

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N170 - November 2013

If a servicewoman is up for promotion, fails the next PFA, is selected for advancement, and then becomes pregnant, what happens to her advancement/promotion eligibility?

The servicewoman will only be ineligible for frocking/advancement for one promotion cycle. A servicewoman in a pregnant status is restricted from participating in a regularly scheduled mock PFA, which is a requirement to regain eligibility for promotion. The servicewoman's most recent PFA failure will make her ineligible for one promotion cycle. The servicewoman will enter a new promotion cycle and will be exempt from meeting minimum PFA standards due to the fact that she was ineligible to be frocked/advanced during the previous promotion cycle.

If a third set of BCA measurements is not required, what is to be done with the first two sets of measurements?

Compute a mathematical average of the two measurements to the nearest 1/2 inch and record the value.

Example:

Neck 1 = 15.4 (Round to 15.5) Neck 2 = 15.75 (Round to 16.0)

1. Adding 15.5 and 16.0; then
2. Divide the sum by 2; then
3. Round the quotient; so

$(15.5 + 16.0) / 2 = 15.75$ which is rounded to 16.0

What if a member is bed ridden, hospitalized, or incarcerated and cannot participate in a PFA, what participation status should be used?

At the end of each command PFA cycle, the CO has the authority to determine whether non-participation was authorized or unauthorized.

1. In a case where a member is hospitalized or bed ridden, the CO shall ensure a medical waiver is completed for the PFA cycle and entered in PRIMIS.
2. In a case where a member is incarcerated or assigned to a Brig, the CO should request "excused" from OPNAV N170 via a Letter of Correction request.

NOTE:

Be sure to visit the Physical Readiness Program Newsletters located at the Physical Readiness Program webpage by utilizing the link below. Each monthly newsletter will showcase a different command and how they promote a culture of fitness. You will also find a new workout routine for your fitness toolbox.

http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/PHYSICAL/Pages/Newsletter.aspx

Best Practice

Moderate-intensity physical activity can be accomplished by performing everyday chores. A few suggestions are:

1. Washing and waxing a car for 45–60 min.
2. Washing windows or floors for 45–60 min.
3. Gardening for 30–45 min.
4. Raking leaves for 30 min.
5. Shoveling snow for 15 min.

Tip of the Month!

When eating out at restaurants select foods that are steamed in their own juice (au jus), broiled, baked, roasted, poached, or lightly sautéed.