Physical Activity Risk Factor Questionnaire (PARFQ) Instructions

Please follow the instructions below while completing the Physical Activity Risk Factor Questionnaire (PARFQ) Form (NAVPERS 6110/3):

- Block 1: Answer only if you are female – otherwise, leave blank
- Block 2: Answer “No” as an incoming student with no prior military service
- Block 3: Answer “Yes” or “No” as applicable based on your physical assessment status
- Block 4: Answer “No” as long as you have had a recent DODMERB Exam or Sports Physical within the last year
- Block 5: Answer “Yes” or “No” as applicable
- Block 6: Answer “Yes” or “No” as applicable
- Block 7: Answer “Yes” or “No” as applicable
- Block 8: Answer “Yes” or “No” as applicable

***Please be sure to read the instructions located in each block thoroughly and answer as applicable and stop at the appropriate block it asks***

- PARFQ Date: The date that you are filling out this document
- Date of Last PHA: The date that you filled out the “Annual Certificate of Physical Condition”

If you have questions about this or any other NROTC forms, please contact our staff at nrotc@marquette.edu.