MILPERSMAN 6110-010

HEALTH AND PHYSICAL READINESS PROGRAM

Responsible Office	NAVPERSCOM (PERS-601)	Phone: DSN COM FAX	882-4242 (901) 874-4242 882-6831

Governing Directives	OPNAVINST 6110.1F COMDTMIDNINST 6110.1S NAVMED P-117, Manual of the Medical Department 37 U.S.C. 302 and 302(b) SECNAVINST 7220.61G SECNAVINST 7220.75C

1. **Introduction**. Every member, officer and enlisted, should strive to achieve and maintain the highest standards of physical readiness to ensure the operational effectiveness of the Navy. A member's failure to achieve prescribed standards of military deportment or to comply with minimum requirements of physical readiness may result in separation from the service. The physical readiness program, as contained in OPNAVINST 6110.1F, is designed to support and enhance the physical readiness of all personnel, and is an integral part of the Navy's Health Promotion Program. In order to be able to perform routine and emergency tasks safely and effectively, all members shall participate in routine weekly physical fitness training. Physical fitness training shall be a complete conditioning program which develops and maintains

   a. flexibility.

   b. aerobic fitness and endurance.

   c. muscular strength and endurance.

2. **Who's Responsible**. All Navy members, except those excused for medical reasons, shall maintain a condition of physical readiness consistent with their duties and the standards of OPNAVINST 6110.1F. The most recent performance on the official physical readiness test (PRT) and body composition assessment, and all PRT program failures, must be accurately reflected in the NAVPERS 1610/2, Fitness Report and Counseling Record and the

NAVPERS 1616/26, Evaluation Report and Counseling Record. Certain specialized warfare occupations and training/accession programs may require more stringent standards than those outlined in OPNAVINST 6110.1F. Special standards for these occupations may be used as long as they do not compromise the health status of members. Members assigned to U.S. Marine Corps (USMC) commands who pass the USMC physical fitness test, meet the testing requirements of OPNAVINST 6110.1F.

3. **Commanding Officers**. Commanders, commanding officers, and officers in charge shall establish and maintain an effective physical fitness program which ensures that all members achieve and maintain a condition of readiness consistent with the standards defined in OPNAVINST 6110.1F.

4. **Individual Physical Fitness Program**

a. Each individual is responsible for maintaining an acceptable state of physical readiness at all times. OPNAVINST 6110.1F provides guidance for implementing a basic physical fitness program. The program shall include a minimum of three exercise sessions per week, each 30-40 minutes in duration. Each physical training period should include the following:

(1)	Warm-up period
(2)	At least 20-30 minutes continuous aerobic activity
(3)	Strength training
(4)	Flexibility training
(5)	Cool-down period

b. Commanders are strongly encouraged to provide opportunity during the normal workday to satisfy this requirement. If members cannot meet the exercise schedule during the workday due to operational requirements, they are to exercise regularly during off duty hours.

5. **Medical Evaluation**. Members shall complete their physical examination, as required by NAVMED P-117, before participating in the physical readiness program. Those members diagnosed as having a physically limiting medical condition shall have their required participation determined by an authorized medical department representative (AMDR). An AMDR is a health care provider whose current authorized scope of care, either independent or supervised, includes taking medical histories and performing physical examinations. When an AMDR is not assigned

or not otherwise available, members requiring medical clearance shall not participate in the PRT until examined by an AMDR at the first available ship or shore facility.

6. **Physical Readiness Test**

a. The physical readiness of members shall be tested twice every fiscal year (no less than 4 months apart). A Command Physical Readiness Program may include more frequent testing as a means to motivate members to maintain an acceptable state of physical readiness. If more than two tests are given per fiscal year, the command will designate, in advance, which two tests will be used for official administrative and reporting actions per OPNAVINST 6110.1F (provided the tests are at least 4 months apart).

b. The PRT test cycle consists of the following (see OPNAVINST 6110.1F for details):

Body composition measurement:
Height/weight table screening
Body fat percent measurement (if the member fails HT/WT screening)

PRT (in the following order):
Warm-up
Sit-reach
Curl-ups
Push-ups
1.5-mile run/walk (or 500-yard swim, when available)

c. Failure of any portion of the PRT cycle (body composition, sit-reach, curl-ups, push-ups, run/swim), is considered a failure of the PRT cycle, and a failure to meet Navy requirements.

7. **Exceeding the Limits of Body Composition**

a. Members exceeding the limits of height/weight body fat should be required to participate in the command directed physical conditioning program, which must consist of an exercise component and should also include other Health Promotion Program elements. Members who exceed body fat limits shall participate in command directed conditioning after approval by an AMDR. If members are cleared to take the PRT, they are considered cleared

to participate in command directed conditioning and weekly physical fitness training.

b. Any member, officer or enlisted, shall be subject to administrative action as outlined in the table in Exhibit 1, who fails to meet physical readiness requirements by

(1)	not passing any or all portions of the PRT;
(2)	exceeding the upper limits of body composition;
(3)	failing to participate, when required, in an official PRT and/or body composition measurement; or
(4)	any combination of the above conditions.

c. Commands shall ensure that, upon permanent change of station, OPNAV 6110/2, Risk Factor Screening/Physical Readiness Test Results is forwarded to the member's next command and a copy is retained for 6 months. Personnel Support Detachment or Personnel Officers shall ensure that all NAVPERS 1070/613, Administrative Remarks entries and Notifications of PRT Failure remain a permanent part of the service record. Exhibits 2 and 3 shall be used as the format for a NAVPERS 1070/613 and a Notification of PRT Failure.

d. If a service member fails three physical readiness test cycles (PRT and/or body composition) in a 4-year period they shall be processed for administrative separation. Prior to processing, member should have received at least one NAVPERS 1070/613 or Notification of PRT Failure. Although participation in a Remedial Conditioning Program/Weight Control Program is desired, failure to place a service member in a program does not bar the command from administrative separation processing. Additionally, the requirement for 6 months of command directed remedial conditioning may be waived if there is documentation the member demonstrates non-compliance, or lack of desire for weight loss and/or fitness improvement.

8. **Medical Waivers**

a. Medical waivers may be granted only by an AMDR to individuals who are unable to participate in, or safely complete, any or all of the PRT for documented medical conditions. Medical conditions which warrant either a partial or total exemption from the PRT, and/or preclude members from participating in a physical conditioning program, shall be

reevaluated before each official PRT. Members who are medically waived from the PRT are not automatically waived from body composition measurement. Members shall participate in both the command directed physical conditioning program and the PRT, commensurate with their medical qualifications or limitations.

b. A medical waiver may be granted for a portion of the PRT or for the entire PRT. Medical waivers do not reflect failure. Members will be scored “pass” or “fail” for the PRT events in which they participate. If a member passes the PRT events in which the member participate, the member shall receive a “pass” for that PRT (versus “medically waived”). However, if the member fails an event in which the member is **not** medically waived, the member will receive a “fail” for the overall PRT score. At the time a waiver for the PRT (or a portion thereof) is granted, the AMDR shall

(1)	document the condition in the member’s health record SF 600, Chronological Record of Medical Care.
(2)	document in the member’s SF 600 and OPNAV 6110/2 that a waiver is granted for a specific portion or for the entire PRT, and specify any other exercise or duty restrictions. AMDR’s shall provide guidance on exercises an individual on limited duty may perform, not merely exercises that are restricted.
(3)	initiate appropriate treatment and rehabilitation.
(4)	refer the member to a medical officer who has specialty training in the field of the condition for which the waiver has been granted, if the condition is chronic and not transitory in nature.
(5)	reexamine the member prior to each successive PRT until the condition is resolved or appropriate medical administrative action is completed.

c. When a medical waiver is granted for any portion of the PRT for three consecutive official PRTs, the commanding officer or officer in charge shall refer the member to a medical specialist who will determine the need for a medical board.

d. Release from a medical waiver shall only be granted by an AMDR.

9. **Pregnant Service Members**. After medical department confirmation of pregnancy, the member shall be exempt from the physical readiness testing, including height/weight and body fat measurements, from the time of diagnosis until 6 months following delivery. Except when contraindicated, the pregnant member shall participate in an exercise program approved by her physician.

10. **Recruits, Officers, Officer Candidates, and Midshipmen**

a. Any member, officer or enlisted, may be considered for administrative separation if the member exceeds body composition limits at the time of graduation or commissioning from Recruit Training, “A” School, Officer Candidate School, Officer Indoctrination School, or Naval Reserve Officer Training Corps.

b. Any Naval Academy Midshipman failing the PRT or measuring in excess of Navy body fat limits will be put on a 6-month conditioning program. If significant progress is not made, the member will be considered for administrative separation at the end of that 6-month program per COMDTMIDNINST 6110.1S.

EXHIBIT 1

PROGRAM FAILURES

The following table summarizes administrative actions for members who acquire PHYSICAL READINESS PROGRAM FAILURES. Refer to OPNAVINST 6110.1F for clarification and details.

	1st	2nd	3rd
Mandatory conditioning program	yes	yes	yes
NAVPERS 1070/613 entries (enlisted) or Notification of PRT Failure (officers)	yes*	yes*	yes*
“Comments” FITREP/EVAL entry	yes	yes	yes
Info NAVPERSCOM, (PERS-82) (Officers)	yes	yes	yes
Info NAVPERSCOM (Enlisted member’s detailer)	no	yes	yes
Eligible for frocking	no	no	no
Deny PCS transfer	no	yes**	yes
Process for admin. separation	no	no	yes
Deny re-enlistment	no	no	yes
Deny special schools	If currently exceed standards for the school		
Delay promotion/advancement	If currently exceed height/weight/body fat limits or failed last fitness test		
Deny recommendation for promotion/ advancement	Failed last 2 cycles		

* See Exhibits 2 and 3 for formats for NAVPERS 1070/613 and Notification of PRT Failure.

** See NAVADMIN 071/93 for details.

EXHIBIT 2

NAVPERS 1070/613, Administrative Remarks

1. You are being retained in the Naval Service, however, the following deficiencies in your PHYSICAL READINESS are identified:

Failed the Physical Readiness Program for the (1st/2nd) time in a 4-year period. This recent failure is due to:

_____ Exceeding height/weight and body fat limits. The date of the official PRT body composition measurement was _____. At that time, your body fat was measured at _____%. Your weight was measured at _____ lbs. Your height was measured at _____ inches.

_____ Failure of the PRT due to failure of the _____. The date of the official PRT was _____. Your scores were as follows: Sit reach _____, Curl-ups _____, Push-ups _____, Run _____ or Swim _____.

2. The following are recommendations for corrective action:

a. Actively participate in the command directed remedial conditioning program until you pass an official PRT cycle (you are enrolled in the program as of the date of this NAVPERS 1070/613).

b. Physically train (PT) at a minimum of 3X a week with each session including at least 20-30 minutes of aerobic exercise followed by strength and flexibility training.

c. Read and complete the Navy Nutrition and Weight Control Self Study Guide (NAVPERS 15602A).

d. Establish a healthy diet with the aid of a Military Nutritionist, Dietitian or other qualified medical personnel.

3. Assistance is available through:

Your Chain of Command: _____
Your PRT Coordinator: _____
Military Nutritionist/Dietitian: _____
Medical Personnel: _____

EXHIBIT 2 (Continued)

4. Your current and/or subsequent failure(s) of the Physical Readiness Program may result in the following administrative actions:

a. Ineligibility for frocking, advancement, or redesignation until you measure within your height/weight/body fat limits and pass an official PRT.

b. Denial of PCS transfer or overseas transfer if probability of undergoing administrative separation processing for physical readiness program failure occurs during 12 months prior to your PRD.

c. Denial of transfer to special duty or school if you are unable to meet the PRT program standards required at the special duty or school.

d. Ineligibility to reenlist if you have three official PRT cycle failures over a 4-year period.

e. Processed for administrative separation from the Navy if you have three official program failures over a 4-year period.

5. This counseling/warning entry is made to afford you an opportunity to undertake the recommended corrective action. As stated above, your failure of the Physical Readiness Program may result in adverse administrative actions and will result in administrative separation processing for three failures within a 4-year period.

6. Each PRT failure will be documented in the comments section of your next evaluation/fitness report. Additionally, the Chief of Naval Personnel will be informed of 2nd and 3rd time PRT failures.

7. This counseling/warning entry is based upon known failures in your compliance with the Physical Readiness Program. Any unknown failures or unrelated deficiencies in performance or conduct will invalidate this counseling/warning entry and result in your administrative separation from the Navy.

COMMANDING OFFICER

EXHIBIT 2 (Continued)

____ I acknowledge the above NAVPERS 1070/613 entry and understand its contents.

____ I understand that I do not have to receive any additional NAVPERS 1070/613s prior to administrative separation processing.

____ I have been informed of my right to submit a statement in response to this NAVPERS 1070/613 (initial below):

____ I intend to submit a statement.

____ I do not intend to submit a statement.

_____ _____
Member's Signature Date

_____ _____
Witness' Signature Date

EXHIBIT 3

NOTIFICATION OF PRT FAILURE
(Use proper letter format.)

From: Commanding Officer, COMMAND
To: NAME, (Corps), USN, (SSN/Designator)

Subj: NOTIFICATION OF PRT FAILURE

Ref: (a) MILPERSMAN 6110-010
(b) OPNAVINST 6110.1F
(c) 37 U.S.C. 302
(d) SECNAVINST 7220.75C
(e) 37 U.S.C. 302b
(f) SECNAVINST 7220.61G

1. Per reference (a), you are advised that you failed to meet physical readiness standards of reference (b). Effective this date, you are enrolled in the command directed remedial conditioning program. You are required to participate until you pass an official physical readiness test cycle (PRT and body composition).

2. Possible administrative actions for exceeding the limits for body fat/height/weight and/or failing the PRT for the 1st or 2nd time, include:

a. Ineligibility for promotion or redesignation.

b. Not recommended for promotion on fitness report.

c. PCS transfer or overseas transfer denied if you are in danger of failing a 3rd PRT within 1 year of transfer.

3. If this is your 3rd failure to meet the physical readiness standards of reference (b) within a 4-year period, in addition to the above, the following administrative actions may occur:

a. Administrative separation processing or administrative show cause proceedings will be initiated.

b. If you are a medical corps officer or dental corps officer receiving Additional Special Pay (ASP) and/or Incentive

EXHIBIT 3 (Continued)

Special Pay (ISP), your ASP and ISP will be terminated pursuant to references (c) and (d), or (e) and (f).

4. Navy Personnel Command will be informed of each PRT failure regardless of whether this is your first, second, or third time. Each failure will also be documented in the comments section of your next fitness report.

5. This notification will be a permanent entry in your service record.

COMMANDING OFFICER

EXHIBIT 3 (Continued)

From: Name, (Corps), USN, (SSN/Designator)
To: Commanding Officer, COMMAND

Subj: NOTIFICATION OF PRT FAILURE

____ I acknowledge receipt of the above letter and understand its contents.

____ I understand that this is my formal notification of PRT failure.

____ I understand that I do not have to receive any additional notifications of PRT failure prior to administrative separation processing or show cause proceedings.

____ I have been informed of my right to submit a statement in response to this notification (initial one below).

____ I intend to submit a statement. I will submit my statement to my reporting senior within 10 days of this date.

____ I do not intend to submit a statement.

_____ _____
Member's Signature Date

_____ _____
Witness' Signature Date

Copy to:
NAVPERSCOM (PERS-82)

MILPERSMAN 6110-020

PHYSICAL RISK CLASSIFICATION FOR OFFICERS ON INACTIVE DUTY

Responsible Office	NAVPERSCOM (PERS-91)	Phone: DSN COM FAX	882-4482 (901) 874-4482 882-2753

Governing Directives	BUPERSINST 1001.39D NAVMED P-117, Manual of the Medical Department

1. **Policy**

a. Navy Personnel Command (NAVPERSCOM) assigns Physical Risk Classifications to officers based on the professional recommendations of Chief, Bureau of Medicine and Surgery (BUMED). The Physical Risk classifications are recorded both in the member's official record and in the Inactive Manpower and Personnel Management Information System (IMAPMIS) data base. When a member is not assigned a Physical Risk Classification the individual is normally considered to be physically qualified for mobilization.

b. Physical Risk Classifications, once assigned, will remain in effect unless changed by NAVPERSCOM. A member may request reconsideration of a Physical Risk Classification by submitting additional medical information to BUMED.

2. **Classification Categories**

a. Navy Personnel Command (PERS-9) assigns **Physical Risk A** classification to a member who is, in general, physically qualified for assignment to, or retention in, the Naval Reserve and all duties consistent with grade and designator. The member has a minor physical defect or condition that must be monitored per NAVPERSCOM direction provided in the letter that notifies the member of the Physical Risk A classification. A member classified as Physical Risk A is generally considered to be physically qualified for mobilization.

b. Navy Personnel Command (PERS-9) assigns **Physical Risk B** classification to a member who is, in general, physically qualified for assignment to, or retention in, the Naval Reserve and duties consistent with grade and designator. The member has a physical defect or condition that restricts the member's mobilization assignment. NAVPERSCOM notifies the member of the restrictions placed on his or her Naval Reserve participation at the time they assign the Physical Risk B classification. A member classified Physical Risk B has substantive restrictions placed on mobilization potential.

c. Navy Personnel Command (PERS-9) assigns **Physical Risk C** classification to a member who has a physical defect or condition which is normally disqualifying per NAVMED P-117, but the member can satisfactorily perform a unique skill that supports a mission based requirement of the Navy. NAVPERSCOM will transfer the member to the Standby Reserve-Active. The member is limited to non-pay participation in the Naval Reserve. A member classified Physical Risk C has substantial restrictions placed on mobilization potential.

d. Navy Personnel Command (PERS-9) assigns **Physical Risk Four** classification to a member who is not physically qualified at the current time for active duty, transfer to or retention in the Ready Reserve. Members so classified have evidence of physical defects or conditions which may or may not be permanently disqualifying. NAVPERSCOM will withhold its final determination of the physical qualification for a maximum period of 1 year pending submission of additional medical information required by BUMED. NAVPERSCOM will transfer a Ready Reserve member to the Standby Reserve-Active and will normally restrict the member's participation to correspondence courses pending disposition of the case. While assigned a Physical Risk Four classification, a member is not considered to be physically fit for mobilization.

e. Navy Personnel Command (PERS-9) assigns **Physical Risk Five** classification to a member who is not physically qualified for retention in the Naval Reserve. NAVPERSCOM will notify the member that they are Physical Risk Classification Five and give them the option of retiring, if eligible, resigning their commission, or requesting a Physical Evaluation Board (PEB). NAVPERSCOM will also transfer the member to the Standby Reserve-Active and will normally restrict participation to correspondence courses pending disposition of the case. NAVPERSCOM (PERS-9) will refer members who fail to elect one of

the options to the Naval Reserve Officer Mobilization Disposition Board. Members so classified Physical Risk Five are not physically qualified for active or inactive duty and are not considered to be physically fit for mobilization.