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14 minutes,  
machine will  
automatically go  
into cool-down  
mode 2 minutes  
prior to reaching  
14 minutes. At 12  
minutes the CFL

must record the  
calories burned in  
12 minutes.  
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Readiness*  
Organize PFA  
event schedule for  
ACFLs and PRT  
monitors. Discuss  
contingency plan  
with ACFLs, PRT  
monitors, and  
lifeguards, etc.  
Distribute and  
explain personnel  
job descriptions and  
plan a personnel  
training session for  
select positions.  
Arrange for medical  
staff location and  
supplies when  
available.  
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4. Meeting Physical Fitness Assessment (PFA) Standards In accordance with OPNAVINST 6110.1 series, postpartum Servicewomen are exempt from participating in a PFA for nine months following a QBE. At the conclusion of this nine-month period, Servicewomen are required to participate in the next PFA cycle, as **Navy Pfa Operating Guide** Navy Prt Operating Guide Guide 9. Managing PFA Records for IA/OS A/GSA/PEP/Mobi

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