

**PRIVACY ACT STATEMENT**

**AUTHORITY:** 33 USC 3025; OPNAVINST 6110.1 Series 1.0 0307 (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
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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	Signature First Name
Command (M)	CPI/Signature	Member Signature

Single Site Abdominal (Circumference) Measurement		Single Site Abdominal Formula	
		$\left( \text{Abdominal} \times \text{Abdominal} \right) \div 4 = \text{Average Value}$	
		$\left( \frac{\text{Abdominal}}{4} \right) \times 4 = \text{Average Value}$	
<p>A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 3 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>	
Height	Abdomen	Male BCA Formula	
		$\left( \text{Abdomen} - \text{Height} \right) \times \text{Circumference Value}$	
		$\left( \frac{\text{Abdomen} - \text{Height}}{4} \right) \times 4 = \text{Average Value}$	
<p>A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 3 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>	
Height	Waist	Hips	Female BCA Formula
			$\left( \text{Height} \times \text{Hips} \right) - \text{Waist} \times \text{Circumference Value}$
			$\left( \frac{\text{Height} \times \text{Hips}}{4} \right) - \left( \frac{\text{Waist}}{4} \right) \times 4 = \text{Average Value}$
<p>A minimum of 3 sets of measurements are required. Take 2nd set of measurements if the 3 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 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.</p>

# Official Bca Score Sheet

**Lingjun Ying**

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

**Official Bca Score Sheet:**

## Enjoying the Melody of Expression: An Mental Symphony within **Official Bca Score Sheet**

In some sort of consumed by monitors and the ceaseless chatter of instantaneous communication, the melodic beauty and mental symphony developed by the prepared word frequently disappear in to the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. But, set within the pages of **Official Bca Score Sheet** a marvelous fictional prize overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this charming masterpiece conducts visitors on a psychological journey, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths with this moving examination, we will discover the book is main harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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