# What is the Official Navy PFA App?





The Navy's Physical Readiness Program policy establishes requirements to ensure Active and Reserve personnel maintain the level of fitness required to support mission readiness. The Official Navy PFA app enables Sailors to confidently prepare to meet these standards as they strive to achieve consistent physical fitness.

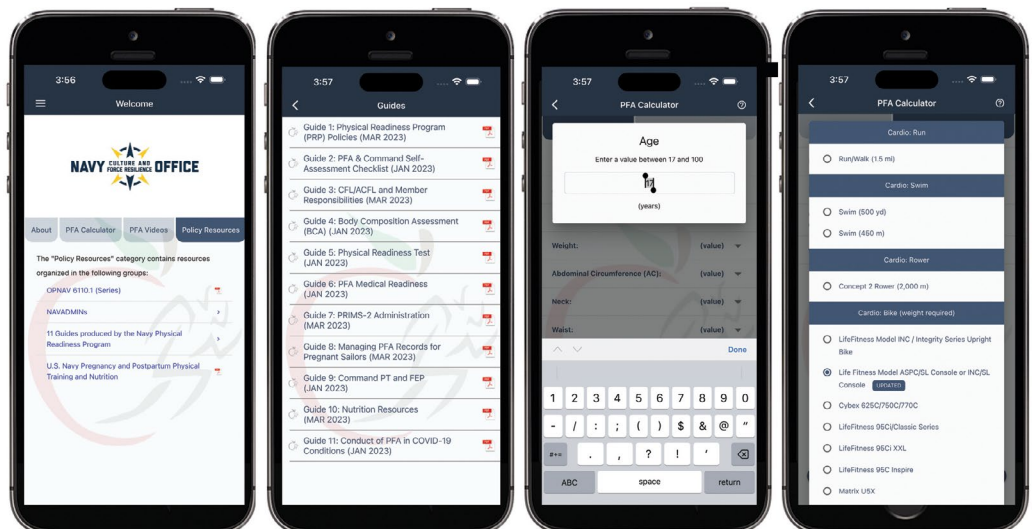**The app is comprehensive, easy to use, and offers public content only -- no authentication or authorization required. Download yours today!**

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The Official Navy PFA (Physical Fitness Assessment) app provides Sailors with all the Physical Readiness Program information they need to maintain optimal health, fitness, and readiness according to Navy standards. The app offers current guidance regarding all aspects of the Navy's Physical Readiness Program, including information on appropriate nutrition, health, fitness, aerobic capacity, muscular strength, muscular endurance, and body fat composition.

The app provides a one-stop shop for all Physical Readiness Program information. Among other features, this app includes the following:

- **Program Application Resources**, such as a "How to" video library (3-step body composition assessment measurement videos, physical readiness test event videos, and other products), as well as instructions and operating guides based on the OPNAVINST 6110.1 series and associated NAVADMINS.

- **Nutrition Resources**, including the Naval Operational Fitness and Fueling System (NOFFS) Virtual Meal Builder.

- **Command Physical Training (PT) and Fitness Enhancement Program (FEP) Source Information.** This includes an instructor-directed NOFFS library of 75+ approved Command-PT and FEP-specific workouts.

The app also features the recognized Navy mobile PFA Calculator that combines the capabilities of all calculators found in the Official Navy PRIMS (Physical Readiness Information Management System) Program.



**Learn more & download the app here: applocker.navy.mil**

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