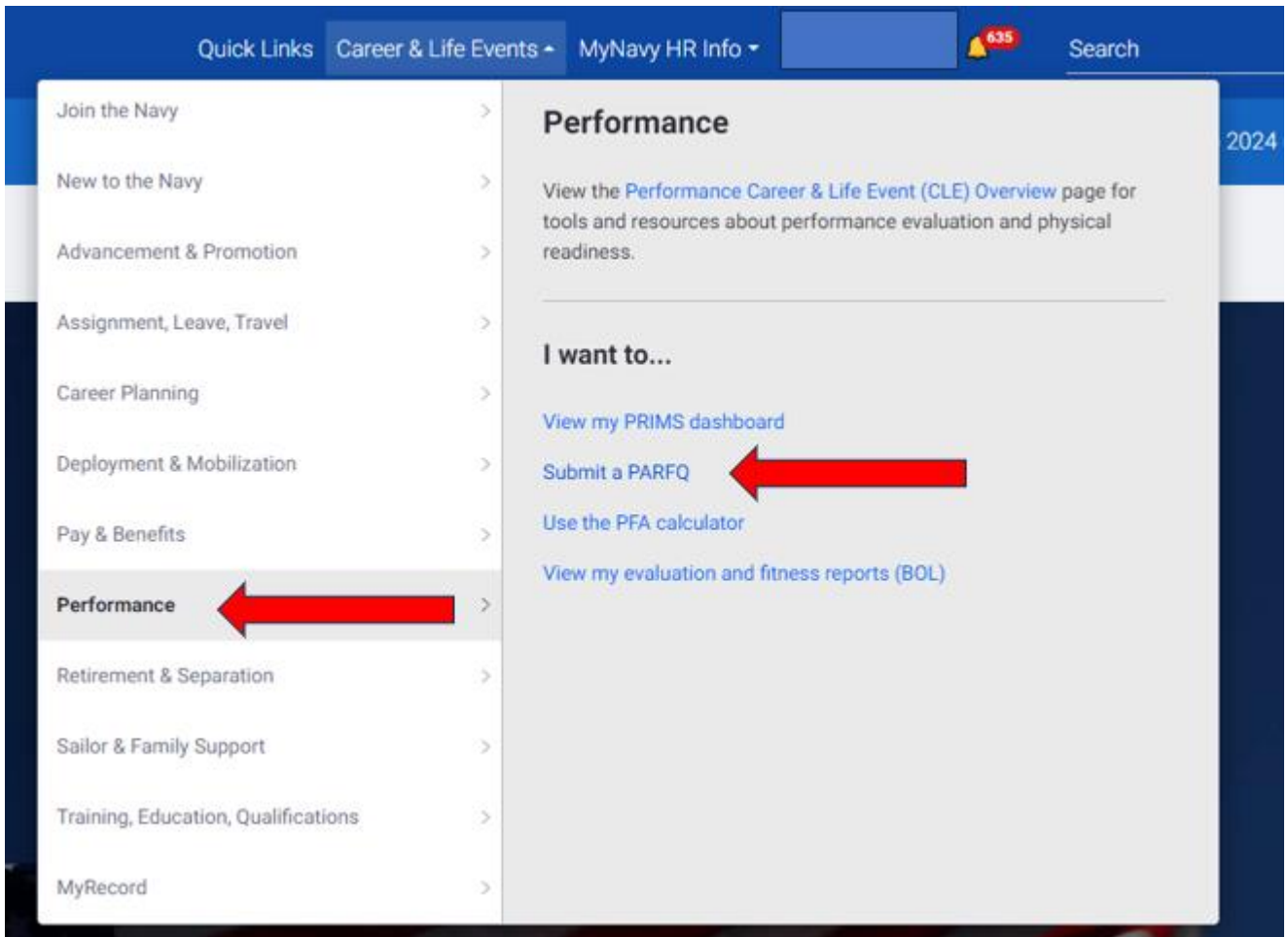


How To: Submit a PARFQ

To submit a PARFQ, log onto MyNavyPortal at my.navy.mil. Click on the Career & Life Events item at the top and select "Performance." Then select "Submit a PARFQ."



When there are no more questions, a submit button will appear. Review your responses for accuracy, then click "Submit." You will receive a confirmation email.

Have you experienced any of these following symptoms/problems since the last PFA cycle that were NOT evaluated by the HCP?

- Unexplained chest discomfort
- Unusual or unexplained shortness of breath
- Dizziness, fainting, or blackouts associated with exertion
- Other medical issues (including bone and joint problems) that would keep you from safely participating in the PRT.

Yes No

Review and submit this PARFQ. Schedule a medical appointment with primary HCP to obtain a medical evaluation prior to the PRT. Authorized medical department representative (AMDR)/HCP will endorse PARFQ after a health determination is confirmed.

SUBMIT

For your records, you can export your completed PARFQ as well as a medical waiver form to bring to your medical appointment if a medical evaluation is required.

MNP / Physical Activity Risk Factor Questionnaire (PARFQ) SOURCES OF SUPPORT

PHYSICAL ACTIVITY RISK FACTOR QUESTIONNAIRE (PARFQ)

PARFQ Submitted

You have successfully submitted this cycle's PARFQ. You can save or print your answers by using the EXPORT/PRINT MY PARFQ button below. To obtain a medical waiver, click the EXPORT/PRINT MY MEDICAL WAIVER button to save or print a medical waiver with your information.

EXPORT/PRINT MY MEDICAL WAIVER **EXPORT/PRINT MY PARFQ**

To view your saved documents, be sure to use the Adobe PDF Viewer.

PHYSICAL ACTIVITY RISK FACTOR QUESTIONNAIRE (PARFQ)

Export/Print My PARFQ [Close]

Use Adobe's PDF Viewer to view and edit the PDF version of the Physical Activity Risk Factor Questionnaire (PARFQ). Check the "Help & Info" option in the navigation bar for a link to download Adobe's PDF Viewer.

EXPORT/PRINT MY PARFQ