



# READY AND RESILIENT

Achieving Personal Readiness. Optimizing Performance.

## Online Assessment and Self-Development For Soldiers, Families, and Army Civilians

Take charge of your overall fitness and be Army fit. The ArmyFit™ online platform helps you build your overall resilience and performance. Here's what you need to know so that you can get started today:

### Self-Assessment Tool: GAT

- Start by taking a confidential online self-assessment. The Global Assessment Tool, or GAT, includes questions about your levels of emotional, social, family, spiritual, and physical fitness, making this a truly holistic assessment tool.
- Your GAT results provide your current level of comprehensive health and resilience, as well as where you stand in the Performance Triad of sleep, activity, and nutrition.

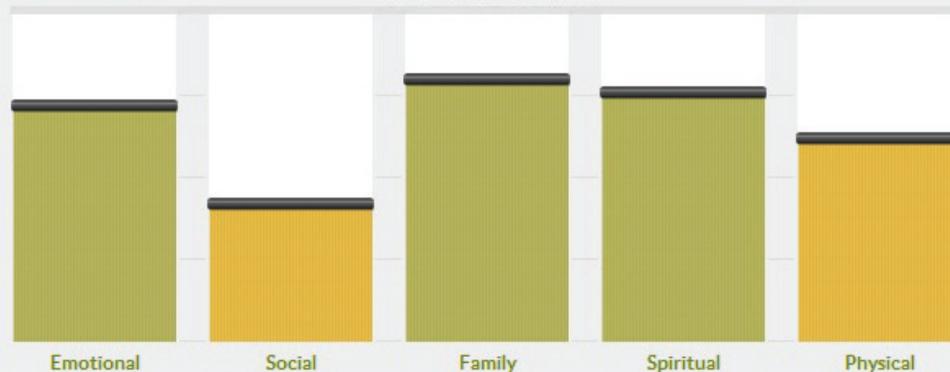
### Score Breakdown

✓ Current - Completed Aug 05, 2015 | [Retake GAT 2.0](#) | [View GAT archives](#)

The calculations to generate your Physical dimension score and Performance Triad have recently been improved. You may see some variations in those scores.

#### Dimensions

• OPTIMAL PERFORMANCE •



#### Performance Triad



### Are my answers REALLY confidential?

Yes, we guarantee it! The feedback from the GAT is for YOUR self-awareness, which is why we want you to answer the questions honestly. The protections in place ensure that no one, to include your peers, friends, or family members can access this information.

### What information should I have on hand?

To ensure you are able to get the most out of your results, you may want to have the following information accessible:

- Height and weight
- Blood pressure
- Cholesterol

Compare your score in each dimension of strength to others by a variety of demographic factors: Gender, Rank, Marital Status, Civilian Education Level, Age, MOS, or Deployment.

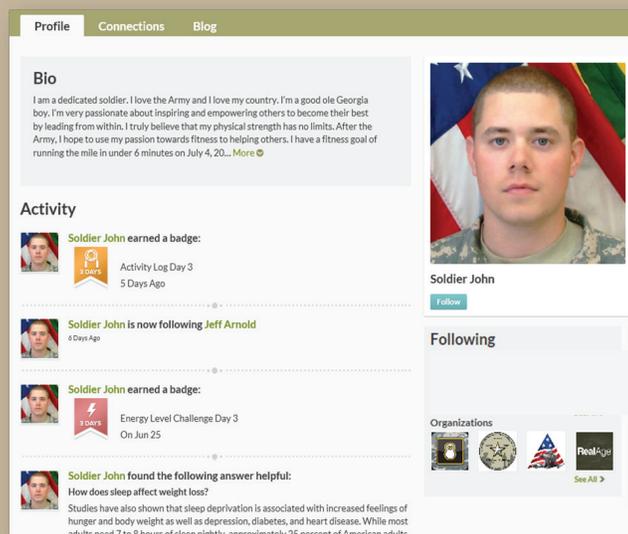


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## Self-Development Platform: ArmyFit™

- Once you complete the GAT, you'll have full access to all of the tools and resources available in ArmyFit™. Create your profile page to get started.
- Share as much or as little about yourself as you want by selecting privacy settings.
- Automatically receive recommendations based on your GAT results.
- Follow recommended experts and organizations and learn more about the areas in your life that could benefit from their expertise.
- Track your personal fitness improvement and take challenges as an individual or as part of a team:
  - Share improvements with your friends.
- Join online health and fitness communities that have a wide range of resources from both the Army and civilian world.
- Access Army-specific tutorials -- short web-based, interactive videos that reinforce resilience and performance skills
  - Topics include: "Building Your Teen's Resilience," "Effective Communication," "High Performance Nutrition," and "Goal Setting."
  - There are also tutorials on deeper subjects; "Moral Injury on the Battlefield," "Killing in Combat," "Post-Traumatic Growth," and "The Courage to Get Help."
- There is also an optional Financial Resilience Assessment (seperate from the GAT) available to give you an overview of your financial health and show you areas where you can improve.
- Synch your activity monitor's data with ArmyFit™ to chart your progress and compete with others.



## New Features

- The GAT and ArmyFit™ are mobile-friendly.
- Sync data from personal readiness devices.
- Ask the Experts!

