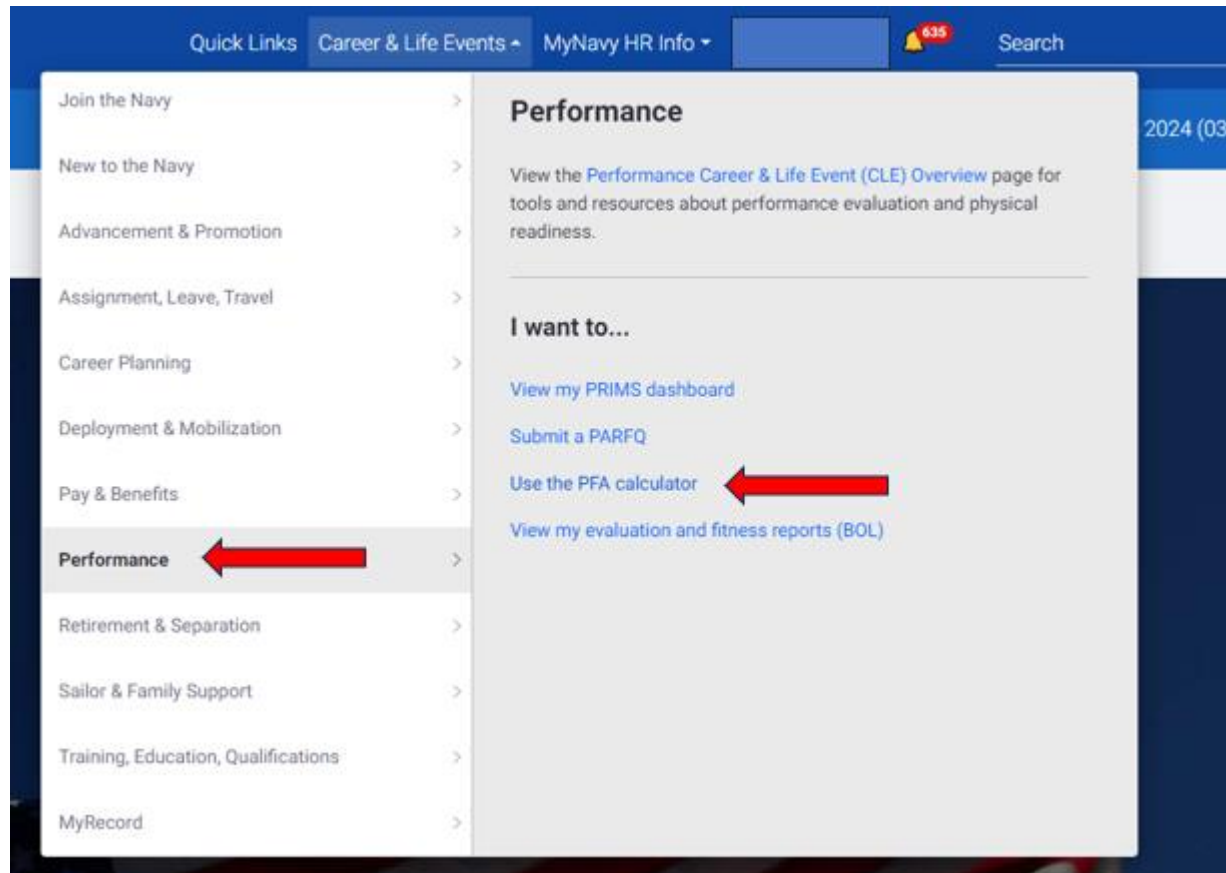


## How To: Use the Practice PFA Calculator

To use the practice PFA Calculator, log onto MyNavyPortal at my.navy.mil. Click on the Career & Life Events tab at the top and select "Performance." Then, select "Use the PFA Calculator."



Use this calculator to estimate your score.

Performance > Physical Readiness > PFA Calculator

### PFA Calculator

Use the Physical Fitness Assessment (PFA) Calculator to help achieve your fitness goals.

**Age** 17-19 **Gender** Male **Altitude** Below 5000 ft

**Height** inches **Weight** lbs

Step	BCA Test	Value	Max	BCA Result
1	Weight (lbs)			Select Height, Weight
2	Abd.Circ (in)		39	
3	Body Fat (%)		26	

**Cardio Options** Run/Walk 1.5 mi **Core** MM SS **Upper** # pushup **Cardio** MM SS **Overall**

At the top, enter your age range, gender, and measurements.

**Age** 17-19 **Gender** Male **Altitude** Below 5000 ft

**Height** inches **Weight** lbs

At the bottom of the calculator, enter a cardio option such as run/walk and various performance values for core, upper body strength, and cardio. The calculator will inform you of how many points you gain from the entered time or number of repetitions and provide you with a pass/fail category. Try out different values to see what you need for a passing PRT.

### Cardio Options

Run/Walk 1.5 mi

Pick your cardio option here

### Core

10 : 00

100

OH

Outstanding  
High Score

### Upper

50

55

SH

Satisfactory  
High Score

Cardio

05

:

57

i

100

OH

Outstanding High Score

Overall

85

EH

Overall score is Exceedingly High