



April 2026

MyNavy HR IT Solutions (PMW 240)

Plan of the Month Submission

1. Official NAVY PFA APP

BLUF: Download the Official Navy PFA App to access the most current Physical Readiness Program guidance and prepare for the 2026 Physical Fitness Assessment cycle anytime, anywhere.

The Official Navy PFA App serves as the one-stop shop for all Physical Readiness Program information. With the Navy now conducting two PFA cycles per calendar year, Sailors can use the app to review current standards, calculate PFA and Body Composition Assessment (BCA) scores using the built-in mobile calculator, and access instructional videos on proper assessment techniques. The app also provides nutrition resources, including the Navy Operational Fitness and Fueling System (NOFFS) Virtual Meal Builder, and a library of 75+ approved Command PT and FEP workouts to support consistent readiness.

2. MyNavy Portal (MNP)

BLUF: MyNavy Portal helps Sailors learn, plan, and act on career and life events. Featured this month: MyNavy Portal Overview and enhanced electronic Personnel Action Request (ePAR) submissions.

MyNavy Portal provides Sailors centralized resources to expand knowledge through the My Resources page, plan and complete career-related tasks, and manage life events. The enhanced ePAR now features a new wizard supporting 20 different personnel action request types, streamlining submissions, and delivering them directly to MyNavy Career Center. MyNavy Portal Home Page, Quick Links and Sailor Landing Page provide important Sailor information anytime, anywhere.
