

Physical Readiness Assessment								
<p>Authorizing Officer: (Name, Rate, Grade, and Date of Birth)</p> <p>Program Manager: Information is used to effectively manage all aspects of the Navy Physical Readiness Program with incorporation of physical readiness information into the Physical Readiness Information Management System (PRIMS).</p> <p>Supporting Officer: Information is provided to effectively communicate for all aspects of oversight, management, and coordination of the Navy Physical Readiness Program.</p> <p>Designee: Manager</p> <p>Mobile Phone Number for Designee: _____</p>								
Score (Out of 100)	Rank	Name	Age	Weight (Pounds)	Height (Inches)	BCM (Score)	% Body Fat	Mobile Telephone for BCA Administration
<p>Mobile telephone number for Designee _____</p> <p>Mobile telephone number for BCA Administration _____</p> <p>Mobile telephone number for Designee _____</p> <p>Mobile telephone number for BCA Administration _____</p>								
<p>Single Site Measurement (Measurement 1 Measurement 2)</p> <p>_____ + _____ = _____ ÷ 2 = _____</p> <p>Single Site Measurement (Measurement 1 Measurement 2)</p> <p>_____ + _____ = _____ ÷ 2 = _____</p>				<p>Single Site Measurement Formula</p> <p>$(\text{Measurement 1} + \text{Measurement 2}) \div 2 = \text{Average Score}$</p> <p>_____ + _____ = _____ ÷ 2 = _____</p>				
<p>At minimum of 3 sets of measurements are required. Use 3 sets of measurements if first 2 measurements vary by more than 1 inch (2.5cm) each.</p>				<p>For equation, total measurement (SOMS) is the sum of 3 sets of measurements and average the value for the subsequent measurements. Measurements are for height of the user.</p>				
Rank	Age			<p>Mobile BCA Formula</p> <p>Distance - Score in Correspondence Table</p> <p>_____ + _____ = _____ ÷ 2 = _____</p>				
<p>At minimum of 3 sets of measurements are required. Use 3 sets of measurements if first 2 measurements vary by more than 1 inch (2.5cm) each.</p>				<p>For equation, average the 3 closest neck measurements and round BCF to the nearest 100 units. Average the 3 closest shoulder measurements and round BCSMS to nearest 100 units. For BCA, determine using the correspondence value table, value found is rounded BCF to the nearest 100 units.</p>				
Rank	Score	Age	<p>Mobile BCA Formula</p> <p>Score + Age - Score in Correspondence Table</p> <p>_____ + _____ = _____ ÷ 2 = _____ ÷ 100 = _____</p>					
<p>At minimum of 3 sets of measurements are required. Use 3 sets of measurements if first 2 measurements vary by more than 1 inch (2.5cm) each.</p>				<p>For equation, average the 3 closest neck measurements and round BCF to the nearest 100 units. Average the 3 closest shoulder measurements and round BCSMS to nearest 100 units. For BCA, determine using the correspondence value table, value found is rounded BCF to the nearest 100 units.</p>				

Official Bca Score Sheet

USA Patent Office

Official Bca Score Sheet:

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