



## PRP E-GRAM

### UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055- OPNAV N135F – May 2011

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*CFL Access to PRIMS!* ... Once appointed as the CFL a CFL Designation Letter is required to gain access to PRIMS. The command appointment letter is not sufficient for access. A sample CFL Designation Letter is provided on the PRP website:  
<http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx>

*ACFL Access* ... ACFL access is the CFL's responsibility. ACFL access letters sent to the Physical Readiness Program Office (PRP) office will not be processed.

*Juliet, Juliet, where fore out thou Juliet?* ... OPNAVINST 6110.1J is still in the formal chop chain. OPNAVINST 6110.1H, to include CH-1 and all PFA NAVADMINS are still in effect.

*BETA Testing for a revised PRT* ... The upcoming BETA testing in Millington TN is for research purpose only. 150-200 active duty volunteers will be tested on the 9 exercises advertised in the Navy News article and in Navy Times. Results will be studied and analyzed. This testing in no ways means that changes to the Navy PRT are imminent.

*Vibram 5-Finger Shoes* ... A direct quote from Navy Uniform Matters Office, "The use of minimalist footwear during Command/Unit PT is not authorized. Our review of this type of footwear has not been completed. Upon completion of our study, we will forward the results to Navy leadership for awareness and final determination for the way ahead. If approved, a NAVADMIN will be released to provide guidance to the fleet on use and wear." Vibram 5-Finger Shoes may only be worn during individual PT.

### TIP OF THE MONTH!

## May is Women's Health Month!