

Updated: 15 MAR 2024

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

ENTRIES ARE CASE SENSITIVE
NO COLUMNS CAN BE ADDED OR REMOVED
FILE TYPE MUST REMAIN CSV (do not convert or save as EXCEL)

- DODID (Column A)
 - 10-digit DoDID of the service member. Can be retrieved by pulling the data from the PRIMIS 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 2021 or Cycle 2 2021
- 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. 8/29/2021 or 12/13/2021
 - 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. 8/29/2021 or 12/13/2021
 - 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. 8/29/2021 OR 12/13/2021
 - 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:
 - Excused
 - IA
 - Leave
 - Med Waived
 - Participant
 - PCS
 - PFA<4 Months
 - PHA Not Done
 - TAD
 - UA
- 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. 8/29/2021 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 (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
 - 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

Commented [WDC(LUDN(1): Added; was missing when compared to CSV file

- Life Fitness 95Ci / Classic Series (CLSC)
 - LifeFitness 95C Inspire
 - LifeFitness 95CiXXL
 - Life Fitness INCSC Upright Bike
 - Matrix U5X
- 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

Commented [WDC(LUDN(2): Added to reflect as on CSV file. Assume it should be there.