



DEPARTMENT OF THE NAVY

COMMANDING OFFICER  
NAVAL STATION  
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NAVSTAPEARLINST 6110.1L  
N00  
10 Feb 09

NAVSTA PEARL INSTRUCTION 6110.1L

Subj: PHYSICAL READINESS PROGRAM (PRP)

Ref: (a) OPNAVINST 6110.1H  
(b) OPNAVINST 6110.1H CH-1  
(c) MILPERSMAN 1910-170 SEPARATION BY REASON OF PHYSICAL  
FITNESS ASSESSMENT FAILURE  
(d) NAVADMIN 011/07  
(e) NAVADMIN 041/06

1. Purpose. Physical fitness is a crucial element of mission performance and must be a part of every Navy Sailor's life. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition.

2. Cancellation. NAVSTAPEARLINST 6110.1K

3. Information. This instruction expands upon and is to be used in conjunction with references (a) through (e). The principal goal of the Physical Readiness Program is to create a culture of fitness to enhance a Sailor's ability to complete tasks that support the command's mission. The Physical Readiness Program is made up of the Physical Fitness Assessment (PFA) and the Fitness Enhancement Program (FEP). The PFA is designed to provide member with goals to promote basic physical fitness, health and readiness, as well as providing the Commanding Officer (CO) with a means of assessing the general fitness of command members. The Command FEP is designed to increase and maintain each member's cardio-respiratory fitness, muscular strength and endurance and flexibility; reduce excess body fat; promote year-round fitness and health and provide nutritional guidance. FEP is not exclusively for members who do not meet PFA standards.

4. Responsibilities. The CO, Command Fitness Leader (CFL), Morale, Welfare and Recreation (MWR) Department, MWR Fitness Instructor and individual member are delineated in references (a) through (e).

a. Department Head (DH) shall:

(1) Provide leadership by example to encourage and promote increased levels of physical readiness.

(2) Ensure all department personnel participate in the program and are medically screened and tested in accordance with reference (a).

(3) Support efforts to promote individual exercise activities.

(4) Ensure accountability of the individual by following the administrative measures set forth in this instruction.

(5) Closely monitor each individual's progress.

(6) Appoint a representative in writing to act as the Assistant Command Fitness Leader (ACFL), complete the CFL course on NKO and forward a copy of the letter to the CFL whenever a change occurs. (ACFL must meet all qualifications required of the CFL.)

b. Assistant Command Fitness Leader shall:

(1) Assist CFL in health and physical readiness matters.

(2) Keep DH advised of PFA and FEP matters.

(3) Meet all qualifications required of the CFL.

(4) Muster their department for all PFA and FEP activities.

(5) Report all Unauthorized Absence's (UA) to the DH and CFL.

(6) Ensure accountability of the individual by following the administrative measures set forth in this instruction.

(7) Enter PFA and FEP department data on the Physical Readiness Information Management System (PRIMS) website.

(8) Ensure all department personnel participate in the program, are medically screened and tested in accordance with reference (a).

5. Incentives

a. Those who improve their overall score by one category will be recognized at division quarters and granted a 24-hour special liberty. "Failure" to "Satisfactory" does not satisfy this incentive.

b. Those that score an "Outstanding" will be recognized at division quarters, given a certificate of excellence signed by the CO and granted a 48-hour special liberty.

6. PFA

a. The PFA will be held twice per calendar year: Spring and Fall. The assessment shall be performed in accordance with reference (a) at a schedule determined by the CFL.

b. All personnel shall complete Physical Activity Risk Factor Questionnaire (PARFQ) in PRIMS 10 weeks prior to each Physical Fitness Assessment cycle. PARFQ questions are available online through PRIMS at website "<https://prims.bol.navy.mil/>". Members who answer "yes" to any question for the first time shall be assessed by a Medical Representative for further evaluation regarding participation in PFA or physical conditioning. Medical Department representative shall be a medical doctor, doctor of osteopathy, family or adult nurse practitioner, Physician Assistant or Independent Duty Corpsman. Members who answer "yes" for same previously cleared risk factor are not required to go to medical for reevaluation.

c. All personnel are required to participate in physical training three times a week. The physical training sessions will be conducted during the individual's normal working hours for duration of one hour.

d. All personnel will wear reflective garment when physical training is conducted between 30 minutes after sunset and 30 minutes prior to sunrise

7. FEP. The Naval Station Pearl Harbor FEP will introduce all personnel in the command to self-help strategies and facilitate their adoption of health and fitness promoting habits, including regular physical activity, improvement in physical performance

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and health nutrition. FEP is not exclusively for those who do not meet PFA standards.

a. If medically cleared, participation in FEP is mandatory for members:

(1) Who failed a body composition assessment.

(2) Who failed physical readiness training.

(3) Who scored an overall Physical Readiness Training (PRT) score of "probationary."

(4) Who are waived from a PRT event(s) and score "probationary" on the remaining event(s).

(5) Who are directed by their chain of command.

b. Members will muster and participate in FEP sessions daily, Monday through Friday, from 0700-0800 at Bloch Arena. Members who opt to swim will muster at Scott Pool daily, Monday through Friday, from 0700-0800.

c. A FEP jacket will be maintained for each member by the Department ACFL and shall include at a minimum:

1. Daily attendance record
2. IMR/PHA status/Medical waivers
3. Exercise log
4. Food/Diet log
5. Shipshape class attendance record

d. Body Composition Assessment (BCA) will be recorded weekly and a mock PRT will be conducted the last week of each month. Elliptical and bike are also available for the mock PRT. Results will be posted to PRIMS and documented in the FEP jacket.

e. As per reference (a), participation will continue until two consecutive PFA's are passed with body fat below the limit and a PRT score of at least a "good low" on all events in a regularly scheduled PFA.

f. FEP shall consist of:

(1) Dynamic strength training for one hour per day, two days per week.

(2) Cardiovascular endurance training for 30-60 minutes, three days per week.

g. For members who fail to progress in their overall fitness level, the CFL will adjust the schedule and intensity level as appropriate.

h. Personnel directed to attend FEP per this instruction shall:

(1) Muster daily from Monday through Friday, 0700-0800 at Bloch Arena. Members who opt to swim will muster at Scott Pool from Monday through Friday, 0700-0800.

(2) If personnel are medically waived, a copy of the waiver must be presented to the CFL via the ACFL.

(3) If personnel are unable to attend due to duty, leave, TAD or any other circumstance, they must inform their ACFL in a timely manner. Liberty is not a valid excuse to miss FEP.

(4) If personnel fail to attend, a first offense will result in verbal counseling, a subsequent offense will result in written counseling and a third offense will result in being charged with Article 86, Unauthorized Absence.

(5) Only the CFL can authorize personnel being removed from FEP.

(6) Individual FEP schedules and frequency for mandated personnel may be changed as needed by the CFL.

8. Culture of Fitness. As physical fitness cannot be maintained without proper nutrition, maintaining a prudent diet as necessary. A prudent diet consists of two to three servings of poultry, fish, lean red meat, beans/legumes; five or more servings of fruits or vegetables; six or more servings of whole grain bread/cereal; two to three servings of low fat or skim milk products and one or more servings of high fiber foods. Limit consumption of foods high in fat, sugar and salt. Number of servings will vary, depending upon member's activity level. Refer to Navy nutrition and Weight Control Self-Study Guide (<http://www.bupers.navy.mil/services/weight.html>) for serving sizes and additional information. Additional nutritional and weight control information is available at <http://www.mwr.navy.mil/mwrprgms/nutrition.htm>.

(a) Nutritional education and training will be made available through Ship Shape class. Schedules will be disseminated by the CFL through department representatives.

(b) Participation in the FEP or mock PFA does not exempt an individual from participating in departmental physical fitness training.

(c) Attendance is open to all personnel, particularly those in danger of failing any part of the PFA. Attendance is also open to those personnel recommended by their chain of command.

(d) Command evaluation guidance for first or second PFA failure in the most recent four year period:

(1) Documentation of your PFA result(s) on your enlisted evaluation for the reporting period in which the failure(s) occurred. Mark of no higher than 3.0 in "Military Bearing" for the reporting period in which the failure occurred.

(2) Ineligibility for promotion, advancement or frocking until within standards or promotion cycle limiting date.

(3) Ineligibility to transfer to any special duty or school if you do not meet physical readiness standards for that duty or school.

(e) Command evaluation guidance for three or more PFA failure in the most recent four year period:

(1) Mark of 1.0 in "Military Bearing" for the reporting period in which the failure occurred.

(2) Marks for promotability and retention shall be "Significant Problems" and "Retention Not Recommended", respectively.

(3) Ineligibility to take advancement examination, or for reenlistment until you pass all PRTs and are within standards for all body composition assessments for three consecutive PFAs.

(4) May only be granted an enlistment extension at CO's discretion to participate in next immediate PFA.

(5) Processing for Administrative Separation (ADSEP).

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(f) Members who are confirmed to be discharged from the Navy will be disenrolled from the program.

(g) A member may request to be disenrolled from the program after passing one PFA cycle, provided the member scores "Outstanding High" in all PRT events, passes the BCA and final approval is at the discretion of the Executive Officer.

9. Check-in. Newly reporting personnel will check in with their department ACFL and provide their previous PFA results.

a. Upon check in with the department ACFL, a preliminary BCA will be conducted upon the member. The department ACFL will ensure that all information is updated and accurately posted in PRIMIS.

b. The CFL will correspond with the member's former command when data provided is incomplete, inaccurate, or missing.

c. If the member is already enrolled in FEP from the previous command, their enrollment in FEP will continue until they passes two consecutive PFA cycles ("good low" or better).

10. Check-out. All personnel regardless if being discharged or transferred from the command will check-out with the CFL.



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