

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 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	
			$\left(\text{Abdominal} \times \text{Abdominal} \right) \div 4 = \text{Average Value}$	
			$\left(\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \right) \div 4 = \underline{\hspace{2cm}}$	
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 UP to the nearest 1/2 inch. For BCA determination using the circumference value follows, actual height is rounded UP to the nearest 1/2 inch.	
Rank	Abdomen	Male BCA Formula		
		$\text{Abdomen} - \text{Neck} = \text{Circumference Value}$		
		$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$		
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)		For equation, average the 3 closest male measurements and round UP to the nearest 1/2 inch, average the 3 closest difference measurements and round DOWN to nearest 1/2 inch. For BCA determination using the circumference value follows, actual height is rounded UP to the nearest 1/2 inch.		
Rank	Neck	Height	Female BCA Formula	
			$\left(\text{Height} \times \text{Height} \right) - \text{Neck} = \text{Circumference Value}$	
			$\left(\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \right) - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$	
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)			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 follows, actual height is rounded UP to the nearest 1/2 inch.	

Official Bca Score Sheet

D Kirk

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

Official Bca Score Sheet:

Official Bca Score Sheet: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Let's delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year.

Official Bca Score Sheet : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail.

Official Bca Score Sheet : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting.

These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered.

The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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