

SHIP OR STATION
DIRECTOR, PERSONAL READINESS AND COMMUNITY SUPPORT (OPNAV N135 / UIC: 43398)

**PHYSICAL FITNESS ASSESSMENT FAILURE WITH ADVERSE ACTION
ADMINISTRATIVE COUNSELING/WARNING**

1. You are ___ are not ___ being retained in the naval service. The following deficiencies in your performance and or conduct are identified:

a. ___ Failure to meet body composition assessment standards.

BCA Date: ____, Height (in): ____, Weight (lbs): ____, Neck (in): ____,
Abdomen/Waist (in): ____, Hips: ____, Body Fat (%): ____

b. ___ Failure to meet physical readiness standards.

Date of PRT: ____ Overall Score: ____
Core: ____ Core Score: ____ Core Category: ____
Upper Body: ____ U/B Score: ____ UB Category: ____
Cardio: ____ Cardio Score: ____ Cardio Category: ____

c. In the most recent 4-year period this is your ___1st ___2nd ___3rd or greater failure to meet standards.

2. The following corrective actions are required as of this date:

a. Actively participate in a Fitness Enhancement Program (FEP) directed and monitored by your command. You shall participate until your body fat percentage is below the upper Navy limit and you achieve "Good" or better on all non-waived events. The Command Physical Training and Fitness Enhancement Guide located at <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx> provides complete details on FEP requirements and resources.

b. Read the Nutrition Resource Guide located at <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx> and return last page to Command Fitness Leader within 14 days of this date acknowledging receipt and selected nutrition option.

c. Participate in a minimum of 150 minutes of physical activity each week. Each session shall include aerobic activity, muscular strength and endurance and flexibility activities. Failure to attend FEP as directed may result in disciplinary action under the UCMJ.

3. Assistance is available through your chain of command, medical department and Morale, Welfare and Recreation Fitness professionals. Your Command Fitness Leader, can assist you in obtaining guidance from each.

4. You are aware of the administrative actions of first or second PFA failure in the most recent 4-year period. These include, but not limited to:

a. Documentation of PFA results on your enlisted evaluation during the reporting period in which the failure(s) occurred.

b. Ineligibility for promotion, advancement, or frocking until within standards and if not within standards by the promotion cycle limiting date, the advancement recommendation will be withdrawn. You may participate in a monthly mock PFA to regain eligibility.

c. Ineligibility to transfer to any special duty or school until physical readiness standards for that duty or school are met.

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- d. Other actions as deemed appropriate by your chain of command.
5. You are aware of the administrative actions for failure of a third PFA in the most recent 4-year period. These include, but are not limited to, those above and:
- a. Mark of 1.0 in "Military Bearing" for the reporting period in which the failure occurred.
 - b. Marks for promotability and retention shall be "Significant Problems" and "Retention Not Recommended", respectively.
 - c. Ineligibility for advancement, reenlistment, and PCS transfer.
 - d. Processing for Administrative Separation (ADSEP).
5. This counseling/warning entry is made to afford you an opportunity to undertake the recommended corrective actions. As stated above, your failure to meet Physical Readiness Program standards may result in adverse administrative actions.
6. This counseling/warning entry is based upon known failures in your compliance with the Physical Readiness Program.
7. No additional written notifications need be issued to execute the administrative actions specified in this document.

Commanding Officer

____ I acknowledge the above counseling/warning and understand its contents.

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

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

____ I do not intend to submit a statement.

Member's Signature

Date/Signed

Witness' Signature

Date/Signed

Copy to:
NAVPERSCOM (OMPF)

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