



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

Canc: Jan 2027

NETCSTAFFNOTE 6110
N04
9 Jul 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) Polices of Jun 26
(d) Navy Physical Readiness Program Guide-3, Command/Assistant Command Fitness Leader (CFL/ACFL) and Member's Responsibilities of Jun 26

1. Purpose. Per reference (a), Naval Education and Training Command (NETC) personnel will conduct the official calendar year 2026 (CY26) Cycle 2 Physical Fitness Assessment (PFA) from 1 July to 31 December 2026.

2. Scope. All Navy personnel will participate in the CY26 Cycle 2 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 2 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 2 PFA is scheduled for the week of 19 October 2026, with makeup dates scheduled for 2 to 4 November 2026. Below are the dates and times for the scheduled events:

a. 19 October 2026 / 0800-1000: BCA weigh-in at building (BLDG) 628, 2nd Deck, NETC Gym (Room 2-49).

b. 20 October 2026 / 0700: PRT (run) at base track.

c. 21 October 2026 / 0800 PRT (alternate cardio) at BLDG 457, Radford Gym.

d. 2 November 2026 / 0800-1000: Make-up BCA weigh-in at BLDG 628, 2nd Deck, NETC Gym (Room 2-49).

e. 3 November 2026 / 0700: Make-up PRT (run) at base track.

f. 4 November 2026 / 0800: Make-up PRT (alternate cardio) at BLDG 457, Radford Gym,

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 15 October 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 and/or 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 contact the CFL, LCDR Tan at 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 (BDPRT) policy is authorized. BDPRT does not apply to BCA. BDPRT is to assist Sailors impacted by any signs of exercise-induced distress and allow the individual to prioritize health and safety over a PRT score. BDPRT policy does not apply to Sailors who want to improve a passing PRT score.

(1) Sailors who do not complete any portion of the PRT, do not pass, or demonstrate any early signs of exercise distress must be screened by medical.

(2) Upon receiving medical clearance via the NAVMED 6110/4 form, Sailors have seven working days to conduct BDPRT at the command which conducted the original PFA (BCA/PRT). Sailors must provide a copy of the NAVMED 6110/4 form to the CFL/ACFL.

(3) The BDPRT will include all modalities (push-ups, forearm plank, and cardio/alternate cardio) which the Sailor was originally cleared for. Sailors who have been medically cleared for all PRT modalities, including alternate cardio options, may participate in a different cardio modality.

(4) Sailors who participate in, but do not complete the BDPRT must be examined by medical. At this point, the Sailor will receive a failing score for the PRT and will be enrolled in Fitness Enhancement Program (FEP).

Note 1: If a Sailor is later granted a medical waiver for any failed event(s), then the Sailor is not medically cleared and not authorized to participate in the BDPRT. Additionally, the PFA record will be updated to reflect the approved medically waived events, and the PFA score will be recalculated based only on the events for which the member was medically cleared.

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 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. All Sailors are required to participate in an official PFA cycle unless excused for medical reasons, in a pregnancy or post-pregnancy/postpartum status, or prohibited by operational requirements. Sailors transferring, starting terminal leave, or attending Skill-Bridge after 4 November 2026 must complete CY26 Cycle 2 PFA. Sailors transferring before command's cycle dates must contact the CFL at: (850) 452-4974 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. Sailors 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.

6. For further information, please contact LCDR Tan via email at eric.g.tan.mil@us.navy.mil or phone (850) 452-4974 or LT Clay via alyssa.k.clay.mil@us.navy.mil or LT Pasque via 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 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)



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Chief of Staff