

**OFFICIAL BODY COMPOSITION ASSESSMENT (BCA) SCORE SHEET  
NAVPER 6110/10 (Rev. 12-2025)**

Supporting Directive OPNAVINST 6110.1L

**PRIVACY ACT STATEMENT****AUTHORITY:** 10 U.S.C. 5013; OPNAVINST 6110.1 series; E.O 9397 (SSN)**PRINCIPAL PURPOSES:** Information is used to effectively execute 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 official(s) responsible for all aspects of oversight, management, and administration of the Navy Physical Readiness Program.**DISCLOSURE:** Mandatory

BCA Date:	Command UIC:	DoD ID Number:	Sex (M/F):	Age:	Rate/Rank:
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**Step-1: Waist to Height Ratio (WHtR)  
(Refer to PRP Guide-4, Table-1)**

Height (Inches)		Weight (lbs)		Waist Average (Inches):	WHtR (W or NW):	Body Fat % (As Required):	
Raw	Rounded	Raw	Rounded				
1) Measure and record the raw measurements in the following order: Height → Weight → Waist. 2) Round the Raw Height up to the nearest 1/2 inch. 3) Round the Raw Weight to the nearest pound. 4) Take two waist measurements, rounding each down to the nearest 1/2 inch. If the rounded measurements differ by more than 1 inch, take a 3rd measurement, and compute the average of the two closest rounded measurements and record the exact value. 5) Record "W" (Within) or "NW" (Not Within) for WHtR. 6) If the member's WHtR is NW, proceed to Step-2 to calculate the Body Fat %.							
$\left( \frac{\text{Rounded Height}}{\text{Rounded Weight}} + \frac{\text{Rounded Weight}}{\text{Rounded Height}} \right) \div 2 = \text{Waist Average}$				<b>Waist Measurement</b>			
				Raw		Rounded Value	

$$\left( \frac{\text{Rounded Height}}{\text{Rounded Weight}} + \frac{\text{Rounded Weight}}{\text{Rounded Height}} \right) \div 2 = \text{Waist Average}$$

**Step-2: Body Fat %  
(Refer to PRP Guide-4, Table-2 (Male) and Table-3 (Female))**

$$\left( \frac{\text{Rounded Height}}{\text{Rounded Weight}} - \frac{\text{Rounded Weight}}{\text{Rounded Height}} \right) = \text{Height - Waist Difference}$$

**Member acknowledges BCA measurements taken during the date of the BCA. The PRT/CFT must be completed within 45 days of this BCA date.**

Member Name (Last, First, M.I. [Print]):	Member Signature for BCA Acknowledgment:
CFL/ACFL Name (Last, First, M.I. [Print]):	CFL/ACFL Signature:
CFL/ACFL Name (Last, First, M.I. [Print]):	CFL/ACFL Signature: