

UNCLASSIFIED//  
ROUTINE  
R 241517Z NOV 21 MID600051218201U  
FM CNO WASHINGTON DC  
TO NAVADMIN  
INFO CNO WASHINGTON DC  
BT  
UNCLAS

NAVADMIN 264/21

PASS TO OFFICE CODES:  
FM CNO WASHINGTON DC//N1//  
INFO CNO WASHINGTON DC//N1//  
MSGID/GENADMIN/CNO WASHINGTON DC/N1/NOV//

SUBJ/PHYSICAL READINESS PROGRAM UPDATE FOR CALENDAR YEAR 2021 AND 2022  
PHYSICAL FITNESS ASSESSMENTS//

REF/A/MSG/CNO WASHINGTON DC/161817ZJUN21//  
REF/B/MSG/CNO WASHINGTON DC/271724ZJAN21//  
REF/C/DOC/OPNAV/11JUL11//  
REF/D/DOC/OPNAV/APR21//  
REF/E/DOC/OPNAV/JUN21//  
REF/F/DOC/OPNAV/JUN21//  
REF/G/DOC/OPNAV/AUG19//  
REF/H/DOC/OPNAV/OCT21//

NARR/REF A IS NAVADMIN 129/21, PHYSICAL READINESS PROGRAM UPDATE FOR CALENDAR YEAR 2021 (CY) 2021 PHYSICAL FITNESS ASSESSMENT.

REF B IS NAVADMIN 024/21, PHYSICAL READINESS PROGRAM POLICY CHANGES CY 2021 CYCLE, PLANK AND ROWER MODALITIES.

REF C IS OPNAVINST 6110.1J, PHYSICAL READINESS PROGRAM.

REF D IS NAVY PHYSICAL READINESS PROGRAM GUIDE 4, BODY COMPOSITION ASSESSMENT.

REF E IS NAVY PHYSICAL READINESS PROGRAM GUIDE 5, PHYSICAL READINESS TEST.

REF F IS NAVY PHYSICAL READINESS PROGRAM GUIDE 6, PHYSICAL FITNESS ASSESSMENT MEDICAL READINESS.

REF G IS NAVY PHYSICAL READINESS PROGRAM GUIDE 13, COMMAND FITNESS GUIDE, COMMAND UNIT PHYSICAL TRAINING AND FITNESS ENHANCEMENT PROGRAM.

REF H IS NAVY PHYSICAL READINESS PROGRAM GUIDE 10, HOW TO CONDUCT THE CALENDAR YEAR 2021 PHYSICAL FITNESS ASSESSMENT.//

RMKS/1. This NAVADMIN announces the following major policy changes for the Physical Fitness Assessment (PFA).

a. Command Fitness Leaders (CFL) will not enter PFA data into Physical Readiness Information Management System Two (PRIMS-2) for the Calendar Year (CY) 2021 PFA cycle.

b. CY 2022 PFA requirements will consist of a single cycle conducted from 1 April to 30 September 2022.

2. CY 2021 PFA Cycle. The previous contractor has not delivered PRIMS-2 as scheduled. As a result, the Navy will continue to execute the CY 2021 PFA

cycle as planned with the following modifications.

a. CFLs will not enter CY 2021 PFA cycle data into PRIMS-2. CFLs will continue to record official CY 2021 PFA scores on the official Body Composition Assessment (BCA) and Physical Readiness Test (PRT) score sheets, to include Physical Activity Risk Factor Questionnaire (PARFQ) and medical clearance/waivers, in line with references (a) through (f).

b. Commands will maintain official PFA score sheets and document PFA performance on fitness reports/evaluations (FITREP/EVALS).

c. CFLs must manually track and monitor Sailors assigned to the Fitness Enhancement Program (FEP) in line with reference (g). Sailors will remain on FEP until passing an unofficial (mock) or official PFA.

d. Reference (h) has been updated to include:

(1) How to manually calculate the overall PRT score without planks in the equation. The overall PRT score for CY 2021 will only include push-up and cardio/alternate-cardio modalities. Forearm planks will be entered on the official PRT score sheet for record purposes only.

(2) The use of the PFA calculator within the Official Navy PFA App to determine stationary bike PRT scores.

3. CY 2022 PFA Cycle. Recognizing the foreseeable conditions to include continued pandemic, PRIMS-2 rollout and modality validation, there will be a single PFA cycle for CY 2022.

a. The cycle will be conducted from 1 April to 30 September 2022.

b. All medically cleared Sailors must participate in the CY 2022 PFA cycle. To meet Department of Defense annual requirements for PFA, there will not be an excellent or above performance exception for the CY 2022 cycle based upon CY 2021 PFA performance. Commanders may use appropriate incentives at the local level to reward performance.

c. Medically cleared Sailors will participate in all three fitness modalities (push-ups, forearm plank, cardio or alternate cardio) to determine their CY 2022 PFA cycle overall score.

4. The Deputy Chief of Naval Operations (Manpower, Personnel, Training and Education) (OPNAV N1) will promulgate a data call to Echelon 2 Commanders to submit a sample of CY 2021 PFA cycle plank scores via a Department of the Navy Tasking, Records and Consolidated Knowledge Repository (DONTRACKER) tasker. The plank data collected will be used to validate the plank scoring tables. Commands selected will be required to submit command PFA plank scores for this data call.

5. Contact the Physical Readiness Program Office for additional information:

a. For policy related questions via e-mail at PRP(at)navy.mil.

b. For PRIMS related questions via e-mail at PRIMS(at)navy.mil.

c. For policy or PRIMS related questions via phone at (901) 874-2210/DSN 882.

6. This NAVADMIN will remain in effect until superseded or canceled, whichever occurs first.

7. Released by Vice Admiral John B. Nowell, Jr, N1.//

BT

#0001

NNNN

UNCLASSIFIED//

