

# Physical Readiness Program E-GRAM

## UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV 135F - August 2012

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Is there a certain model or type of scale that must be used during an official PFA? ... No. Any scale can be used as long as it is calibrated. A calibrated scale just means the scale accurately reflects the amount of weight on top of it.

Why is a locally prepared spreadsheet not accepted if the CO has signed the Letter of Correction? ... The Physical Readiness Information Management System (PRIMS) is an official Navy database. To make any changes or updates official supporting documentation must be provided. The information typed on the spreadsheet was derived from the paperwork used at the official PFA site and a copy of that paperwork is required with the correction request.

What happens if a CFL is unable to provide a copy of the official documentation? ... OPNAVINST 6110.1J has a requirement for CFLs to maintain PFA documentation in command files for 5 years. If the CFL is not able to provide the required documentation, the member's PFA record may be negatively affected. The CFL's chain of command will be informed by the PRIMS staff that sufficient documentation was not received and the request cannot be processed.

Is a member required to participate in the BCA if their PHA is not current? ... Yes. However, the CFL is not authorized to redo the BCA if the PRT portion of the PFA cannot be accomplished within 10 days of the BCA.

What if the PHA is completed after the command PFA cycle? ... If the command cycle has ended the CO has the authority to direct an official PFA (BCA and PRT) on those members before 30 June or 31 Dec. This testing can be accomplished during a Fitness Enhancement Program (FEP) session or at another approved time.

What is the CFL's responsibility for PHA and medical clearance follow-up? ... The CFL must pay close attention to those members that have not obtained medical clearance towards the end of a PFA cycle. Medical clearance includes PHA and positive NAVPERS 1610/3 (PARFQs). The CFL may be required to conduct a BCA on those members before the cycle ends, regardless of whether or not the PRT will be accomplished. Once the cycle ends, the CO has the authority to make a determination of why the PRT was not accomplished. If the medical facility had limitations issues, the CO may "excuse" the PRT portion. If the member is found negligent, the CO will direct the CFL to assign the "UA status.

### **Tip of the Month!**

Sufficient sleep and a consistent exercise program are key ingredients for developing healthy habits!