

**PRIVACY ACT STATEMENT**

**AUTHORITY:** 33 USC 3025; OPNAVINST 6110.1 Series 1.0 3007 (2006)

**PRINCIPAL PURPOSES:** Information is used to effectively coordinate all aspects of the Navy Physical Readiness Program with incorporation of physical readiness information into the Physical Readiness Information Management System (PRIMS).

**ROUTINE USES:** Information is provided to officials responsible for all aspects of oversight, management, and administration of the Navy Physical Readiness Program.

**DISCLOSURE:** Mandatory

(Write Row Score by Weight & Height)

Name (Last, First, MI)	Rank	Rate	Age	Height (Inches)	Weight (Pounds)	WCW (Inches)	% Body Fat	Member Signature for BCA Acknowledgment
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NOTE: Member acknowledges BCA measurements taken during the date of the test. The PWI must be completed within 90 days of this test date.

BCA Date	CPI/First Name	Signature First Name
Command (M)	CPI/Signature	Member Signature

Single Site Abdominal (Circumference) Measurement	Single Site Abdominal Formula												
<div style="border: 1px solid black; height: 20px; width: 100%;"></div> <div style="border: 1px solid black; height: 20px; width: 100%;"></div> <div style="border: 1px solid black; height: 20px; width: 100%;"></div> <p>A minimum of 3 sets of measurements are required. Take 3rd set if measurements 1 and 2 measurements vary by more than 1 inch. (Write row score)</p>	$\left( \frac{\text{Abdominal} \times \text{Abdominal}}{100} \right) \div 2 = \text{Average Value}$ $\left( \frac{\text{_____} \times \text{_____}}{100} \right) \div 2 = \text{_____}$ <p>For equation, round measurement DOWN to the nearest 1/2 inch, compute average of two closest measurements and round UP to the nearest 1/2 inch. Measurements will be taken at 100 cm.</p>												
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Neck</th> <th style="width: 50%;">Biceps</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table> <p>A minimum of 3 sets of measurements are required. Take 3rd set if measurements 1 and 2 measurements vary by more than 1 inch. (Write row score)</p>	Neck	Biceps							<p><b>Waist-BCA Formula</b></p> $\left( \frac{\text{Biceps} - \text{Neck}}{4} \right) \times \text{Abdominal} = \text{Value}$ $\left( \frac{\text{_____} - \text{_____}}{4} \right) \times \text{_____} = \text{_____}$ <p>For equation, average the 3 closest neck measurements and round UP to the nearest 1/2 inch, average the 3 closest biceps measurements and round DOWN to nearest 1/2 inch. For BCA determination using the circumference value follow, actual height is rounded UP to the nearest 1/2 inch.</p>				
Neck	Biceps												
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Neck</th> <th style="width: 33%;">Waist</th> <th style="width: 33%;">Hip</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>A minimum of 3 sets of measurements are required. Take 3rd set if measurements 1 and 2 measurements vary by more than 1 inch. (Write row score)</p>	Neck	Waist	Hip										<p><b>Female-BCA Formula</b></p> $\left( \frac{\text{Waist} \times \text{Hip}}{100} \right) - \text{Neck} = \text{Circumference Value}$ $\left( \frac{\text{_____} \times \text{_____}}{100} \right) - \text{_____} = \text{_____}$ <p>For equation, average the 3 closest neck measurements and round UP to the nearest 1/2 inch, average the 3 closest waist and hip measurements and round DOWN to nearest 1/2 inch. For BCA determination using the circumference value follow, actual height is rounded UP to the nearest 1/2 inch.</p>
Neck	Waist	Hip											

# Sample Official Bca Score Sheet

**Ying Liu**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Ying Liu'.

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