



DEPARTMENT OF THE NAVY

NAVAL SERVICE TRAINING COMMAND
2601A PAUL JONES STREET
GREAT LAKES, ILLINOIS 60088-2845

Canc: Dec 2025

NSTCNOTE 6110

N02

7 May 2025

NSTC NOTICE 6110

From: Commander, Naval Service Training Command

Subj: OFFICIAL PHYSICAL FITNESS ASSESSMENT NOTIFICATION

Ref: (a) CNO WASHINGTON DC 262014Z Nov 24 (NAVADMIN 242/24)

(b) OPNAVINST 6110.1K

(c) PRP Guide 1: PRP Policies

(d) PRP Guide 3: CFL/ACFL and Member Responsibilities

1. Purpose. Per reference (a), Naval Service Training Command personnel will conduct the official Calendar Year 2025 (CY25) Physical Fitness Assessment (PFA) from 18 August 2025 to 18 September 2025.

2. Scope. All Navy personnel permanently assigned to Naval Service Training Command will participate in the CY25 PFA regardless of time onboard and unless fully medically waived by the Chief of Staff (CoS) or meeting other non-participation criteria outlined in reference (a).

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/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. Policy. The BCA portion of the official CY25 PFA is scheduled for Monday, 18 August 2025 and Monday, 25 August 2025. However, personnel can schedule their BCA within 45 days but no less than 24 hours prior to their PRT. The PRT is scheduled for the weeks of 8 September 2025 - 11 September 2025 and 15 September 2025 - 18 September 2025. Dates and times for the scheduled events:

BCA	Mon, 18 AUG	0900-1030	Bldg 1, Room 230A
BCA make-up	Mon, 25 AUG	0900-1030	Bldg 1, Room 230A

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PRT (run)	Mon, 8 SEP	0830	Navy Reserve Center / Outdoor
PRT (alt cardio)	Wed, 10 SEP	0930	Bldg 4
PRT (alt cardio)	Thu, 11 SEP	0930	Bldg 4
PRT (swim)	Thu, 11 SEP	1600 (tentative)	Bldg 440
PRT (run)	Mon, 15 SEP	0830	Navy Reserve Center / Outdoor
PRT (alt cardio)	Wed, 17 SEP	0930	Bldg 4
PRT (alt cardio)	Thu, 18 SEP	0930	Bldg 4

a. PARFQs must be completed in My Navy 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 and 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 NLT 04 August 25 for command decision (approval or disapproval). Personnel can start completing their PARFQs at any time in the PFA cycle.

b. Upon request, members may take their PFA before the Command Cycle is conducted. Early PFA requests will be considered on a case-by-case basis. The CoS will have final approval.

c. No PFA will be conducted after the specified Command Cycle unless member checks in after Command Cycle or otherwise approved by the CoS.

d. Personnel who do not show up or participate in BCA/PRT will be marked as “Unauthorized Absence” (UA) and reported to the CoS, which may result in an automatic PFA failure. Failing to conduct a PRT within 45 days after a BCA will result in an automatic PFA failure.

e. 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. Failure to do so will disqualify them from using alternate cardio. Sailors interested in swimming the PRT will e-mail CFL: LT Mark Mohammad at the following mark.n.mohammad.mil@us.navy.mil for further information and scheduling.

f. Bad Day PRT policy is in effect. Refer to reference (c) for amplifying information.

g. Any personnel failing the BCA, PRT, not within Age-Adjusted Standards (AAS), or receives a probationary score on any part of the PRT will be enrolled into the Fitness Enhancement Program (FEP) and will receive nutritional counseling.

h. Personnel who check-in or check-out of the command must report to the Physical Readiness Office to be gained or released in PRIMIS-2.

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i. Per reference (a), Sailors who demonstrate operational readiness by receiving a score of Excellent, or above, on the PRT may receive an exemption for the BCA and AAS component of the PFA.

j. For further information, please contact: NSTC CFL, LT Mark Mohammad, who may be reached via e-mail: mark.n.mohammad.mil@us.navy.mil, or phone: (630) 207-0211.

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



G. M. BECKER
Chief of Staff

Releasability and distribution:

This notice is cleared for public release and is available electronically only via the Naval Service Training Command issuance Web site,

<https://www.netc.navy.mil/Commands/Naval-Service-Training-Command/NSTC-Directives/>