



CNP Guidance for Fitness Policy Amplified

The Chief of Naval Personnel provided detailed guidance on the mandatory administrative separation procedures and waivable options for Sailors who have failed the Physical Fitness Assessment (PFA) three or more times in the most recent four years.

NAVADMIN 120-06, released to augment OPNAVINST 6110.1H, authorizes commanding officers the opportunity to submit two types of waivers in a waiver for progress or a waiver for readiness.



To show reasonable progress, Sailors must be enrolled in their command's Fitness Enhancement Program (FEP) and demonstrate an increase in the number of push-ups and curl-ups they can do, as well as a decrease in the time for the run or swim. Exact criteria can be found in the revised OPNAVINST 6110.1H.

A waiver for readiness may be requested for a Sailor whose loss may impact fleet, unit or a specific community's readiness.

Commanders will also have the authority to waive body composition assessment up to the Department of Defense maximum standard of 26 percent for males and 36 percent for females for those Sailors who score "outstanding" or "excellent" overall with no sub-scores below "good," and also present a neat, professional military appearance.

The detailed changes reflected in OPNAVINST 6110.1H are available on the Navy Physical Readiness Program Web site at www.npc.navy.mil/commandsupport/physicalreadiness. This site also contains other fitness, nutrition, and weight management references.