

What is Comprehensive Soldier and Family Fitness?

Comprehensive Soldier and Family Fitness (CSF2) is designed to **build resilience** and **enhance performance** of the Total Army -- Soldiers, their Families, and Army Civilians. CSF2 does this by providing **training** and **self-development tools** so that members of the Total Army are better able to **cope with adversity**, **perform better in stressful situations**, and **thrive in life**.

CSF2 also has **Training Centers** located across the United States. These Training Centers provide **Resilience** and **Performance Training** where it is needed most – **at Army installations**.

CSF2 is an integral part of the Army's **Ready and Resilient Campaign**, a campaign that promotes **personal readiness** and **optimized human performance**. Scientific research shows that **resilience can be taught**, and resilient Soldiers, Families, and Army Civilians perform better, which results in **improved unit and mission readiness**.

"Soldiers are, and will always be, the centerpiece of our Army. The readiness and resilience of our Soldiers, Civilians, and Family members is dependent on their physical, mental, and emotional fitness."

– Army Chief of Staff Gen. Ray Odierno

August 2015

COMPREHENSIVE SOLDIER & FAMILY FITNESS

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

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How can I start building my resilience and enhancing my performance today?

Take the **GAT**



Take the Global Assessment Tool (mandatory for Soldiers, encouraged for Family Members and Army Civilians) by visiting:

<http://csf2.army.mil/takethegat.html>

Engage in **ArmyFit™**



Upon completion of the GAT, take advantage of online self-development tools automatically recommended to you based on your individual GAT results. Engage in ArmyFit™ by visiting:

<https://armyfit.army.mil>

Find a **CSF2 Training Center**



CSF2 has Training Centers located across the United States. These Training Centers provide Resilience and Performance Training where it is needed most – at Army installations. Learn more by visiting:

<http://csf2.army.mil/training-centers.html>



What are the main components of CSF2?

ONLINE SELF-DEVELOPMENT

Global Assessment Tool (GAT)

A survey tool for Soldiers, Family Members and Army Civilians to confidentially assess their physical and psychological health based on five dimensions of strength: emotional, social, spiritual, family, and physical fitness.

ArmyFit™

An online self-development platform that provides tailored tools and resources to support personal improvement.



TRAINING

Master Resilience Trainers (MRTs)

Serve as Commanders' advisors for resilience training. Graduates of an intensive 10-day course, these Soldiers, Army Civilians, and Army spouses (statutory volunteers) are the only personnel authorized to conduct formal Resilience Training to members of the Total Army.



Performance Training

Teaches Soldiers, Family Members, and Army Civilians the mental and emotional skills to strengthen their minds and perform at their best when it matters most: in combat, healing after an injury, or managing work and home life.



Institutional Resilience Training

Resilience Training provided at every major level of the Army education system, from basic training to the War College.



METRICS & EVALUATION

Metrics & Evaluation

Through research with the support of various internal and external organizations, CSF2 has been able to scientifically validate its effectiveness. CSF2 is always analyzing the program and ensuring program efficacy.



What are others saying about Comprehensive Soldier and Family Fitness?



"The personal readiness of our Soldiers is critical to mission success. The CSF2 program provides the skills training our Soldiers need to be prepared for any challenge that comes their way, both personally and professionally. It is this mental toughness that makes our Army ready and resilient."

- Sgt. Maj. of the Army Daniel A. Dailey

"This training is fantastic for Family members, because we go through having to meet new friends at a new duty station, we go through our husband or our wives deploying, our kids going to school and not understanding deployments, and so it teaches communication skills and coping mechanisms for dealing with those everyday situations."

- Spouse during pilot MRT course, Ft. Campbell



"After having taken CSF2's Resilience Training, I highly recommend the course for all of my employees as well as all other DA Civilians. Personal and professional challenges affect us all. The course teaches students tools that they can utilize immediately in their lives to navigate and effectively overcome those challenges in a productive way."

- Pota Kripotos, Chief, Human Capital Management Office, RDECOM ARDEC

"As with any self-reflection, most anyone can find areas for improvement whether in his or her spiritual life, family interactions, physical fitness or emotional stability and this class provided concepts that could be applied to them all."

- CPT John Plitsch, Experimental Test Pilot, Aviation Flight Test Directorate

