How To: Sailor Reviewing PRT Results

To review your PRT Results, log onto MyNavy Portal at my.navy.mil. Click on the Career & Life Events tab at the top and select "Performance." Then select "View my PRIMS dashboard."

Quick Links C	areer & Life Events •	MyNavy HR Info +	4 ⁶³⁵	Search
Join the Navy	> P	Performance		2024 (0
New to the Navy	> vi	iew the Performance Career & Life	Event (CLE) Overview	v page for
Advancement & Promotion	> re	adiness.	ance evaluation and p	lysical
Assignment, Leave, Travel	>	want to		
Career Planning	>	iew my PRIMS dashboard		
Deployment & Mobilization	> s.	ubmit a PARFQ		
Pay & Benefits	> 0:	se the PFA calculator		
Performance	Vi	iew my evaluation and fitness rep	orts (BOL)	
Retirement & Separation	>			
Sailor & Family Support	>			
Training, Education, Qualification	s >			
MyRecord	5			

On this page, you will see a detailed history of your PFA results for the past 10 cycles, including BCA records, PRT scores, FEP enrollment, and any applicable waivers that have been issued.

PRIMS

Cycle: 1-2021			Physical Fitness Assessment (PFA) Chart	EPORTS -
8	PHA Completed PHA PDHA PDHRA	Date: 23 Dec 2020 Due: 23 Mar 2022 Due: 23 Mar 2025 Due: 23 Mar 2025	v 240 vr v 220 vr 2 200 vr 3 200 vr 100 vr	
	PARFQ. No submission information found.			
	BCA Status: Result:		100 ⁰ OUTSTANDING 90 EXCELLENT 70 Party	HIGH MEDUM LOW HIGH MEDUM LOW HIGH MEDIM
æ	PRT Status: Result:		60 HINSACTORY 50 PROBATIONARY 1-2020 2-2020 2-2020 2-2020 2-2020 2-2020 2-2020 2-2020 2-2020 2-2020 2-2020 2-2020	LOW HIGH MEDIUM KOBATIONARY 1-2021
PFA History Summary	O Body Composition Assessment (BCA) O Physical Readine	ess Test (PRT) O P	OPARFQ History	

PFA History

Summary OBody Composition Assessment (BCA) OPhysical Readiness Test (PRT) OPARFQ History

Cycle	UIC	BCA Date	BCA Status	BCA Results	BCA Results PRT Date		PRT Overall Performance	
1-2021	-	-		÷		-	-	
2-2020	39684	23 Sep 2020	Participant	Pass	23 Sep 2020	-	OUTSTANDING LOW	
1-2020	39684	23 Mar 2020	Participant	Pass	23 Mar 2020	Participant	OUTSTANDING LOW	

Fitness Enhancement Program (FEP) Enrollment

01	Nov 2019: Failed PRT							31 Dec 2019:
	BCA Date	HT	WT	AC	BF%	BCA	PRT Date	PRT
	21 Dec 2019	72.0	180	32.0	12	Pass	21 Dec 2019	SATISFACTORY HIGH
	21 Nov 2019	72.0	200	38.0	26	Pass	21 Nov 2019	PROBATIONARY

	FEP Progression Data	
240	WT	
220		
200	0	-
Nov	Dec	Jan
40.0	10	_
37.5	AC	
35.0		
32.5		0
Nov	Dec	Jan
30	RF%	_
25	0	
20		
Neu		0
NOV	Dec	Jan

Waivers

PFA Cycle	Start Date	End Date	Туре	BCA	Upper	Core	Cardio
2-2029	01 Nov 2029	31 Dec 2029	Medical	Yes	Yes	Yes	Yes
2-2028	01 Nov 2028	31 Dec 2028	Medical	No	Yes	Yes	Yes
2-2027	01 Nov 2027	31 Dec 2027	Medical	Yes	Yes	Yes	Yes
2-2026	01 Nov 2026	31 Dec 2026	Medical	Yes	No	Yes	Yes
2-2025	01 Nov 2025	31 Dec 2025	Medical	No	Yes	No	Yes
2-2024	01 Nov 2024	31 Dec 2024	Medical	No	No	No	Yes
2-2023	01 Nov 2023	31 Dec 2023	Medical	Yes	Yes	Yes	No
2-2022	01 Nov 2022	31 Dec 2022	Medical	No	No	Yes	No
2-2021	01 Nov 2021	31 Dec 2021	Medical	Yes	Yes	No	No
2-2020	01 Nov 2020	31 Dec 2020	Medical	No	No	No	No
2-2019	01 Nov 2019	31 Dec 2019	Medical	Yes	Yes	Yes	Yes

Nutrition Programs

Start Date	End Date	Program Name
01 Nov 2019	-	Registered Dietitian

Your information for the current active cycle will display at the top left of the page. This will give you information as to health assessment dates, such as your PHA date, as well as any Pre or Post Deployment Health Assessments. You can also see if you have submitted a PARFQ for this current cycle, as well as your BCA and PRT results for the cycle if those events have been completed.

Cycle: 1-2021		
	PHA Completed PHA PDHA PDHRA	Date: 23 Dec 2020 Due: 23 Mar 2022 Due: 23 Mar 2025 Due: 23 Mar 2025
	PARFQ No submission information found.	
	BCA Status: Result:	
æ	PRT Status: Result:	

At the top right, you can see a PFA chart that will show your linear progression of PFA results from cycle-tocycle. Hover over the dot for each cycle to see details of each result.



Towards the bottom of the page you will see your PFA results for the past ten cycles in a table format. Each row shows the cycle, BCA results, PRT results, and the overall PRT score.

\langle	PFA History Summary Body Composition Assessment (BCA)		n Assessment (BCA) OPhys	ical Readiness Test (PRT)	O PARFQ History			
	Cycle	UIC	BCA Date	BCA Status	BCA Results	PRT Date	PRT Status	PRT Overall Performance
	1-2021	-		-			-	-
	2-2020	39684	23 Sep 2020	Participant	Pass	23 Sep 2020	-	OUTSTANDING LOW
	1-2020	39684	23 Mar 2020	Participant	Pass	23 Mar 2020	Participant	OUTSTANDING LOW

If you have been involved/enrolled in the Fitness Enhancement Program, you will be able to view your enrollment history and progression data here.

Fitness Enhancement Pro	gram (FEP) Enr	ollment	>							
01 Nov 2019: Failed PR	Г						31 Dec 2019):	FEP Progression Data	
BCA Date	HT	WT	AC	BF%	BCA	PRT Date	PRT	240	WT	
21 Dec 2019	72.0	180	32.0	12	Pass	21 Dec 2019	SATISFACTORY HIGH	200	o	
21 Nov 2019	72.0	200	38.0	26	Pass	21 Nov 2019	PROBATIONARY	Nov	Dec	Jan
								40.0 37.5 35.0 32.5	AC	
								30 25 20 15	O BFN	
								Nov	Dec	Jan

If you have had any Medical or Readiness waivers issued, or have been enrolled in any nutritional programs, you can view their details at the bottom of the page.

('	Vaivers							(Nutrition Programs		
$\overline{\ }$	PFA Cycle	Start Date	End Date	Туре	BCA	Upper	Core	Cardio	Start Date	End Date	Program Name
	2-2029	01 Nov 2029	31 Dec 2029	Medical	Yes	Yes	Yes	Yes	01 Nov 2019		Registered Dietitian
	2-2028	01 Nov 2028	31 Dec 2028	Medical	No	Yes	Yes	Yes			
	2-2027	01 Nov 2027	31 Dec 2027	Medical	Yes	Yes	Yes	Yes			
	2-2026	01 Nov 2026	31 Dec 2026	Medical	Yes	No	Yes	Yes			
	2-2025	01 Nov 2025	31 Dec 2025	Medical	No	Yes	No	Yes			
	2-2024	01 Nov 2024	31 Dec 2024	Medical	No	No	No	Yes			
	2-2023	01 Nov 2023	31 Dec 2023	Medical	Yes	Yes	Yes	No			
	2-2022	01 Nov 2022	31 Dec 2022	Medical	No	No	Yes	No			
	2-2021	01 Nov 2021	31 Dec 2021	Medical	Yes	Yes	No	No			
	2-2020	01 Nov 2020	31 Dec 2020	Medical	No	No	No	No			
	2-2019	01 Nov 2019	31 Dec 2019	Medical	Yes	Yes	Yes	Yes			

To save a record of this page, you can either select the printer icon to print the page, or select the floppy disk icon to save a PDF record to your computer. These icons are located at the top right of the page.



For any contact information regarding your command, select the "Command Info" icon at the top right to display the names and emails for your Commanding Officer or Command Fitness Leader.



ed States govern			
	Comman	nd Info	
		39684: NMOTC DET NSTI ASTC WHIDBE (360) 257-2304	EY
	A STATES OF	NAVMED OPER TRNG CENTER	
	со	Alice, Smith (321) 493-3321 alice.smith@gmail.com	
	СМС	CMC, Name (321) 493-3323 cmc.email@gmail.com	
	CFL	Bruce, Wayne (321) 493-3322 bruce.wayne@gmail.com	
Date: 23 L Due: 23 N Due: 23 N	Dec 2020 Mar 2022 Mar 2025	240 220 200	

v1.0