

INTRODUCTION

It has become increasingly important for all Navy personnel to maintain a minimum prescribed level of physical fitness necessary for world-wide deployment, whenever or wherever needed.

The Physical Readiness Program Operating Guide (OPGUIDE) is the official supplement to the OPNAVINST 6110.1J and is made up of the Physical Readiness Program “How To” Guide, Command Fitness Guide (includes Command/Unit Physical Training, and the Fitness Enhancement Program (FEP)), and the Nutrition Resource Guide. The OPGUIDE is specifically designed to provide Command Fitness Leaders (CFLs) the resources and tools to assist them in effectively managing their command Physical Readiness Program. The guide also provides members with exercise and nutrition information to promote healthier lifestyles.

IAW OPNAVINST 6110.1J. CFLs and all members are required to familiarize themselves with the applicable sections of this guide and will be held responsible for its contents. The entire guide uses links and sub-links. Each link is associated with a specific Physical Readiness Program topic. The below links are to be used to navigate to the OPGUIDE Trilogy:

The Physical Readiness Program Trilogy

1. Physical Readiness Program “How To” Guide. This guide provides the CFL and Assistant CFL (ACFL) with the proper techniques and rules associated with conducting the semi-annual Physical Fitness Assessment (PFA). There are detailed sections in the guide which cover the PFA planning activities, medical screening, Body Composition Assessment (BCA) and Physical Readiness Test (PRT), medical waiver process, Administrative Separation policy and procedures and how to manage the PFA service records for pregnant servicewomen, Individual Augmentee(IA)/Operation Support Assignments(OSA), Personnel Exchange Program (PEP) and mobilized reservists. The OPGUIDE also provides a Glossary of Physical Readiness Program related terms used throughout the OPGUIDE and the OPNAVINST 6110.1J.
2. Command Fitness and Fitness Enhancement Program (FEP) Guide. This guide provides CFLs with information and tools needed to administer an effective command Physical Training session and provides the requirements and administration of FEP.
3. Nutrition Resource Guide. This guide contains nutrition resources and tools to maintain a healthy lifestyle.