DEPARTMENT OF THE NAVY
U.S. NAVAL SUPPORT ACTIVITY, NAPLES, ITALY
PSC 817 BOX 1
FPO AE 09622-0001

Canc: June 2026

NAVSUPPACTNAPLESNOTE 6110
N00
24 Feb 2026

NAVSUPPACT NAPLES NOTICE 6110

From: Commanding Officer, U.S. Naval Support Activity, Naples, Italy

Subj: PHYSICAL FITNESS ASSESSMENT CYCLE ONE 2026

Ref: (a) OPNAVINST 6110.1L
(b) NAVSUPPACTNAPLESINST 6110.1B
(c) NAVADMIN 264/25

Encl: (1) Physical Fitness Assessment Timeline
(2) Physical Fitness Assessment Schedule

1. Purpose. To issue guidance for the execution of the Physical Fitness Assessment (PFA), per references (a) through (c). The schedule of events are outlined in enclosures (1) and (2).

2. Official Ten-Week Notification. 16 March 2026.

3. Discussion. The 2026 Physical Fitness Assessment (PFA) cycle one will commence on May 25, 2026. It is administered at the command level and includes the Body Composition Assessment (BCA) and the Physical Readiness Test (PRT). The PFA for Sailors in Naples will be held at Support Site (SS) Fitness Forum for run and alternate cardio and Capodichino Fit Zone for alternate cardio and swim. The PFA for Sailors in Gaeta will be held at U.S. Naples Support Activity (NAVSUPPACT), Naples, Italy Detachment Gaeta.

4. Action

a. Department Heads (DHs). **Ensure all required departmental service members have appropriate time for daily exercise per DOW and DON guidance**, ensure all service members participate in the PFA.

b. Command Fitness Leader (CFL)

(1) Ensure Sailors adhere to the planned schedule of events.

(2) Train PFA administrators properly to administer the PFA and verify availability to administer the PFA.

(3) Enter test results into Physical Readiness Information Maintenance Systems (PRIMS-2) within 30 days of cycle completion and/or prior to the cycle closing.

(4) Verify all Sailors have current physical examinations and Physical Activity Risk Factor Questionnaires (PARFQ) on file.

(5) Record all authorized waivers in PRIMS-2.

(6) Prepare a safety plan for summoning emergency assistance at each site.

(7) Make sure Assistant Command Fitness Leaders (ACFLs) and PFA administrators have current cardiopulmonary resuscitation certifications.

(8) Monitor that all Sailors exercise universal training precautions to reduce risk of exercise related collapse and death as per reference (d).

(9) Conduct on-site surveys of test sites prior to commencement of first PRT.

(10) Report injuries that occur during the PFA to the Commanding Officer (CO), NAVSUPPACT Naples and the Commander, Navy Safety Center.

(11) Screen and verify PRIMS-2 data before forwarding medical waiver/clearance forms to the CO for approval.

(12) Ensure the command maintains at least one certified Assistant Command Fitness Leader (ACFL) for every 25 command Service members, per reference (a).

c. Service Member

(1) Participate in a year-round physical fitness program to meet Navy fitness and BCA standards, to include incorporating physical training as a standard part of every workday, per reference (a).

(2) Review and verify accuracy of PRIMS-2 data within 60 days of the PFA cycle.

(3) Maintain an updated annual Physical Health Assessment (PHA).

(4) Complete a PARFQ.

(5) Fulfill Fitness Enhancement Program (FEP) requirements if required.

(6) Immediately forward all medical waiver/clearance forms issued by medical to the CFL.

5. Approved Leave or Temporary Assignment of Duty (TAD)/Temporary Duty (TDY). Sailors with approved leave or TAD/TDY that conflict with prescribed PFA schedule must contact the CFL no later than 15 May 2026 for coordination. These Sailors are expected to use early or straggler PFAs scheduled per enclosure (1) if feasible.

6. PARFQ

a. Each service member will log into the PRIMS-2 database and add a PARFQ for PFA CY 2026 no later than 15 May 2026. The PRIMS-2 database will not allow the member to add a PARFQ if the member's PHA is not current. If this happens, the member is required to report to medical to complete a PHA. If PRIMS-2 is unavailable, the member will fill out a paper copy of their PARFQ and bring it with them to their BCA.

b. If a Sailor's answers on the PARFQ result in required medical clearance, the member must schedule an appointment with medical to obtain clearance before they can participate in the PFA.

7. Medical Screenings and Waivers

a. All Sailors are required to have a current PHA that does not expire prior to participating in the PRT. PHAs must be validated through PRIMS-2 by all Sailors or with CFL/ACFL assistance as needed.

b. If a PRT medical waiver is required, the waiver must be issued on the official medical waiver/clearance form NAVMED 6110/4 and approved by the CO prior to the BCA/PRT.

c. BCA waivers require two signatures, one from the physician recommending the waiver and one from the Authorized Medical Department Representative (AMDR) physician. If the AMDR is the recommending physician, the AMDR's supervisor's signature is required. If a BCA medical waiver is required, the waiver must be issued on the official medical waiver/clearance form NAVMED 6110/4 and approved by the CO prior to the BCA/PRT.

8. BCA. BCA is conducted in Navy Physical Training Uniform (PTU) only.

a. Courtesy BCAs will be provided upon scheduling with ACFL prior to the start of each cycle.

b. Early BCAs at Capodichino Fitness Forum available upon request. The result is valid for 45 days for inclusion in PRT portion of the PFA. This is an official BCA and will be recorded as is, "NO REDO".

c. Sailors who fail the BCA must report to medical for additional medical screening.

d. BCA Exemption for Exceptional PRT Performance. Per reference (a), sailors who are not within standards for the BCA but meet the exceptional performance criteria on their official PRT may be eligible for a high-performance exemption for that PFA cycle. This exemption does not apply to new accession Sailors. CFLs will consult supplemental PRP Guide-1 for specific requirements and documentation guidance.

9. PRT. The following alternate cardio options are authorized: stationary bike, treadmill, row, and swim.

a. All medically cleared Sailors will participate in PRT regardless of BCA outcome.

b. Members who score a probationary on any event (i.e. push-ups, forearm planks, or cardio) will be enrolled into FEP. This is not punitive. The intent is to get the Sailor the additional help they need to ensure success during the next official PFA.

10. Bad Day Procedure. Sailors are authorized one (1) Bad Day PRT (BDPRT) retest per PFA cycle. To request a BDPRT, the Sailor must submit a "Bad Day" chit through their chain of command to the Commanding Officer for approval. The request must include a copy of the Sailor's official results from the previous PFA cycle.

a. The intent of the BDPRT policy is to assist command personnel impacted by any signs of exercise-induced stress and allow the individual to prioritize health and safety over a PRT score.

b. Sailors using a BDPRT retest must be cleared by medical utilizing a PARFQ before they are allowed to retest.

c. A BDPRT retest must be administered within seven days (7) of medical clearance and must include the PRT modalities for which they were originally cleared. Members are authorized to switch cardio methods for a BDPRT.

d. The “bad day” request does not apply to the BCA.

e. If a member is approved for a “bad day” but does not participate in the retest, becomes “medically waived” before the retest, is injured during the retest, or transfers to another command before the retest, the initial test score will be entered into PRIMS-2 as the official PFA.

11. Point of Contact. ABF1 Ruben Correa, NAVSUPPACT Naples CFL, can be reached at DSN: 314-626-5331/6884, or e-mail: ruben.m.correa.mil@us.navy.mil.

12. 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 Administrative, 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 instruction or the records disposition schedules, please contact the local records manager or the OPNAV Records Management Program (DNS-16).

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J. L. RANDAZZO

Releasability and Distribution:
This notice is cleared for public release and is available via the NSA Naples website:
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PHYSICAL FITNESS ASSESSMENT TIMELINE

16 Mar 26	NAVSUPPACT Naples official 10-week notice NAVSUPPACT Naples Detachment Gaeta official 10-week notice
18 May 26	Straggler PRT Coordination Deadline. If TAD/TDY or leave conflicts with official PFA cycle dates, member contact the CFL by this date, provide supporting documents, and coordinate participation in the early or straggler PFA
18 May 26	PARFQ and medical waivers due
25 May 26	No BCA waivers will be accepted after this date
25 May 26	Start of PFA
12 Jun 26	End of PFA
15 Jun 26	Start of straggler PFA
19 Jun 26	End of straggler PFA
30 Jun 26	After Action / LL Memo due to CO
30 Jun 26	All results entered in to PRIMS

PHYSICAL FITNESS ASSESSMENT SCHEDULE

	26 May -Tuesday Event: BCA Time: 0630-0900 Location: SS Gym	**27 May – Wednesday** Event: BCA Time: 0630-0900 Location: SS Gym	**28 May – Thursday** Event: BCA Time: 0630-0900 Location: SS Gym	**29 May – Friday** Event: BCA Time: 0630-0900 Location: SS Gym
1 June – Monday Event:1.5 Mile run Alternate cardio Time: 0700-1000 Location: SS Gym	**2 June – Tuesday** Event:1.5 Mile run Alternate cardio Time: 0700-1000 Location: SS Gym	**3 June – Wednesday** Event: 1.5 Mile run Alternate cardio Time: 0700-1000 Location: SS Gym	**4 June – Thursday** Event: 1.5 Mile run Alternate cardio Time: 0700-1000 Location: SS Gym	**5 June – Friday** Event: 1.5 Mile run Alternate cardio Time: 0700-1000 Location: SS Gym
8 June – Monday Event: BCA Alternate cardio Time: 0700-1000 Location: SS Gym	**9 June – Tuesday** Event: BCA Alternate cardio Time: 0700-1000 Location: SS Gym	**10 June – Wednesday** Event: BCA Alternate cardio Time: 0700-1000 Location: SS Gym	**11 June – Thursday** Event: BCA Alternate cardio Time: 0700-1000 Location: SS Gym	**12 June – Friday** **END OF PFA** Event: BCA Alternate cardio Time: 0700-1000 Location: SS Gym
15 June – Monday **BEGIN STRAGGLERS** Event: BCA Alternate cardio/swim Time: 0800-1100 Location: Capo Gym	**16 June – Tuesday** **STRAGGLERS** Event: BCA Alternate cardio/swim Time: 0800-1100 Location: Capo Gym	**17 June – Wednesday** **STRAGGLERS** Event: BCA Alternate cardio/swim Time: 0800-1100 Location: Capo Gym	**18 June – Thursday** **STRAGGLERS** Event: BCA Alternate cardio/swim Time: 0800-1100 Location: Gaeta Gym ***** END STRAGGLERS ***** ***** END OF PRT CYCLE *****	**19 June – Friday**

BCA – All BCAs will be conducted in Navy PTU **ONLY**.

1.5 mile run - All participants will muster at Support Site Gym. In case of foul weather e.g., lightning or heavy rain, event will be postponed to another day.
Straggler PFA - Only for Sailors who report to the command after end of command PFA cycle (14 MAY 26) and members who were on leave, TAD/TDY, or SIQ.
Swimmers will contact CFL direct to schedule PFA.