

PRIVACY ACT STATEMENT

AUTHORITY: 33 USC 3025; OPNAVINST 6110.1 Series 1.0 0007 (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 BIA measurements taken during the time of the BIA. The PFI must be completed within 90 days of this BIA test.

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

Single Site Abdominal (Circumference) Measurement		Single Site Abdominal Formula	
		$\left(\text{Abdominal} \times \text{Abdominal} \right) \div 4 = \text{Average Value}$	
		$\left(\text{ } \times \text{ } \right) \div 4 = \text{ }$	
A minimum of 3 sets of measurements are required. Take 2nd set if measurements 1 and 2 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 this value to the abdominal circumference. Measurements will be taken at 90° angle.	
Result	Abdomen	Waist-BCA Formula	
		$\text{Abdomen} - \text{Neck} = \text{Circumference Value}$	
		$\text{ } - \text{ } = \text{ }$	
A minimum of 3 sets of measurements are required. Take 2nd set if measurements 1 and 2 measurements vary by more than 1 inch. (Write row score)		For equation, average the 3 closest neck 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.	
Result	Neck	Height	Formula-BCA Formula
			$\left(\text{Height} \times \text{Height} \right) - \text{Neck} = \text{Circumference Value}$
			$\left(\text{ } \times \text{ } \right) - \text{ } = \text{ }$
A minimum of 3 sets of measurements are required. Take 2nd set if measurements 1 and 2 measurements vary by more than 1 inch. (Write row score)		For equation, average the 3 closest neck measurements and round UP to the nearest 1/2 inch, average the 3 closest waist and/or 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

Michal Rosen-Zvi

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

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