

**PRIVACY ACT STATEMENT**

**AUTHORITY:** 33 USC 3025; OPNAVINST 6110.1 Series 3.2.2.3027 (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 PFI 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	
		$\left( \frac{\text{Abdominal} \times \text{Abdominal}}{100} \right) + 2 = \text{Average Value}$	
		$\left( \frac{\text{ } + \text{ } \right) + 2 = \text{ }$	
<p>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)</p>		<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. For BCA determination using the circumference value follows, actual height is rounded UP to the nearest 1/2 inch.</p>	
Result	Abdomen	Male BCA Formula	
		$\left( \frac{\text{Abdomen} - \text{Neck} \times \text{Circumference Value}}{100} \right) + 100 = \text{ }$	
		$\left( \frac{\text{ } - \text{ } \times \text{ } \right) + 100 = \text{ }$	
<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>		<p>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 follows, actual height is rounded UP to the nearest 1/2 inch.</p>	
Result	Waist	Height	Female BCA Formula
			$\left( \frac{\text{Waist} \times \text{Height} - \text{Neck} \times \text{Circumference Value}}{100} \right) + 100 = \text{ }$
			$\left( \frac{\text{ } \times \text{ } - \text{ } \times \text{ } \right) + 100 = \text{ }$
<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>		<p>For equation, average the 3 closest male measurements and round UP to the nearest 1/2 inch, average the 3 closest waist and height 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.</p>	

# Sample Official Bca Score Sheet

**JE Gale**



**Sample Official Bca Score Sheet:**

## Unveiling the Magic of Words: A Review of "**Sample Official Bca Score Sheet**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Sample Official Bca Score Sheet**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

<https://crm.avenza.com/book/browse/default.aspx/Sat%20Test%20Guide.pdf>

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