



DEPARTMENT OF THE NAVY
NAVAL SERVICE TRAINING COMMAND
2601A PAUL JONES ST
GREAT LAKES IL 60088-5000

Canc: Jul 2025

NSTCNOTE 6110
N00
12 Feb 2026

NSTC NOTE 6110

From: Commander, Naval Service Training Command

Subj: OFFICIAL PHYSICAL FITNESS ASSESSMENT NOTIFICATION

Ref: (a) OPNAVINST 6110.1L Physical Readiness Program
(b) Physical Readiness Program Guide 1
(c) Physical Readiness Program Guide 3
(d) Physical Readiness Program Guide 4
(e) CNO WASHINGTON DC 301740Z Dec 25 (NAVADMIN 264/25)

1. Purpose. Per reference (a), Naval Service Training Command personnel will conduct the official Calendar Year (CY) 2026 Cycle 1 Physical Fitness Assessment (PFA) from 27 April to 22 May 2026.
2. Scope. Naval Service Training Command military personnel will participate in the CY26 Cycle 1 PFA regardless of time onboard, unless fully medically waived by the Chief of Staff or meeting other non-participation criteria outlined in reference (a).
3. Background. Reference (a) establishes policy and requirements for the Navy's Physical Readiness Program (PRP) to ensure Active Component and Reserve Component service members maintain a healthy lifestyle required to support overall mission readiness. Reference (b) provides guidance for PFA and Combat Fitness Assessment, official PFA and CFA documentation, and for managing PFA and CFA records. Reference (c) provides guidance for the Command and Assistant Command Fitness Leader (CFL and ACFL) and member responsibilities. Reference (d) provides guidance for the Body Composition Assessment (BCA) standards, measurement guidelines and procedures, and BCA tables.
4. Policy. This event is an official Navy Annual PFA. The uniform for all BCA measurements and Physical Readiness Test (PRT) will be the Navy's Physical Training Uniform (PTU).
 - a. Pre-physical Activity Risk Factor Questionnaires (PARFQs) must be completed in My Navy 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 the PFA Medical Clearance/Waiver (NAVMED 6110/4, if required) to their Health Care Provider prior to participation in the PRT. Medical appointments, waivers, and current Physical Health Assessments (PHAs) need to be settled prior to the PFA. All medical waivers must be submitted to the CFL no later than 20 April 2026 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 Chief of Staff 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 Chief of Staff.

d. Personnel who do not participate in BCA and PRT will be marked "Unauthorized Absence" and reported to the Chief of Staff, which will result in a PFA failure. Failing to conduct a PRT within 45 days after a BCA will result in a 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 you from using alternate cardio. Sailors interested in swimming the PRT should contact NSTC CFL.

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

g. Any personnel who fail the BCA, PRT or receive a probationary score on any part of the PRT will be enrolled into the Fitness Enhancement Program and will receive nutritional counseling.

h. Per reference (e), Sailors who are not within BCA standards must now score an Outstanding-Low overall with an Excellent-Medium or higher in all three Physical Readiness Test (PRT) categories to be eligible for the High-Performance Exception allowing them to pass the overall PFA.

5. Responsibilities. The CFL and ACFLs will conduct the CY26 Cycle 1 PFA in accordance with reference (a).

a. Command personnel are personally responsible for completing their annual PHA, medical waivers (if required), and PARFQ to determine participation in the PFA.

b. Members will familiarize themselves with the new BCA procedures in reference (d). Step-1 is a sex neutral Waist-to-Height Ratio (WHtR). Step-2 is a new body composition method for body fat percentage. It is calculated using the difference between member's height and waist measurements and the member's weight. Within 2 months of the official PFA, a mock-BCA will be offered to members.

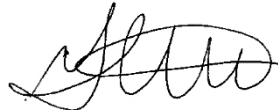
c. Command personnel are strongly encouraged to read and become familiar with references (a) through (e).

12 Feb 2026

6. Procedures. The BCA portion of the official CY26 Cycle 1 PFA is scheduled for Monday, 27 April and Monday, 04 May. However, personnel can schedule their BCA within 45 days but no less than 24 hours prior to their PFA. The PFA is scheduled for the weeks of 11-14 May and 18-21 May. Below are the dates and times for the scheduled events:

BCA	Mon, 27 APR 0900-1030	Bldg 1, Room 222
BCA make-up	Mon, 04 MAY0900-1030	Bldg 1, Room 222
PRT (run)	Mon, 11 MAY0830	Bldg. 2A / Constitution Field
PRT (alt cardio)	Wed, 13 MAY0930	Bldg 4
PRT (alt cardio)	Thu, 14 MAY 0930	Bldg 4
PRT (swim)	Thu, 14 MAY 1200 (tentative)	Bldg 440
PRT (run)	Mon, 18 MAY0830	Bldg. 2A / Constitution Field
PRT (alt cardio)	Wed, 20 MAY0930	Bldg 4
PRT (alt cardio)	Thu, 21 MAY 0930	Bldg 4

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



G. M. BECKER
Chief of Staff

Releasability and Distribution:

This notice is cleared for public release and is available electronically only via Naval Service Training Command web site: <https://www.netc.navy.mil/Commands/Naval-Service-Training-Command/NSTC-Directives/>