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NAVADMIN 251/22

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SUBJ/PHYSICAL READINESS PROGRAM CALENDAR YEAR 2023 PHYSICAL FITNESS
ASSESSMENT CYCLE ANNOUNCEMENT//

REF/A/DOC/OPNAV/22APR22//
REF/B/DOC/OPNAV/APR21//
REF/C/DOC/OPNAV/FEB22//
REF/D/DOC/BUPERS/01DEC21//
REF/E/DOC/OPNAV/JAN22//

NARR/REF A IS OPNAVINST 6110.1K, PHYSICAL READINESS PROGRAM INSTRUCTION.
REF B IS NAVY PHYSICAL READINESS PROGRAM GUIDE 4, BODY COMPOSITION
ASSESSMENT.
REF C IS NAVY PHYSICAL READINESS PROGRAM GUIDE 5, PHYSICAL READINESS TEST.
REF D IS BUPERSINST 1610.10F, NAVY PERFORMANCE EVALUATION SYSTEM.
REF E IS NAVY PHYSICAL READINESS GUIDE 8, MANAGING PFA RECORDS FOR PREGNANT
SAILORS//

RMKS/1. This NAVADMIN announces a single Physical Fitness Assessment (PFA)
Cycle for calendar year (CY) 2023.

1. CY23 PFA Cycle. The PFA cycle will be conducted from 1 February to 30
November 2023 in line with references (a) through (c).
Additional Physical Readiness Guides are located at:
<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/Guides/>. CY23 PFA cycle will be labeled *PFA Cycle
1 2023* in PRIMS-2.

a. CFLs and Assistant CFLs (ACFL) will enter official CY23 PFA cycle
results under this label in PRIMS-2 and retain official body composition
assessment and physical readiness test score sheets for five years in line
with reference (a). CFL and ACFLs are reminded to log into their PRIMS-2
account every 30 days to keep their account from being deactivated.

b. Sailors have access to their physical readiness historical data
through MyNavy Portal, My Records and will electronically submit their
Physical Activity Risk Factor Questionnaire via MyNavy Portal upon receiving
their commands 10-week notification.

c. There will be no excellent or above incentive exemption for CY23. In
line with reference (a), commanders, commanding officers, and officers-in-
charge are encouraged to use incentive programs for the physical readiness

program (special liberty, award certificates, etc.).

d. Fitness Report and Evaluation Guidance. In line with reference (d), commands should enter a 1-letter code indicating the result of each official PFA conducted during the reporting period in block 20. Format for block 20 must be from oldest to most recent PFA performed during the reporting period.

2. Responses to Fleet Feedback. The following items are provided for clarification to frequently asked questions:

a. CY22 PFA Closeout. CFLs must enter PFA data by 30 November 2022 in PRIMS-2.

b. Postpartum Sailors. In line with references (a) and (e), Sailors remain in a pregnancy status from the time pregnancy is confirmed by a military Health Care Provider (HCP) or civilian HCP until the end of the 12 months following a qualifying birth event. Sailors with pregnancy (postpartum) status which expires during the official PFA cycle are exempt from participation in the PFA cycle.

3. For additional information, members may contact the Physical Readiness Program Office:

- a. For policy related questions via e-mail at PRP(at)navy.mil.
- b. For PRIMS-2 related questions via e-mail at PRIMS(at)navy.mil.
- c. For policy or PRIMS-2 related questions via phone at (901) 874-2210/DSN 882.

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

5. Released by Vice Admiral Richard J. Cheeseman, Jr., N1.//

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