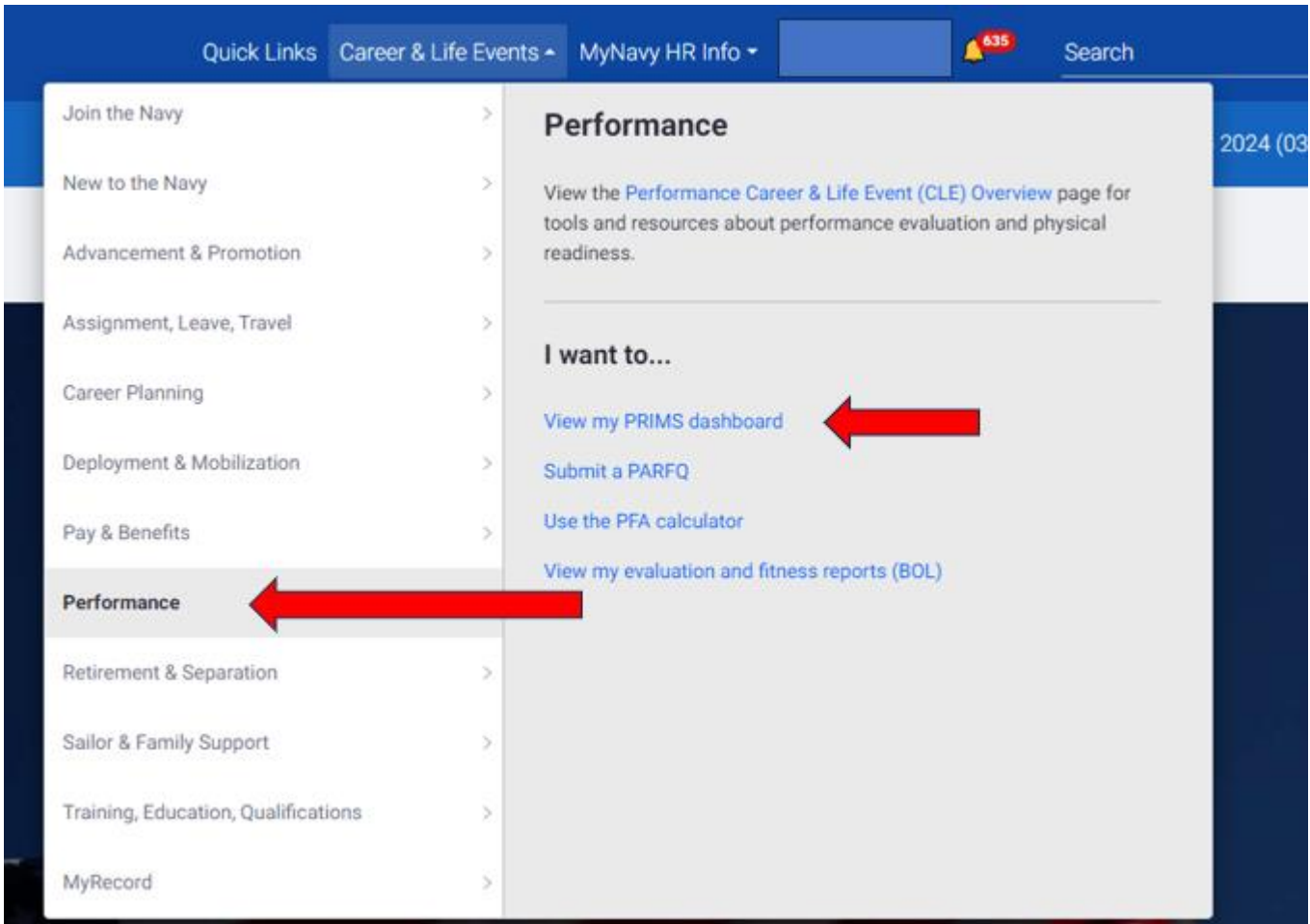# How To: Sailor Reviewing PRT Results

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."

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

PHA Completed — Date: 23 Dec 2020
PHA — Due: 23 Mar 2022
PDHA — Due: 23 Mar 2025
PDHRA — Due: 23 Mar 2025

PARFQ
No submission information found.

BCA
Status:
Result:

PRT
Status:
Result:

Physical Fitness Assessment (PFA) Chart

PFA History
◉ Summary ○ Body Composition Assessment (BCA) ○ Physical Readiness Test (PRT) ○ PARFQ History

PFA History
◉ Summary ○ Body Composition Assessment (BCA) ○ Physical Readiness Test (PRT) ○ 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

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

Waivers

PFA Cycle	Start Date	End Date	Type	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

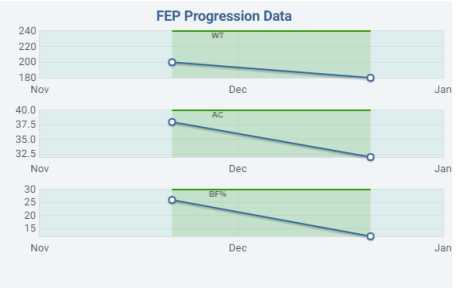| Start Date	End Date	Program Name
01 Nov 2019	-	Registered Dietitian

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		Date: 23 Dec 2020
	PHA		Due: 23 Mar 2022
	PDHA		Due: 23 Mar 2025
	PDHRA		Due: 23 Mar 2025

PARFQ
No submission information found.

BCA
Status:
Result:

PRT
Status:
Result:

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

Physical Fitness Assessment (PFA) Chart

Cycle: 2-2020
Weight: 180 lb
Max Wt.: 240 lb
Height: 72.0 in

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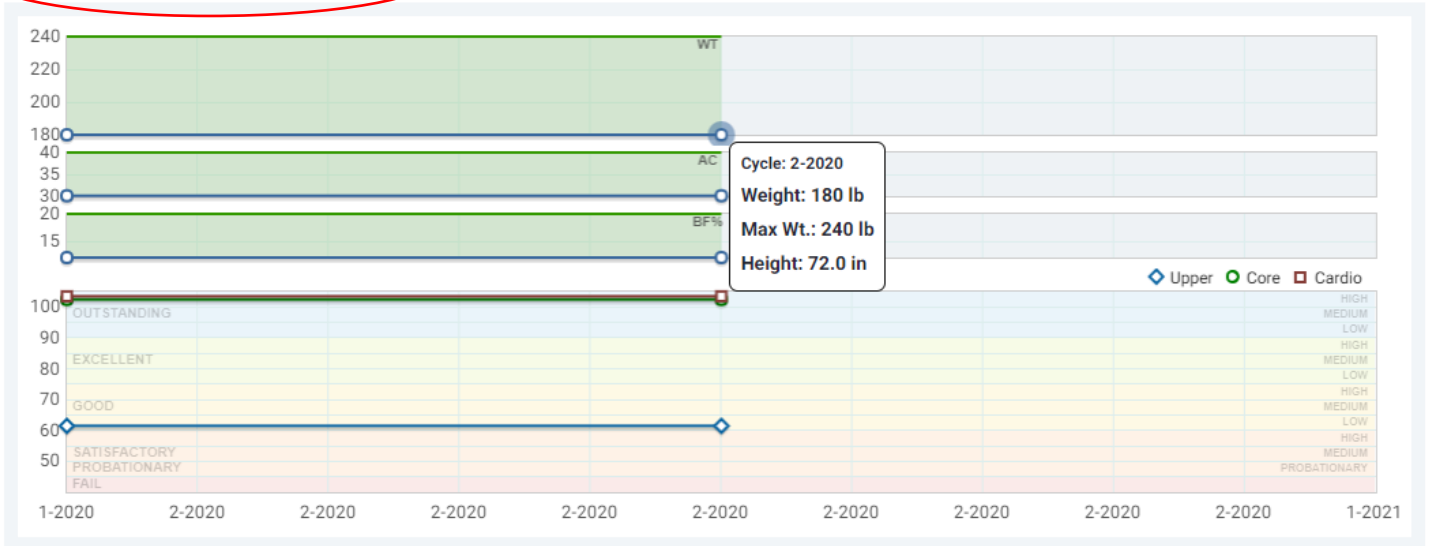
Towards the bottom of the page you will see your PFA results for the past ten cycles in a table format. Each row shows the cycle, BCA results, PRT results, and the overall PRT score.

PFA History

○ Summary   ○ Body Composition Assessment (BCA)   ○ Physical Readiness Test (PRT)   ○ 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 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

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.

Waivers

PFA Cycle	Start Date	End Date	Type	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

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.