

PRIVACY ACT STATEMENT

AUTHORITY: 33 USC 3025; OPNAVINST 8110.1 Series 1, 2 & 3027 (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 time of the test. The PMF must be completed within 90 days of this test date.

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

Single Site Abdominal (Circumference) Measurement			Single Site Abdominal Formula	
			$\left(\text{Abdominal} \times \text{Abdominal} \right) \div 4 = \text{Average Value}$	
			$\left(\frac{\text{Abdominal}}{4} \right) \times 4 = \text{Average Value}$	
			$\left(\frac{\text{Abdominal}}{4} \right) \times 4 = \text{Average Value}$	
A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 3 measurements vary by more than 1 inch. (Write row score)			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. For BCA determination using the circumference value follow, actual height is rounded UP to the nearest 1/2 inch.	
Rank	Rate	Age	Male BCA Formula	
			$\left(\text{Abdomen} - \text{Neck} \right) \times \text{Circumference Value}$	
			$\left(\frac{\text{Abdomen} - \text{Neck}}{4} \right) \times \text{Circumference Value}$	
			$\left(\frac{\text{Abdomen} - \text{Neck}}{4} \right) \times \text{Circumference Value}$	
A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 3 measurements vary by more than 1 inch. (Write row score)			For equation, average the 3 closest male measurements and round UP to the nearest 1/2 inch, average the 3 closest abdomen 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.	
Rank	Rate	Age	Female BCA Formula	
			$\left(\text{Height} \times \text{Rate} \right) - \text{Neck} \times \text{Circumference Value}$	
			$\left(\frac{\text{Height} \times \text{Rate}}{4} \right) - \text{Neck} \times \text{Circumference Value}$	
			$\left(\frac{\text{Height} \times \text{Rate}}{4} \right) - \text{Neck} \times \text{Circumference Value}$	
A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 3 measurements vary by more than 1 inch. (Write row score)			For equation, average the 3 closest male 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.	

Sample Official Bca Score Sheet

Lingsheng Yao

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

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