

**OPNAV 6110.1 (series)**  
**FREQUENTLY ASKED QUESTIONS**

**How do I correct a PRIMS record that is greater than one-year-old?**

Members who find errors in their PRIMS record that are greater than one -year old will have to petition the Board for Corrections of Naval Records (BCNR) to make changes to their record. Information pertaining to the BCNR process can be found on the NPC website under Career Info/Records Management.

**How do I measure step 2 of the Body Composition Assessment?**

Step 2 of the BCA is the Single Site Abdominal Circumference (AC) measurement. This measurement is not the same as the step 3 Body Composition (BC) measurement. The CFL will locate the measurement landmark immediately above the right uppermost hip bone (superior border of the iliac crest) at the side of the body vertically in line with the right armpit (mid-axillary line). If desired, the Sailor may assist the CFL in locating the measurement landmark by resting the right hand on the hip, using rearward facing right thumb to locate the iliac crest. The CFL will determine the final horizontal - vertical intersection point for landmark confirmation. The Sailor will stand on a flat surface with feet no more than shoulder width apart. The head should be horizontal, looking directly forward with the chin parallel to the floor. The Sailor may use one hand to initially assist the CFL in anchoring the tape measure to the body, but must remove the hand from the tape measure before the official measurement is recorded. Measurement will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders. The Sailor will remain stationary while the CFL conducts the measurement by initially moving around the Sailor to place the tape in a horizontal plane around the abdomen. The CFL will ensure tape is parallel to the floor at the level of the landmark (bottom edge of the tape just contacts landmark), is snug, but does not compress the bare skin. The CFL will take the measurement at the end of the Sailor's normal respiration. If redness and lines in the skin are observed, turn the member away for 72 hours.

**How as a CFL do I maintain my NEC/Certification?**

As of 09MAR16, all CFLs are required to attend either a CFL Seminar or 5-day Certification Course every three years. Additionally, if a CFL elects to participate in an alternate cardio event during their Command's Official PFA, they must score an excellent or better on the alternate cardio event and an overall excellent or better. The remaining CFL requirements as set forth in OPNAVINST 6110.1J remain in effect.

**Do you fail the PFA if you exceed the graduated body fat percentages?**

NO. Sailors will only fail the PFA if they exceed the DOD maximum allowable limits of 26% for males and 36% for females. If a Sailor exceeds the graduated body fat standards as determined by age, they are required to be enrolled in fitness enhancement program.

Graduated body fat:

Males: 18-21 = 22 percent, 22-29 = 23 percent, 30-39 = 24 percent, 40+ = 26 percent.

Females: 18-21 = 33 percent, 22-29 = 34 percent, 30-39 = 35 percent, 40+ = 36 percent

### **What are the reasons a Sailor would be required to be enrolled in the Fitness Enhancement Program (FEP)?**

A member must be enrolled in FEP for any of the following:

Failing any portion of the official physical fitness assessment (PFA);

Failing to maintain age adjusted standards (AAS) for body fat, this could be during the official PFA or during a command spot check; and

Scoring probationary on any one event during the official PFA.

### **Can I participate in the bike alternate cardio event if I have a body composition assessment (BCA) waiver?**

No, members who have an approved BCA waiver are not authorized to participate in the bike alternate cardio event. The reason is that in order to convert the caloric burn to a corresponding run time the member must have an official weight and the weight must be entered into PRIMS. With a BCA waiver members do not participate in the step (1) height/weight, step, (2) abdominal circumference measurement (ACM), or step (3) body circumference measurement (BCM), thus making the bike invalid. Those members receiving a BCA waiver must in turn participate in the 1.5 mile run /walk or if approved by the CO swim event.

### **When does my CFL Certification expire and how do I recertify?**

OPNAV N170B Physical Readiness Program staff conducts CFL Seminar training in your local area/region, all are invited to attend. Per NAVADMIN 061/16, effective 01 JAN 2016 in order to maintain certification the NEC 95PT, CFL's and ACFL's must attend a CFL 2-day seminar or a 5-day certification course at a minimum of every three years to maintain their CFL credentials. In order to attend a CFL Seminar refer to FY17 CFL Seminar located on the Physical Readiness Program website. To register for a Seminar, the registration request can be located on the PRIMS website under the "HELP" tab. Classes do fill up so register early.

### **Why do Letters of Correction not get processed?**

The PRIMS team receives thousands of correction requests each year. We are not able to process many of these requests due to a multitude of reasons. Common correction request problems:

1. Request is not on command letterhead
2. Request is not signed by the Commanding Officer
3. Supporting documentation is missing or insufficient
4. Score sheets are incomplete
5. Requests submitted that are older than one year. (The instruction requires requests to be submitted within one year.)
6. Correction requests from a different command than the one responsible for reporting the member's PFA results

Examples of insufficient documentation:

1. Score Sheets - We need all of score sheets associated with a request (BCA and PRT score sheets). If the member participated in a re-test for a bad day, we need the original BCA and PRT score sheets and the PRT score sheet from the re-test.
2. Orders that support the request.
3. Medical waiver documentation (NAVMED 6110/4).
4. Pregnancy notification and convalescent leave documentation.

Here are examples of incomplete documentation.

1. Missing test dates
2. Missing UIC
3. Alternate cardio option is missing or not clearly indicated
4. Alternate cardio model is not annotated on the score sheet.
5. Score sheet is illegible.
6. All sections of the NAVMED 6110/4 have not been completed.

Operating Guide 1 requires the use of NAVPERS 6110-10 and NAVPERS 6110-11 to capture the scores for the PFA cycle. These scores sheets were developed to ensure the necessary data is collected and the integrity of the command's physical readiness program is above reproach. Effective immediately, the PRIMS team will return any request submitted not in accordance with the above guidelines.

### **Do I have to complete a PFA on an IA assignment?**

If you are assigned to an "IA" you are only required to participate in the PFA if you are assigned to a duty location that has a qualified CFL (ie: Djibouti). If your IA assignment completes the PFA then parent units are advised to transfer the member in PRIMS so the IA UIC can gain them and complete the PRIMS record. When the member checks back into the parent command following the IA, the parent command will have to gain them in PRIMS.

### **How do I obtain the CFL NEC?**

Enlisted Sailors who have attended the certification course and qualified since October 2014 should automatically see the NEC when they check their records. Those that received the certification prior to October can make the appropriate updates by filling out the NEC change request form NAVPERS 1226/6. It can be found at:

<http://www.public.navy.mil/bupers->

[npc/reference/forms/NAVPERS/Documents/NAVPERS\\_1221-6\\_Rev09-13.pdf](http://www.public.navy.mil/bupers-npc/reference/forms/NAVPERS/Documents/NAVPERS_1221-6_Rev09-13.pdf)

Members must have attended the course since January 2009. Include a copy of your certificate with the NAVPERS 1221-6.

### **What height is written on the BCA score sheet and what is entered in PRIMS?**

Once a member's height has been obtained, write down the exact height to the closest 1/8 inch on the BCA score sheet. This raw height is used two different ways.

First, the height is rounded up to the nearest whole inch to determine if the member passes the initial weight for height screening (this step is used to reduce the amount of Sailors actually taped).

Second, if the member does not pass the weight for height screening, the raw height measurement is then used to calculate a member's BCA. This is done by rounding the member's height up to the nearest 1/2 inch.

Example: member's raw height is 68 and 1/8 inches. For the WT/HT screening, 69 inches is used to determine if member passes initial screening, which has a max weight of 186 for males and 174 for females. If the member does not pass the WT/HT screening, the height used to calculate the BCA is 68 and 1/2 inches and this measurement shall be entered in PRIMS).

### **Are CFL's/ACFL's allowed to use Vapor or Electronic cigarettes?**

CFLs and ACFLs are NOT authorized to use any of these types of products. CFL's are the examples of health and fitness and must maintain that image. Electronic cigarettes (e-cigarettes) are battery operated products designed to turn nicotine and other chemicals into a vapor which is inhaled. These products are often made to look like Cigarettes, Cigars, Pipes and Pens. E-Cigarettes may contain ingredients that are known to be toxic to humans. Because clinical studies about the safety of e-cigarettes have not been submitted to the U.S. Food and Drug Administration (FDA), you have no way of knowing if they are safe, which chemicals they contain and how much nicotine you are inhaling. Nicotine is a highly addictive substance, including conventional cigarettes which are known to cause disease and lead to premature death. With e-cigarettes there are many unknowns, including the unknown health effects of long-term use. Currently, there are no e-cigarettes approved by FDA.

### **When editing the command information page with the CO/CMC/CFL the information will not save?**

CFLs are responsible for updating the command page whenever the CO/CMC/CFL changes. This can be accomplished by updating the CO/CMC/CFL information located under the "Member" tab in PRIMS. Click on the pencil icon to the left of the member name that references "edit member record". At this point you can edit the individual member's information with an up-to-date e-mail address and work phone number. Once this information is verified as accurate, you must click on the save button! This will allow the CFL to update and save the command information for the CO/CMC/CFL on the command information page. The PRIMS user guide for CFLs is located on the physical readiness website as a desktop reference and under the "Help" link in PRIMS.

### **How do I close out the command PFA cycle?**

The CFL shall ensure that every member of the command has a complete PFA for the current cycle. Any member who did not complete a PFA and does not have a valid non-participation status shall be briefed to the CO and shall be marked as "UA." The CFL shall also ensure that all members have reviewed their PRIMS data for accuracy. CFLs have 30 days from the end of the Navy cycle to make necessary corrections. The CFL shall maintain all official documentation for a period of no less than 5 years.

### **How do I stress the importance of the maintaining standards at my command?**

Communication is key! A command with an active and involved command triad has very few issues. The chain of command sets the tone and should communicate and demonstrate the importance of making healthy choices for both nutrition and fitness. A negative tone displayed by command can be detrimental to the success of their Sailors. The PFA is not a test to prepare for at the last minute. The PFA provides an assessment of the overall health/fitness of the command. Commands should incorporate a year-round program where the PFA is just one piece of the overall program.

### **If I pass the BCA, am I healthy?**

Depending on a member's body type and proportions, they may pass the BCA and actually be overweight or even obese.

To identify a service member's risk level for obesity-related illness, cardiac disease, and/or sudden death the Waist Circumference Measurement (WCM) and the Body Mass Index (BMI) are utilized to better assess a member's overall health. The WCM and/or BMI are used solely to identify service members at increased health risk.

(1) The WCM is used to determine a member's risk level for obesity-related illness, cardiac disease, and/or sudden death. Any male with a WCM greater than 40 inches and any female with a waist measurement greater than 35 inches are considered high risk. Members should strive to be within moderate risk category or lower to reduce potential for obesity-related issues (see below for risk level ranges).

(a) The WCM measurement is taken at the iliac crest (top of hip bone) at the intersection of the mid-axillary line (side of torso) and with tape parallel to the deck. This measurement is used to measure central adiposity.

(b) WCM Risk Categories:

<b>Gender</b>	<b>Low Risk</b>	<b>Moderate Risk</b>	<b>High Risk</b>
Male	Less than 36 in	36 to 40 in	Greater than 40 in
Female	Less than 32 in	32 to 35 in	Greater than 35

(2) Body Mass Index. The BMI is used to help determine if a service member's weight is healthy for their height. No matter what the BMI value, exercise can help reduce the risk of heart disease and diabetes. How to determine BMI:

(a) Multiply weight in pounds by 703.

(b) Divide that answer by height in inches.

(c) Divide that answer by height in inches again.

(d) Use the chart below to see what category your BMI falls into.

<b>BMI</b>	<b>CATEGORY</b>
<b>Below 18.5</b>	Underweight
<b>18.5 - 24.9</b>	Healthy
<b>25.0 - 29.9</b>	Overweight
<b>30.0 - 39.9</b>	Obese
<b>Over 40</b>	Extreme or high risk obesity

**How does the 45-day policy apply to reservists authorized a "Bad Day" re-test?**

Per NAVADMIN 231/13, the BCA shall be completed within 45 days of, but not less than 24 hours prior to, participation in the PRT. This policy applies to both active and reserve Sailors. The PRT, to include Bad Day retest, must be completed with 45 days from the official BCA. If the recorded PRT is not completed within 45 days of the official BCA, the CO may assign a participation status of "UA" for the PRT.

**If PRIMS indicates a PHA is not complete, but the CFL has paperwork showing completion, what can be done to allow the member to complete the PARFQ?**

Background: PRIMS receives an automatic data feed from the Medical Readiness Reporting System (MRRS) once a week. Medical personnel must enter the PHA completion date into MRRS for PRIMS to receive the update. A member's Individual Medical Readiness (IMR) link on BOL does not show the PHA has expired until 1-year and 30 days from the last completed PHA. As per policy, the PHA is only valid for one-year (365 days). If a CFL has the signed PHA completion form from medical, the CFL can manually enter the PHA completion date in the "Edit Member Record" tab in PRIMS to allow the member to complete the PARFQ.

**Is there an easy way to verify if members have not completed the PARFQ?**

YES. Under the command tab in PRIMS, right click the UIC/command name then click "Command Reporting." From the next screen select "PARFQ Listing" then select "Members Who Have Not Completed" and then select the appropriate PFA cycle. This report will indicate members who do not have a completed and saved PARFQ in PRIMS.

**What is an MEB and how does it work?**

An MEB is a Medical Evaluation Board. The purpose of an MEB is to identify members with medical conditions that affect their ability to perform the BCA or PRT and how it relates to their specific Navy job. Any member who does not participate in the BCA, or does not participate in a cardio event and at least one muscular endurance event (push-ups, curl-ups) for two consecutive cycles for the same medical condition, or any three cycles in a four-year period, regardless of the medical condition, shall be referred to an MEB.

**Are ACFLs qualified to conduct a PFA?**

YES! ACFLs are to be trained by the CFL and designated in writing. ACFLs shall be CPR certified and be competent to conduct PRT, BCA, FEP, and command PT. All ACFLs shall be non-tobacco users and meet the same PFA requirements as the CFL.

**PRIMS data verification**

Members are required to review and verify their PFA data in PRIMS within 60 days following PFA cycle. Members should verify data ASAP to ensure accuracy of their records prior to transferring to another command.

**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 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.

**Once a record has been entered into PRIMS, how long does the CFL have to edit and make changes?**

The CFL has 90 days from initial entry or test date input of that record to make changes, then correction request with supportive documentation is required.

**Should a PFA be conducted on a member at a school lasting less than 10 weeks?**

NO! OPNAVINST 6110.1J, Encl (1) Para (4)., states, TAD may be used for consecutive schools lasting less than 10 weeks in duration or temporary duty assignment with no means of participating in an official PFA for entire PFA cycle.

Some schools have local directive to be within BCA standards to attend. This is not associated with official PFA's.

**If a member has PCS orders, can a CFL mark "Leave" for the participation status in the members PRIMS record?**

NO! OPNAVINST 6110.1J, Encl (1)., Para (5) states, "Leave" may be used for convalescent leave and emergency leave which extends beyond the command and Navy PFA cycle (not intended for regular or leave in conjunction with permanent changes of station orders).

**Can a member's record in PRIMS be corrected after 1 year?**

NO! OPNAVINST 6110.1J, Encl (1), Para (11) states, request to correct PRIMS data must be submitted to OPNAV (N170) within 1-year of occurrence. The request must be sent via a LOC from the originating command, along with supporting documentation.

**Can a CFL generate a page 13 for previous failures if the page 13's were never verified?**

YES! If a member checks on board with previous PFA failures and does not have a page 13 in the members OMPF, the CFL shall draft a page 13 documenting the previous failures and have the CO, the member, and the CFL sign the page 13 to be uploaded into OMPF.

**Is a PARFQ required for Sailors that are on IA or in DEP/OP status?**

NO! According to the NAVADMIN 231/13, a PARFQ is not required if the PRT will not be conducted due to DEP/OP, IA, TAD, etc.

**Can a member request the Bad Day if they did not fail the PRT and want a better score?**

NO! The "Bad Day" is only an option to address the PRT failure for the current cycle. Per OPNAVINST 6110.1J, enclosure (2), page 1, para 1.a.(1): an individual must request a "Bad Day" within 24 hours of completing the PRT. If approved, the retest must be administered within 7 days of the initial PRT failure and within the same PFA cycle for which the "Bad Day" was requested. Drilling Reservists have until the end the following month.

**Does a Flight Physical or any other physical exam take the place of a Periodic Health Assessment (PHA)?**

NO! However, to create a streamlined and efficient process, it will be necessary to collaborate with various health service support personnel to promote ready access to care for service members. SECNAVINST 6120.3 enclosure (1), page (1) para (1)b, states that special duty examinations, such as a flight or diving duty physicals, and Occupational Health Surveillance exams shall be expanded to include any additional elements necessary to satisfy the requirements of the PHA.

**What constitutes a Body Composition Assessment (BCA) Medical Waiver?**

Per OPNAVINST 6110.1J, Guide (6), Section (9), para (2 & 3), BCA waivers may be granted in the setting of an inability to obtain an accurate weight (e.g. leg cast) or measurement (e.g., recent surgery on an area directly involved with the measurements used to calculate BCA). BCA waivers may also be granted due to a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain. The inability to exercise is not a valid reason for a BCA waiver.

**When does a Medical Waiver expire?**

Medical waivers expire at the end of the cycle for which they are recommended, no medical waiver is to be carried over into another Physical Fitness Assessment (PFA) cycle. If a medical condition persists, the member must obtain a medical waiver for each additional PFA cycle. The PRIMS application will not recognize a medical waiver that was used in a previous cycle.

**When should an acclimatization period be established?**

It is CO's discretion as to whether or not an acclimatization period is warranted for newly reported personnel. In consultation with the AMDR, the CO shall determine a reasonable length for the acclimatization period. When safety of personnel is an issue, determination should be based off the differences in environmental conditions between duty stations. Such factors include but are not limited to elevation, humidity, and temperature. The acclimatization period also includes Fitness Enhancement Program participation.

**What requirements must be met for newly reporting members who arrive within the last month of a Navy cycle?**

When the CFL is checking in a newly reported member that does not have a PFA for the current cycle and is within 45 days of the end of the Navy cycle, the CFL should acquire the member's BCA immediately. Members who anticipate a BCA medical waiver should be deferred long enough to get to medical. Members are now expected to perform the PFA upon checking in. Acclimatization is not a replacement or substitute for the previous <10-weeks policy. "Acclimatization" status is to be used sparingly and on a case-by-case basis, which must be approved by the CO. The time afforded is limited to allow members to prepare to PT in a new climate and is not used to excuse members from participating. Members that clear all medical screenings (PHA, PDHA, PDHRA, PARFQ, and Medical Waiver) shall participate in the PFA up to the last day of the Navy cycle (30 June or 31 December). When members provide proof that medical will not be able to process them for medical clearance prior to the end of the Navy cycle, the CO should consider excusing the member from the PRT portion of the PFA. All efforts should be exhausted to allow members to participate versus granting members be excused.

**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.

**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 45 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 December. This testing can be accomplished during a Fitness Enhancement Program (FEP) session or at another approved time.

**Can a member receive a retroactive PRT waiver?**

YES! If a member is injured during the PRT and medical has determined that the injury was not due to lack of preparation on the member's part, the CO has the authority to approve a retroactive PRT waiver.

**Does a member have to be in the LIMDU status (ACC 105) to receive a BCA medical waiver?**

NO! Members may also qualify for a BCA medical waiver if:

- 1) There is an inability to obtain an accurate weight (e.g., arm or leg cast) or measurement (e.g., recent non-elective surgery on an area directly involved with the measurements used to calculate BCA).
- 2) Member has fallen out of BCA standards within the preceding 6 months due to a medical condition or medical therapy which has been newly diagnosed, worsens in severity, or increases in dosage in that 6-month period, which is known for weight gain.

**If a member is stationed at a remote location and has only one AMDR for the geographical location, who is required to sign medical and BCA waivers?**

If a member is requesting a medical waiver, the NAVMED 6110/4 only requires one signature for the AMDR to waive any or all PRT events. If a member is requesting a BCA waiver, the treating physician for the BCA condition will sign the first block labeled AMDR/Treating Physician Signature and the AMDR will sign the second block labeled AMDR/AMDR Supervisor Signature. The Commanding Officer's signature is required on the NAVMED 6110/4 in order to validate both medical and BCA waivers.

**Should a CFL conduct a BCA on a member and then transfer the member out before conducting a PRT?**

NO, absolutely not! CFLs shall screen all transferring members and ensure members complete a full PFA (BCA and PRT) prior to transfer if it is expected the member will reach the end of the PFA cycle prior to arrival at new command. The only time a BCA shall be taken without a PRT is if the member will transfer to a school or to a new command with an expected report date after the end of the current Navy cycle (June 30 or 31 December). In which case, the reporting senior of the member must submit a PFA non-participation letter to OPNAV (N170B) to request an "excused" non-participation status in PRIMIS.

**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 PRIMS.
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.

**Are CFLs/ACFLs authorized to enter their own PFA data?**

NO! To protect the integrity of PRIMS, CFLs and ACFLs are not authorized to enter their own data in PRIMS. CFLs will enter data for all ACFLs and an ACFL must enter the CFL’s data.

**What is the difference between a CFL Designation Letter and a CFL Transfer Designation Letter?**

A CFL designation letter is a command letter endorsed by the commanding officer which designates only one member from the command as the command fitness leader. A CFL transfer designation letter is the letter required by PRIMS to change the authorization from the current CFL to the newly designated replacement CFL.

**Can a medical waiver be signed by the AMDR but not the CO prior to participating in the PFA?**

No! The NAVMED 6110/4 medical waiver form must be completely filled out by the physician, the AMDR, and approved by the Commanding Officer prior to any member participating in the BCA portion of the PFA.

**Are members required to be in Navy PTU for both height/weight and BCA measurements?**

No. As long as the member does not need to be taped, they are allowed to stand on the scale in the prescribed uniform of the day (no shoes). If taping is required, the member will be required to be in Navy PTU to ensure proper taping procedures are accomplished. All neck and waist measurements must be accomplished directly on the skin and hip measurements must be accomplished over PTU shorts only.

**What should happen when a member is not performing an exercise correctly during testing?**

The CFL/ACFL should take the following steps:

- 1) Inform the partner and the member that the exercises are not being performed correctly.
- 2) Instruct the partner to stop counting the reps until the member corrects their form.
- 3) If the partner continues to count bad reps, the CFL/ACFL is to inform the member and the partner that they will be taking over as the counter.
- 4) Once the 2 minutes are up, the CFL/ACFL and partner will report the correct number of exercises performed to the recorder.

**Is it okay for potential CFLs and ACFLs to utilize PRIMS as a training tool?**

No. Never allow untrained CFLs and ACFLs to use the live PRIMS database to train. PRIMS is an official database. You must be able to justify each and every action in PRIMS. PRIMS has the ability to capture who made an entry and the time and date the entry was made. Avoid the hassle of correcting errors due to training. Train new CFLs/ACFLs in PRIMS by demonstrating the proper use of the database and then allowing the new CFLs/ACFLs to make entries into PRIMS under the guidance of the Command Fitness Leader.

**Can a member change the cardio option for the retest?**

Yes. OPNAVINST 6110.1J does not prevent a member from switching their cardio option.

**What is a PRCO?**

A Physical Readiness Control Officer (PRCO) assists Echelon II and III commanders by ensuring commands within their respective Areas of Responsibility (AOR) are effectively managing a robust Physical Fitness Program. This position will assist both Active Component and Reserve Component personnel in maintaining the level of physical fitness required to support mission readiness. The PRCO is responsible in assisting the Physical Readiness Program Office (OPNAV N170B) in providing expert advice to CFLs on all matters relating to the Physical Readiness Program Policy.