

PRIVACY ACT STATEMENT

AUTHORITY: 33 USC 3025; OPNAVINST 6110.1 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 effectively 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 |
|------------------------|------|------|-----|-----------------|-----------------|--------------|------------|---|

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 |
|--|---|
| | $\left(\text{Abdominal} \times \text{Abdominal} \right) \div 2 = \text{Average Value}$ |
| | $\left(\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \right) \div 2 = \underline{\hspace{2cm}}$ |
| A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 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 the umb. |

| Neck | Shoulder | Waist BCA Formula |
|--|----------|--|
| | | $\text{Shoulder} - \text{Neck} = \text{Circumference Value}$ |
| | | $\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ |
| A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 2 measurements vary by more than 1 inch. (Write row score) | | For equation, average the 2 closest neck measurements and round UP to the nearest 1/2 inch, average the 2 closest shoulder 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. |

| Neck | Waist | Hips | Female BCA Formula |
|--|-------|------|--|
| | | | $\left(\text{Hips} \times \text{Hips} \right) - \text{Neck} = \text{Circumference Value}$ |
| | | | $\left(\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \right) - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ |
| A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 2 measurements vary by more than 1 inch. (Write row score) | | | For equation, average the 2 closest neck measurements and round UP to the nearest 1/2 inch, average the 2 closest waist and/or 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

Hussin A.Rothana

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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