

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 |
|------------------------|------|------|-----|-----------------|-----------------|--------------|------------|---|
|------------------------|------|------|-----|-----------------|-----------------|--------------|------------|---|

NOTE: Member acknowledges BCA measurements taken during the time of the test. The PWI 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 | |
|---|---------|--------|--|--|
| | | | $\left(\frac{\text{Abdominal} \times \text{Abdominal}}{10,000} \right) + 2 = \text{Average Value}$ | |
| | | | $\left(\frac{\text{ } + \text{ } }{2} \right) + 2 = \text{ }$ | |
| 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 the next test. | |
| Result | Abdomen | | Male BCA Formula | |
| | | | $\left(\frac{\text{Abdomen} - \text{Neck} \times \text{Circumference Value}}{10,000} \right) + 2 = \text{ }$ | |
| | | | $\left(\frac{\text{ } - \text{ } \times \text{ } }{10,000} \right) + 2 = \text{ }$ | |
| 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 abdomen measurements and round DOWN to nearest 1/2 inch. For BCA determination using the circumference value below, actual height is rounded UP to the nearest 1/2 inch. | |
| Result | Neck | Height | Female BCA Formula | |
| | | | $\left(\frac{\text{Height} \times \text{Height} - \text{Neck} \times \text{Circumference Value}}{10,000} \right) + 2 = \text{ }$ | |
| | | | $\left(\frac{\text{ } \times \text{ } - \text{ } \times \text{ } }{10,000} \right) + 2 = \text{ }$ | |
| 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 waist and hip measurements and round DOWN to nearest 1/2 inch. For BCA determination using the circumference value below, actual height is rounded UP to the nearest 1/2 inch. | |

Official Bca Score Sheet

John Scarne

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

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