



DEPARTMENT OF THE NAVY
NAVAL SERVICE TRAINING COMMAND
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NSTSINT 6110.1B
CMC
12 Mar 2026

NSTC INSTRUCTION 6110.1B

Subj: COMMAND PHYSICAL TRAINING AND FITNESS ENHANCEMENT PROGRAM

Ref: (a) OPNAVINST 6110.1L
(b) Navy Physical Readiness Program Guide 3
(c) Navy Physical Readiness Program Guide 4
(d) Navy Physical Readiness Program Guide 5A
(e) Navy Physical Readiness Program Guide 9

1. Purpose. To establish command policy and requirements for Physical Training (PT) and the Fitness Enhancement Program (FEP). To ensure both Active Component (AC) and Reserve Component (RC) personnel maintain a level of physical fitness required to support overall mission readiness.
2. Cancellation. NSTCINST 6110.1A.
3. Scope and Applicability. This instruction applies to all AC and RC military Staff assigned to Naval Service Training Command Staff.
4. Background. Reference (a) establishes policy and requirements for the Navy's Physical Readiness Program (PRP) to ensure AC and RC service members maintain a healthy lifestyle required to support overall mission readiness. Reference (b) provides guidance on the Command and Assistant Command Fitness Leader (CFL and ACFL) and member's responsibilities. Reference (c) provides guidance on the Body Composition Assessment (BCA) standards, measurement guidelines and procedures, and BCA tables. Reference (d) provides Physical Readiness Test (PRT) guidelines, safety concerns and PRT modalities and procedures. Reference (e) provides an overview of the Command Physical Readiness Program, FEP, components of Fitness and Physical Training, and Basic Exercise Principles and Programming.
5. Policy. All Navy AC and RC personnel must meet minimum physical fitness standards and participate in the command PT program.
 - a. Command PT Program. Per reference (b), every Sailor must conduct physical training every workday as part of their normal routine. To facilitate each member's duty, periodic mandatory command PT sessions will be held at the discretion of the Chief of Staff (CoS) with the support of the CFL.
 - b. Fitness Enhancement Program (FEP). Physical Fitness Assessment (PFA) standards are detailed in references (c) and (d). FEP is mandatory for military personnel who fail to meet PFA and Combat Fitness Assessment standards, fail the check-in BCA, fail a BCA spot-check, or pass

the BCA but receive a probationary score in any PRT category. FEP is also available on a voluntary basis or recommended, at the discretion of the CoS, to any member who desires to improve their overall fitness. Members are required to remain enrolled in FEP until passing an official PFA with PRT scores of a Good-Low or above in all modalities they are medically cleared for.

6. Responsibilities

a. Command Fitness Leader must:

(1) Provide advice and guidance consistent with references (a) through (e) and this instruction.

(2) Administer, monitor, and, on a periodic basis, evaluate the Command PT Program.

(3) Make recommendations to the CoS based on evaluation findings concerning the effectiveness of the Command PT Program and the need to revise as necessary.

b. Department Heads must:

(1) Allow their personnel time to PT during normal working hours.

(2) Periodically monitor their personnel's participation in the PT program.

c. Individual Members:

(1) Must comply with medical screening requirements per reference (a) for participation in all physical training consistent with this instruction.

(2) Must conduct physical training every workday as part of their normal routine.

(3) Should participate in cardiorespiratory exercise for at least two hours and 30 minutes per week, perform strength training two-three days per week, perform functional fitness training two-three days per week, and perform flexibility and mobility exercises (i.e., stretching, yoga, etc.) two-three days per week.

(4) Must participate in a year-round physical fitness program to meet Navy fitness and BCA standards.

(5) Must maintain, on an annual basis, a periodic health assessment with their primary care provider. The periodic health assessment is initiated by an Electronic Health Assessment accessed via the Quick Links in MyNavy Portal, followed by a phone call to health care providers.

(6) Must review and verify accuracy of PFA data in Physical Readiness Information Management System within 30 days of the PFA cycle.

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(7) Must complete a NAVPERS 6110/3 (Physical Activity Risk Factor Questionnaire) for every PFA cycle. The PARFQ form is accessed via the Quick Links in MyNavy Portal, and it can be filled out online or physically.

(8) Must fulfill all FEP requirements in the event of a PFA failure, as detailed in reference (e). FEP requirements are based on an individual basis with a corrective PT and nutrition program to be developed with the CFL.

7. Records Management. Records created as a result of this instruction, regardless of media and format, must be managed per Secretary of the Navy Manual 5210.1 of September 2019.

8. Review and Effective Date. Per OPNAVINST 5215.17A, the Command Master Chief will review this instruction annually on the anniversary of its issuance date to ensure applicability, currency, and consistency with Federal, Department of War, Secretary of the Navy, and Navy policy and statutory authority using OPNAV 5215/40 Review of Instruction. This instruction will be in effect for 10 years, unless revised or cancelled in the interim, and will be reissued by the 10-year anniversary date if it is still required, unless it meets one of the exceptions in OPNAVINST 5215.17A, paragraph 9. Otherwise, if the instruction is no longer required, it will be process for cancellation as soon as the need for cancellation is known following the guidance in OPNAV Manual 5215.1 of May 2016.



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Releasability and distribution:

This instruction is cleared for public release and is available electronically only via Department of the Navy Issuances Web site, <https://www.netc.navy.mil/Commands/Naval-Service-Training-Command/NSTC-Directive/>