

OFFICIAL BODY COMPOSITION ASSESSMENT (BCA) SCORE SHEET
NAVPERS 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 %.

Waist Measurement**Raw****Rounded Value**

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

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

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

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: