TAD
    ▪ UA

• HEIGHT
  o Height measurement obtained during the BCA
  o Height must be between 51-86 inches
  o Leave blank if medically waived from the BCA

• WEIGHT
  o Weight measurement obtained during the BCA
  o Weight must be between 50-400 LBS
  o Leave blank if medically waived from the BCA

• ABDOMINAL_CIRCUMFERENCE
  o Abdominal circumference measurement obtained during the BCA
  o ACM must be between 20-50 inches
  o Leave blank if medically waived from the BCA

• NECK
  o Neck measurement obtained during the BCA
  o Neck measurement must be between 10-25 inches
  o Leave blank if medically waived from the BCA

• ABDOMEN
  o Abdomen measurement obtained during the BCA
  o Leave blank if medically waived from the BCA

• WAIST
  o Waist measurement obtained during the BCA
  o Waist must be between 20-50
  o Leave blank if medically waived from the BCA
- **HIPS**
  - Hips measurement obtained during the BCA
  - Measurement must be between 20-50 inches
  - Leave blank if medically waived from the BCA

- **ACM_REQUIRED**
  - Leave blank

- **PRT_DATE**
  - Date the PRT was administered
  - Format must be in mm/dd/YYYY → E.g. 8/29/2021 OR 12/13/2021
  - 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**
  - Participation type for administered PRT (if value is entered that is not in allowed list below, failure will occur. Values are case sensitive)
  - Leave blank if medically waived from all modalities of the PRT. If partially waived, use Participant
  - Allowed Values:
    - Acclimatization
    - DEP/OP
    - Excused
    - IA
    - Isolated Duty
    - Leave
    - Participant
    - PCS
    - PFA<4 Months
    - PHA Not Done
    - Pregnant
    - TAD
    - UA
    - Validated

- **STANDARD**
  - 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)
    - Sea Level
    - High Elevation
    - USMC

- **PLANK_MINUTES**
  - Minute value that the plank was held during the PRT

- **PLANK_SECONDS**
  - Second value that the plank was held during the PRT

- **CARDIO_EXERCISE**
  - 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
  o Type of cardio machine that was used 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)
  o Cardio machine entries is REQUIRED if cardio exercise is set to BIKE
  o Allowed Values:
    o • Cybex 625C
    o • Cybex 750C
    o • Cybex 770C
    o • Life Fitness 95Ci / Classic Series (CLSC)
    o • LifeFitness 95C Inspire
    o • LifeFitness 95CiXXL
    o • Life Fitness INCSC Upright Bike
    o • Matrix U5X

• WEIGHTCARDIO
  o Weight measurement entered at time of PRT.
  o Weight measurement is only required if cardio exercise is set to BIKE

• CALORIES
  o Calories expended during the PRT
  o Calories expended is only required if cardio exercise is set to BIKE
  o Bike calories value must be between 10-300

• CARDIO_MINUTES
  o Minute value that the cardio exercise was performed in
  o Cardio minutes must be between 6 - 59
  o Leave blank if CARDIO_EXERCISE is marked as BIKE