



DEPARTMENT OF THE NAVY
COMMANDER
NAVAL EDUCATION AND TRAINING COMMAND
250 DALLAS STREET
PENSACOLA, FLORIDA 32508-5220

Canc: Jan 2026

NETCSTAFFNOTE 6110
N04
3 Feb 2025

NETC STAFF NOTICE 6110

From: Commander, Naval Education and Training Command

Subj: OFFICIAL PHYSICAL FITNESS ASSESSMENT NOTIFICATION

Ref: (a) OPNAVINST 6110.1K
(b) CNO WASHINGTON DC 262014Z Nov 24 (NAVADMIN 242/24)
(c) Navy Physical Readiness Program Guide-1, Physical Readiness Program (PRP) Policies of Jan 25
(d) Navy Physical Readiness Program Guide-3, Command/Assistant Command Fitness Leader (CFL/ACFL) and Member's Responsibilities of Jan 25

1. Purpose. Per references (a) and (b), Naval Education and Training Command (NETC) personnel will conduct the official Calendar Year 2025 (CY25) Physical Fitness Assessment (PFA) cycle from 1 February to 30 November 2025.

2. Scope. All Navy personnel will participate in the CY25 PFA regardless of time onboard, unless fully medically waived by the commanding officer (CO).

3. Responsibilities. The command fitness leader (CFL) and assistant CFLs will conduct the CY25 PFA per reference (a).

a. Command personnel are personally responsible for completing their annual physical health assessment (PHA), body composition assessment (BCA) and physical readiness test (PRT), medical waivers (if required), and Pre-physical Activity Risk Factor Questionnaires (PARFQ) to determine participation in the PFA.

b. Command personnel are strongly encouraged to read and become familiar with references (a) through (d).

4. Schedule. The official CY25 PFA cycle is scheduled for the weeks of 14-17 April, 10-12 June, and 16-18 September 2025. Three specific timeframes are established to ensure you have

ample time to complete the PRT. Below are the dates and times for the scheduled events:

- a. 15 April 2025, 0800-1030: BCA Weigh-in BLDG 628, 2nd Deck, NETC Gym
- b. 16 April 2025, 0730: PRT (Alternate Cardio), BLDG 457, Radford Gym
- c. 17 April 2025, 0630: PRT (Run), Base Track
- d. 10 June 2025, 0800-1030: BCA Weigh-in, BLDG 628, 2nd Deck, NETC Gym
- e. 11 June 2025, 0730: PRT (Alternate Cardio), BLDG 457, Radford Gym
- f. 12 June 2025, 0630: PRT (Run), Base Track
- g. 16 September 2025, 0800-1030: BCA Weigh-in, BLDG 628, 2nd Deck, NETC Gym
- h. 17 September 2025, 0730: PRT (Alternate Cardio), BLDG 457, Radford Gym
- i. 18 September 2025, 0630: PRT (Run), Base Track

5. Information. This event is an official Navy Annual PFA. The uniform for all BCA measurements and PRT will be the Navy's physical training uniform.

a. PARFQs must be completed in MyNavy Portal (MNP) by each Sailor participating in the PRT portion of the PFA. If indicated by the PARFQ, Sailors must make a medical appointment for PFA clearance and present the PARFQ form or NAVMED 6110/4 (Physical Fitness Assessment Medical Clearance/Waiver), if required, to their authorized medical department representative or health care provider prior to participation in the PRT. Medical appointments, waivers, and current PHAs need to be settled prior to the PFA. All medical waivers must be submitted to the CFL no later than 20 May 2025 for command decision (approval or disapproval). Personnel can start completing their PARFQs at any time in the PFA cycle. Failure to properly

schedule medical and dental appointments early enough to ensure you have a completed PHA may result in a PFA failure.

b. Personnel who do not show up or participate in BCA/PRT will be marked "Unauthorized Absence" and reported to the CO, which may result in a PFA failure.

c. Alternate cardio testing is authorized. Sailors who choose to complete the PRT using an alternate cardio option are required to practice on the alternate cardio equipment prior to participating in the official PRT. If the Sailor has not practiced prior to the day of the test, the CFL or ACFL will not administer the alternate cardio and reschedule the Sailor to participate in the entire PRT another day. Sailors interested in swimming the PRT must contact the CFL, GSMC Richie, for further information at bryson.q.richie.mil@us.navy.mil.

d. Bad Day PRT policy is in effect. If authorized, refer to reference (c) for amplifying information.

e. Any personnel failing the BCA, PRT, not within age adjusted standards, or receiving a probationary score on any part of the PRT will be enrolled into the Fitness Enhancement Program and will receive nutritional counseling.

f. Sailors who are not within Navy BCA or age adjusted standards and pass the PRT with an overall score of Excellent-Low or above, will receive an overall passing score on the PFA and will not be enrolled in Fitness Enhancement Program.

g. Personnel who check in or check out of the command must report to the Physical Readiness Office to be gained or released in Physical Readiness Information Management System-2.

6. For further information, please contact GSMC Bryson Richie via e-mail (bryson.q.richie.mil@us.navy.mil) or phone (850-452-3646), or MC1 Zachary Melvin via e-mail (zachary.a.melvin2.mil@us.navy.mil).

7. Records Management

a. Records created as a result of this notice, regardless of format or media, must be maintained and dispositioned per the records disposition schedules located on the Department of the

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Navy Assistant for Administration, Directives and Records Management Division portal page at <https://portal.secnav.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-Information-Management/Approved%20Record%20Schedules/Forms/AllItems.aspx>.

b. For questions concerning the management of records related to this notice or the records disposition schedules, please contact the local records manager.

8. Forms. The following form is available for download from Naval Forms Online (<https://forms.documentservices.dla.mil/order/>): NAVMED 6110/4 (Physical Fitness Assessment medical Clearance/Waiver)



G. L. TINER
Chief of Staff

Releasability and distribution:

This notice is cleared for public release and is available electronically on the NETC public web site (www.netc.navy.mil) or by e-mail at netc-directives@us.navy.mil.