



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

Canc: Jul 26

NETCSTAFFNOTE 6110  
N04  
27 Jan 2026

NETC STAFF NOTICE 6110

From: Commander, Naval Education and Training Command

Subj: OFFICIAL PHYSICAL FITNESS ASSESSMENT NOTIFICATION

Ref: (a) OPNAVINST 6110.1L  
(b) CNO WASHINGTON DC 301740Z Dec 25 (NAVADMIN 264/25)  
(c) Navy Physical Readiness Program Guide 1, Physical Readiness Program (PRP) Policies of Dec 25  
(d) Navy Physical Readiness Program Guide-3, Command/Assistant Command Fitness Leader (CFL/ACFL) and Member's Responsibilities of Dec 25

1. Purpose. Per reference (a), Naval Education and Training Command (NETC) personnel will conduct the official calendar year 2026 (CY26) Cycle 1 Physical Fitness Assessment (PFA) from 1 January to 30 June 2026.

2. Scope. All Navy personnel will participate in the CY26 Cycle 1 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 CY26 Cycle 1 PFA per reference (a).

a. Command personnel are personally responsible for completing their annual physical health assessment (PHA), body composition assessment (BCA) and/or 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 CY26 Cycle 1 PFA is scheduled for the week of 11 May 2026, with makeup dates scheduled for 15-18 June 2026. Below are the dates and times for the scheduled events:

- a. 11 May 2026 / 0800-1030: BCA weigh-in building (BLDG) 628 2nd Deck NETC Gym
- b. 12 May 2026 / 0800 PRT (alternate cardio) BLDG 457 Radford Gym
- c. 13 May 2026 / 0630: PRT (run) base track
- d. 15 June 2026 / 0800-1030: Make-up BCA weigh-in BLDG 628 2nd Deck NETC Gym
- e. 16 June 2026 / 1300: Make-up PRT (alternate cardio) BLDG 457 Radford Gym
- f. 17 June 2026 / 0630: Make-up PRT (run) base track

5. Information. This event is an official Navy PFA. The uniform for all BCA measurements and PRTs will be the Navy's Physical Training Uniform (PTU) or optional PTU.

a. PARFQs must be completed in MyNavy Portal 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 the PFA Medical Clearance/Waiver (NAVMED 6110/4), if required, to their authorized medical department representative or health care provider prior to participation in the PRT. Medical appointments, waivers, and/or current PHAs need to be settled prior to the PFA. All medical waivers must be submitted to the CFL no later than 27 April 2026 for command decision (approval or disapproval). Personnel can start completing their PARFQs at any time in the PFA cycle.

b. Personnel who do not show up or participate in BCA/PRT will be marked "Unauthorized Absence" and reported to the CO, which will 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. Sailors interested in swimming the PRT must email the CFL, LCDR Tan at [eric.g.tan.mil@us.navy.mil](mailto:eric.g.tan.mil@us.navy.mil) for further information. CFL/Assistant CFLs (ACFL) will ask the Sailor if they have practiced on that alternate cardio specific machine or model. If the Sailor has not practiced prior to the day of the test,

the CFL/ACFL will not administer the alternate cardio and reschedule the Sailor to participate in the entire PRT another day.

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

e. Any personnel failing the BCA and/or PRT or receiving a probationary score on any part of the PRT will be enrolled into the Fitness Enhancement Program (FEP) and will receive nutritional counseling.

f. Sailors who do not meet official Navy BCA standards by exceeding the maximum allowed body fat percentage but achieve an overall "Outstanding-Low" or higher with **all three** PRT categories scored no lower than an "Excellent-Medium," will be granted an overall PFA pass. However, the BCA result will still be recorded as not within standards. These Sailors are still required to participate in the FEP.

g. Sailors transferring/starting terminal leave/attending Department of Defense Skill-Bridge after 13 May 2026 must complete CY26 Cycle 1 PFA. Sailors transferring before Command's cycle dates must contact CFL: LCDR Tan to schedule PFA prior to detachment.

h. Sailors within BCA standards and scoring an overall score of "Excellent-Low" or higher will be granted a 24-hour special liberty.

i. 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 Two.

6. For further information, please contact LCDR Tan via email at [eric.g.tan.mil@us.navy.mil](mailto:eric.g.tan.mil@us.navy.mil) or phone (850) 452-4974 or LT Pasque via [kurt.r.pasque.mil@us.navy.mil](mailto:kurt.r.pasque.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 Navy Assistant for Administration, Directives and Records

27 Jan 2026

Management Division portal page at <https://portal.secnave.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.



C. I. TINER  
Chief of Staff