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COMPREHENSIVE SOLDIER FITNESS ORDER – COMPLETION REQUIREMENTS

ALARACT 045/2011
DTG: P 101854Z FEB 2011

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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS
CENTER ON BEHALF OF DA WASHINGTON DC//DAMO-AOC//

SUBJECT: GLOBAL ASSESSMENT TOOL AND COMPREHENSIVE RESILIENCE
MODULE COMPLETION REQUIREMENTS

THIS ALARACT MESSAGE IS RELEASED ON BEHALF OF THE CHIEF OF STAFF
OF THE ARMY

NARR/ (U) THIS ALARACT UPDATES GLOBAL ASSESSMENT TOOL AND
COMPREHENSIVE RESILIENCE MODULE COMPLETION REQUIREMENTS FOR ALL
SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS.

REF/A/ARMY CAMPAIGN PLAN 2010, DTD 23 APR 2010, ANNEX V
(COMPREHENSIVE SOLDIER FITNESS)
REF/B/ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS EXORD, DTG:
061547ZAPR10
REF/C/ ALARACT 192/2010 MOD 01 TO ALARACT (097/2010)
COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER, DTG: P 260256Z
JUN 10

1. (U)CHANGE TO ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS
EXORD, DTG: 061547ZAPR10

1.A. (U) RESCIND FROM PARAGRAPH 1.D THE LAST SENTENCE THAT READS
"THE GLOBAL ASSESSMENT TOOL (GAT), COMPREHENSIVE RESILIENCE
MODULES, AND RESILIENCE TRAINING ARE MANDATORY FOR SOLDIERS, BUT
VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS".

2. (U) GLOBAL ASSESSMENT TOOL COMPLETION REQUIREMENTS.

2.A (U) COMPLETING THE GAT IS AN ANNUAL REQUIREMENT FOR ALL SOLDIERS. ALL SOLDIERS MUST COMPLETE THE GAT AT LEAST ONCE EVERY 365 DAYS.

2.B. (U) FAMILY MEMBERS ARE ENCOURAGED TO TAKE THE GAT, BUT ARE NOT REQUIRED TO OR MANDATED TO TAKE THE GAT.

2.C. (U) ARMY CIVILIANS ARE ENCOURAGED TO TAKE THE GAT, BUT ARE NOT REQUIRED TO OR MANDATED TO TAKE THE GAT.

2.D. (U) THE GAT MAY BE RETAKEN AT SOLDIER/FAMILY MEMBER/ARMY CIVILIAN DISCRETION EVERY 90 DAYS.

3. (U) COMPREHENSIVE RESILIENCE MODULE COMPLETION REQUIREMENTS.

3.A. (U) COMPREHENSIVE RESILIENCE MODULES (CRM) ARE INDIVIDUAL SELF PACED TRAINING MODULES OFFERED FOR ADDITIONAL TRAINING BASED ON GAT SCORES. CRM OFFER ADDITIONAL TRAINING OPPORTUNITIES IN THE FAMILY, EMOTIONAL, SOCIAL, AND SPIRITUAL DIMENSIONS OF FITNESS.

3.B. (U) CRM ARE TRAINING REQUIREMENTS FOR SOLDIERS. LOCAL COMMANDERS CAN DETERMINE THE REQUIREMENTS FOR CRM COMPLETION IN THE FAMILY, EMOTIONAL AND SOCIAL DIMENSION CRM. SPIRITUAL DIMENSION CRM ARE COMPLETELY VOLUNTARY AND SOLDIERS SHALL NOT BE MANDATED OR DIRECTED TO COMPLETE.

3.C (U) CRM COMPLETION IS VOLUNTARY FOR FAMILY MEMBERS. FAMILY MEMBERS SHALL NOT BE DIRECTED TO COMPLETE A CRM.

3.D (U) CRM COMPLETION IS VOLUNTARY FOR ARMY CIVILIANS. ARMY CIVILIANS SHALL NOT BE DIRECTED TO COMPLETE A CRM.

3.B.3. (U) CRM CAN BE ACCESSED THROUGH THE SOLDIER FITNESS TRACKER WEBSITE AT [HTTPS://WWW.SFT.ARMY.MIL/](https://www.sft.army.mil/).

4. (U) EFFECTIVE DATE OF MESSAGE IS IMMEDIATE AND THE EXPIRATION DATE IS NOT DETERMINED.

COMPREHENSIVE SOLDIER FITNESS ORDER - MODIFICATION 1

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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DCS G-3/5/7-CSF//.

SUBJECT: MOD 01 TO ALARACT (097/2010) COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER

MSGID/ORDER/HQDA//

NARR/(U) THIS FRAGMENTARY ORDER (FRAGO) 1 UPDATES MASTER RESILIENCE TRAINER (MRT) IMPLEMENTATION DATA, INFORMATION AND COORDINATING INSTRUCTIONS IN THE CSF EXORD. IT DIRECTS UNITS, AGENCIES AND ACTIVITIES TO DETERMINE AND PROVIDE STANDING REQUIREMENTS FOR MASTER RESILIENCE TRAINERS (MRTS), PROVIDES GUIDANCE FOR DERIVING THOSE MRT REQUIREMENTS, AND ADVISES RECIPIENTS OF ALLOCATION OF AVAILABLE MRT TRAINING SPACES FOR THE REMAINDER OF FY10. ALSO PROVIDES REPORTING INSTRUCTIONS FOR THE FORT JACKSON MRT COURSE. ADDS PARAGRAPH 3D (COORDINATING INSTRUCTIONS), AND RELABELS FUNDING AS PARAGRAPHS 3.D.1. THROUGH 3.D.1.D. FINALLY, IT ADDS PARAGRAPH 4 (ADMINISTRATION AND LOGISTICS) TO THE BASE ORDER AND RE-NUMBERS THE PARAGRAPH ENTITLED COMMAND AND SIGNAL (PREVIOUSLY PARAGRAPH 4) AS PARAGRAPH 5.

REF/A/ARMY CAMPAIGN PLAN 2010, DTD 23 APR 2010, ANNEX V (COMPREHENSIVE SOLDIER FITNESS)

REF/B/ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS EXORD, DTG: 061547ZAPR10

TIMEZONE/Z//

(U) REFERENCE. HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA), ALARACT 097/2010: COMPREHENSIVE SOLDIER FITNESS (CSF) EXECUTION ORDER (EXORD)

1. (U) SITUATION: NO CHANGE.

2. (U) MISSION. NO CHANGE.

3. (U) EXECUTION. ADD

3.B.4.H. (U) CHANGE: TWENTY FIVE PERCENT (25%) OF ALL AC DRILL SERGEANTS, 10% OF ALL RC DRILL SERGEANTS, 100% OF AIT PLATOON SERGEANTS, 100% OF BOLC-B INSTRUCTOR/TRAINERS (SENIOR CAPTAINS/JUNIOR MAJORS WHO TRAIN/MENTOR BOLC LTS), AND 25% OF BOLC-A (ROTC) INSTRUCTORS/TRAINERS ASSIGNED AFTER 1 JANUARY 2010 ARE REQUIRED TO BE MRT QUALIFIED WITHIN 180 DAYS AFTER ASSIGNMENT.

3.C.2.C.1. (U) NEW: TO HELP DETERMINE THE STANDING REQUIREMENT FOR MASTER RESILIENCE TRAINERS (MRT) THROUGHOUT THE FORCE, EACH

ACOM, ASCC, DRU, FOA AND THE DIRECTOR ARMY NATIONAL GUARD WILL PROVIDE THIS HEADQUARTERS ITS PROJECTIONS FOR MRT REQUIREMENTS FOR FY 11 - 16.

3.C.2.C.2. (U) NEW: TO STANDARDIZE AND FACILITATE YOUR APPROACH IN DETERMINING YOUR MRT REQUIREMENTS PLEASE NOTE THE FOLLOWING GUIDELINES:

3.C.2.C.2.A (U) ONE (1) MRT TRAINED OFFICER AND ONE NCO PER BRIGADE, GROUP, GARRISON COMMANDED BY A COLONEL (O-6), ROTC BRIGADE, AND RECRUITING BRIGADE. ONE ADDITIONAL MRT TRAINED PERSON FOR EVERY 4 STAND ALONE SECTIONS, PLATOONS, COMPANIES OR RECRUITING BATTALIONS (ORGANIZATIONS SMALLER THAN A STANDARD BATTALION) PERMANENTLY LOCATED MORE THAN 50 MILES AWAY FROM THEIR BRIGADE LEVEL HEADQUARTERS.

3.C.2.C.2.B. (U) ONE MRT TRAINED NCO PER BATTALION, SQUADRON, RECRUITING BATTALION OR GARRISON COMMANDED BY A LIEUTENANT COLONEL (O-5). ONE ADDITIONAL MRT TRAINED PERSON FOR EVERY 4 STAND ALONE SECTIONS, PLATOONS OR COMPANIES PERMANENTLY LOCATED MORE THAN 50 MILES AWAY FROM THEIR BATTALION LEVEL HEADQUARTERS.

3.C.2.C.2.C. (U) TWENTY FIVE PERCENT (25%) OF ALL AC DRILL SERGEANTS, 10% OF ALL RC DRILL SERGEANTS, 100% OF AIT PLATOON SERGEANTS, 100% OF BOLC-B INSTRUCTOR/TRAINERS (SENIOR CAPTAINS/JUNIOR MAJORS WHO TRAIN/MENTOR BOLC LTS), AND 25% OF BOLC-A (ROTC) INSTRUCTORS/TRAINERS WILL BE MRTS. TWENTY FIVE PERCENT (25%) OF RESERVE COMPONENT RECRUIT SUSTAINMENT PROGRAM (RSP) CADRE WILL BE MRT TRAINED TO PROVIDE RESILIENCE TRAINING TO INITIAL ENTRY TRAINEES ASSIGNED TO THEIR RSP UNITS.

3.C.2.C.2.D. (U) ONE (1) MRT TRAINED OFFICER OR NCO FOR EACH NAMED TEAM AT THE NTC, JRTC AND CMTC (SCORPION, TARANTULA, ETC.). ONE (1) MRT TRAINED OFFICER OR NCO AT EACH RESERVE COMPONENT AND ACTIVE COMPONENT POWER PROJECTION PLATFORM AND POWER SUPPORT PLATFORM.

3.C.2.C.2.E. (U) TWO MRT TRAINED NCOS PER NON COMMISSIONED OFFICERS ACADEMY.

3.C.2.C.2.F. (U) TWO MRT TRAINED STAFF AND FACULTY MEMBERS AS APPROPRIATE PER BRANCH SCHOOL. TWO MRT TRAINED STAFF AND FACULTY MEMBERS PER ARNG REGIONAL TRAINING INSTITUTE (RTI), TOTAL ARMY SCHOOL SYSTEM (TASS) TRAINING BATTALION AND GENERAL STUDIES TRAINING BATTALION.

3.C.2.C.2.G. (U) TWO MRT TRAINED OFFICERS OR NCOS AS APPROPRIATE AT THE SERGEANTS MAJOR ACADEMY, THE COMMAND AND GENERAL STAFF COLLEGE AND THE ARMY WAR COLLEGE. TWO MRT TRAINED STAFF AND FACULTY MEMBERS AT THE PROFESSIONAL EDUCATION CENTER (PEC), THE NATIONAL TRAINING CENTER FOR THE ARNG.

3.C.2.C.2.H. (U) EACH STAND ALONE NATIONAL GUARD ARMORY AND RESERVE CENTER: THE FACILITY COMMANDER SHALL BE RESPONSIBLE FOR MRT TRAINING FOR ALL ARMY PERSONNEL WITHIN THAT FACILITY REGARDLESS OF UNIT AFFILIATION. TRAINED MRTS WILL BE ALLOCATED

AS FOLLOWS: O-6 FACILITY COMMANDER - ONE OFFICER AND ONE NCO; O-5 FACILITY COMMANDER - ONE NCO.

3.C.2.C.2.I. (U) ONE MRT TRAINED OFFICER/NCO FOR EACH ARMY NATIONAL GUARD STATE JOINT FORCE HEADQUARTERS. TWO MRT TRAINED PERSONS FOR EACH FAMILY ASSISTANCE CENTER TO PROVIDE REACHBACK CAPABILITIES TO GEOGRAPHICALLY DISPERSED FAMILIES AND SOLDIERS.

3.C.2.C.3. (U) NEW: UTILIZING THE GUIDELINES ABOVE, EACH ACOM, ASCC, DRU, FOA AND THE DIRECTOR ARMY NATIONAL GUARD WILL DETERMINE THEIR STANDING MRT REQUIREMENT. PROVIDE BOTH THE REQUIREMENT AND DERIVATION OF THE REQUIREMENT. HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINES ABOVE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS YEARLY VERSUS BI-ANNUALLY, WHICH IN TURN WILL MAKE DAMO-CSF PLANNERS BUILD MORE MRT TRAINING CAPACITY THAN THEY WOULD FOR, AS AN EXAMPLE, AIT PLATOON SERGEANTS OR BOLC-B INSTRUCTORS WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER. SUBMIT REQUIREMENT AND DERIVATION FOR VALIDATION TO THIS HQ, ATTENTION POC IN PARA 5.D.1 BELOW, NLT 01 AUGUST 2010.

3.C.2.C.4. (U) NEW: THE MRT COURSE AT FORT JACKSON, VICTORY UNIVERSITY (VU) HAS BEEN ESTABLISHED. MRT SEAT ALLOCATIONS FOR BOTH LOCATIONS (UPENN AND VICTORY UNIVERSITY) FOR THE REMAINDER OF FY 10 HAVE BEEN ALLOCATED (SEE ANNEX A). ATRRS MANAGERS MUST REFER TO BOTH COURSES (COURSE # 145/UPENN & COURSE # 805V/VICTORY UNIVERSITY, FORT JACKSON) WHEN RESERVING SEATS ALLOCATIONS FOR THEIR PERSONNEL.

3.C.2.C.5. (U) NEW: FOR STUDENTS ATTENDING THE MRT COURSE AT FORT JACKSON PLEASE NOTE THE FOLLOWING REPORTING INSTRUCTIONS:

3.C.2.C.5.A. (U) REPORT TO VICTORY UNIVERSITY MRTFC FACILITY (BLDG 3216) LOCATED ON MAGRUDER AVENUE BETWEEN DANIEL AND CHEATHAM STREETS NLT 0730 ON THE FIRST DAY OF THE CLASS START. ALL STUDENTS MUST ARRIVE AT FORT JACKSON NLT THE DAY PRIOR TO THE CLASS START DATE.

3.C.2.C.5.B. (U) VICTORY UNIVERSITY WILL RESERVE A BLOCK OF ROOMS AT THE LODGING FACILITY ON FORT JACKSON. CONTACT THE FORT JACKSON LODGING OFFICE (BLDG 4394), TEL (803) 782-9802, FAX: (803) 751-6297 FOR BILLETING. ON-POST LODGING, IF AVAILABLE COSTS \$55/NIGHT. IF ON-POST LODGING IS UNAVAILABLE, STUDENTS WILL RECEIVE A STATEMENT OF NON-AVAILABILITY FROM THE LODGING OFFICE, WHO WILL ASSIST THE STUDENT IN GAINING OFF-POST LODGING.

3.C.2.C.5.C. (U) GOVERNMENT TRANSPORTATION IS NOT AVAILABLE. POV TRAVEL OR RENTAL CAR IS AUTHORIZED. IN/AROUND MILEAGE IS AUTHORIZED UP TO 15 MILES PER DAY.

3.C.2.C.5.D. (U) GOVERNMENT MEALS ARE NOT AVAILABLE DURING THE DURATION OF THE COURSE. PLEASE ENSURE THAT FULL PER DIEM FOR MEALS IS AUTHORIZED.

3.C.2.C.5.E. (U) DAILY CLASS SCHEDULE IS APPROXIMATELY 0830-1700

WITH SOME HOMEWORK EACH NIGHT. PHYSICAL READINESS TRAINING IS ON YOUR OWN. DO NOT SCHEDULE APPOINTMENTS DURING THE COURSE. ON WEEKDAYS AND TRAINING DAYS, INSTRUCTOR CONTACT AND TRAINING CONTINUES DURING THE LUNCH HOUR. CLASS MOVES TO THE NCO CLUB OR ALTERNATE LOCATION FOR THE LUNCH HOUR; ATTENDANCE IS MANDATORY. LUNCH MEALS WILL BE AVAILABLE FOR VOLUNTARY PURCHASE AT LOCAL ECONOMY PRICES AT THE LUNCH CLASS LOCATION.

3.C.2.C.5.F. (U) FOR FURTHER INFORMATION ON THE COURSE AND CONTACT NUMBERS, VISIT: [HTTP://WWW.JACKSON.ARMY.MIL/SITES/MRT](http://www.jackson.army.mil/sites/mrt).

3.D. (U) ADD: COORDINATING INSTRUCTIONS

3.D.1. (U) FUNDING. RENUMBERED AS 3.D.1. THROUGH 3.D.1.D.

3.D.1.C (U) **COMPREHENSIVE SOLDIER FITNESS IS THE ONE AND ONLY PSYCHOLOGICAL RESILIENCE DEVELOPMENT PROGRAM FOR THE ARMY.**

LEADERS ARE NOT AUTHORIZED TO EXPEND FUNDS ON OTHER PROGRAMS THAT PURPORTEDLY DEVELOP PSYCHOLOGICAL RESILIENCE - OR OTHER CLOSELY RELATED "LIFE SKILLS" - UNLESS EXPRESSLY ENDORSED BY ARMY G-3/5/7 OR HIS DESIGNEE (E.G. DIR, CSF).

3.D.1.D. (U) LEADERS WHO HAVE ENTERED INTO CONTRACTUAL OBLIGATIONS WITH PARTIES NOT ASSOCIATED WITH CSF IN ORDER TO DEVELOP SOLDIER PSYCHOLOGICAL RESILIENCE ARE STRONGLY ENCOURAGED TO END SUCH RELATIONSHIPS AS SOON AS FEASIBLE.

3.D.2. (U) ALLOCATIONS: ATRRS MANAGERS MUST REFER TO BOTH COURSES (COURSE #145/UPENN & COURSE #805V/VICTORY UNIVERSITY, FORT JACKSON) WHEN RESERVING SEAT ALLOCATIONS FOR THEIR PERSONNEL.

4. (U) NEW: ADMINISTRATION AND LOGISTICS. (U) TO BE PUBLISHED (TBP).

5. (U) COMMAND AND SIGNAL. RENUMBERED AS 5 THROUGH 5.E.

5.D.1. (U) ARMY G-3/5/7-CSF POC: COL GLENN BACA,
GLENN.BACA@US.ARMY.MIL, 703-602-6565, (DSN: 332).

5.D.2. (U) ACKNOWLEDGE RECEIPT OF THIS FRAGO 1 BY E-MAIL TO POC IN PARA 5.D.1

5.E. (U) EXPIRATION DATE FOR THIS MESSAGE CANNOT BE DETERMINED.

GEORGE W. CASEY
GENERAL, UNITED STATES ARMY
CHIEF OF STAFF

Reference Military Association of Atheists & Freethinkers, www.maaf.info

OFFICIAL

DANIEL P. BOLGER
LIEUTENANT GENERAL, GS
DEPUTY CHIEF OF STAFF, G-3/5/7

ANNEX:

ANNEX A: MRT SEAT ALLOCATIONS JUN-SEP

COMPREHENSIVE SOLDIER FITNESS ORDER

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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DCS G-3/5/7-CSF//

SUBJECT: COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER//

MSGID/ORDER/HQDA//

REFERENCES

TIMEZONE/Z//

1. (U) SITUATION.

1.A. (U) THIS IS AN EXECUTE ORDER.

1.B. (U) THE UNITED STATES AND ITS ARMY ARE IN THE EIGHTH YEAR OF WAR. OPERATIONAL DEMANDS HAVE PLACED TREMENDOUS STRESS ON SOLDIERS, FAMILIES AND ARMY CIVILIANS TO THE EXTENT THAT THE ARMY IS AT A POINT OF IMBALANCE GIVEN THE MISSIONS REQUIRED AND THE RESOURCES AVAILABLE. PEOPLE ARE THE MOST IMPORTANT RESOURCE IN MAINTAINING A WELL-TRAINED, STABLE AND EFFECTIVE FIGHTING FORCE THAT CAN FIGHT AND WIN THE NATION'S WARS. KEEPING THOSE SOLDIERS, THEIR FAMILIES AND THE ARMY CIVILIANS THAT SERVE AND SUPPORT THEM - HEALTHY IN MIND, BODY AND SPIRIT IS ONE OF THE MAJOR CHALLENGES FACING THE ARMY'S LEADERSHIP TODAY. THE ARMY HAS MADE GREAT PROGRESS TOWARDS ACHIEVING BALANCE, BUT MUST CONTINUE TO ADAPT AS AN INSTITUTION IN ORDER TO REACH THE DESIRED END STATE OF ENSURING SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS POSSESS THE SKILLS TO ACHIEVE BALANCE IN THEIR LIVES AND BECOME RESILIENT TO THE CHANGING CONDITIONS AFFECTING THEIR LIVES AND FAMILIES.

1.C. (U) THE ARMY ESTABLISHED COMPREHENSIVE SOLDIER FITNESS (CSF) TO INCREASE THE FITNESS, HEALTH, AND RESILIENCE OF SOLDIERS, THEIR FAMILIES, AND ARMY CIVILIANS. RESILIENCE IS THE ABILITY TO GROW AND THRIVE IN THE FACE OF CHALLENGES AND BOUNCE BACK FROM ADVERSITY. CSF HELPS INCREASE FITNESS, HEALTH, AND RESILIENCE IN INDIVIDUALS BY ASSESSING THEIR STRENGTHS AND WEAKNESSES, THEN BY PROVIDING TRAINING IN THE FORM OF SELF-DEVELOPMENT MODULES AND RESILIENCE BUILDING TECHNIQUES THAT TEACH SPECIFIC MENTAL AND PHYSICAL SKILLS. THESE TECHNIQUES ARE DESIGNED TO INCREASE FITNESS AND HEALTH IN THE PHYSICAL, EMOTIONAL, SOCIAL FAMILY AND SPIRITUAL DIMENSIONS OF RESILIENCE.

1.D. (U) THERE ARE FOUR KEY ELEMENTS (LINES OF EFFORT) WITHIN THE CSF PROGRAM. THE GLOBAL ASSESSMENT TOOL (GAT), COMPREHENSIVE RESILIENCE MODULES (CRM), THE MASTER RESILIENCE TRAINER (MRT) PROGRAM AND RESILIENCE TRAINING (RT). THE GAT WAS DEVELOPED BY BOTH MILITARY AND ACADEMIC EXPERTS TO ASSESS AN INDIVIDUAL'S FITNESS AND HEALTH IN THE DIMENSIONS OF RESILIENCE. THE RESULTS OF THE GAT DIRECT THE INDIVIDUAL TO SELF-DEVELOPMENT TRAINING KNOWN AS COMPREHENSIVE RESILIENCE MODULES (CRM). CRMS ARE DESIGNED TO PROVIDE ON LINE, INFORMATION AND INSTRUCTION ON RESILIENCE TO INDIVIDUALS. MASTER RESILIENCE TRAINERS (MRT) ARE TRAINED TO PLAN AND PROVIDE RESILIENCE TRAINING TO SOLDIERS, FAMILIES AND ARMY CIVILIANS AT THE UNIT AND INSTALLATION LEVEL. RESILIENCE TRAINING (RT) IS PROGRAMMED TO BE AVAILABLE WITHIN THE NEXT YEAR AT EVERY ARMY SCHOOL AND AT EVERY LEVEL OF MILITARY TRAINING FROM INITIAL ENTRY TRAINING THROUGH THE ARMY WAR COLLEGE. ADDITIONALLY, RT INSTRUCTION WILL BE PROVIDED IN OPERATIONAL UNITS AND AT INSTALLATIONS THROUGH THE EFFORTS OF THE MRTS. THE GLOBAL ASSESSMENT TOOL, COMPREHENSIVE RESILIENCE MODULES, AND RESILIENCE TRAINING ARE MANDATORY FOR SOLDIERS, BUT VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS.

1.E. (U) THE INAUGURAL GAT ASSESSMENT SURVEYS HAVE BEEN FIELDDED AND ARE PRESENTLY BEING TAKEN BY SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS. FOLLOW-ON GAT SURVEYS ARE IN DEVELOPMENT AND WILL BE FURTHER TAILORED TO BETTER SERVE THE NEEDS OF THE TOTAL ARMY FAMILY. INITIAL CRMS HAVE ALSO BEEN FIELDDED AND ARE BEING TAKEN BY INDIVIDUALS. CSF IS CONSTANTLY EXPANDING THE LIBRARY OF CRMS TO ENSURE MODULES ADEQUATELY ADDRESS THE SPECIFIC NEEDS IDENTIFIED BY THE GAT FINDINGS. ADDITIONAL CRMS WILL BE BROUGHT ON LINE THROUGHOUT THIS YEAR AND INTO THE FORESEEABLE FUTURE. AN MRT TRAINING COURSE HAS BEEN ESTABLISHED AT THE UNIVERSITY OF PENNSYLVANIA AND CLASSES ARE BEING CONDUCTED MONTHLY. THE ARMY HAS ALSO ESTABLISHED A SECOND MRT TRAINING COURSE AT FT JACKSON, SC. THIS COURSE WILL BEGIN IN APRIL OF 2010. RT HAS BEGUN TO BE INTEGRATED INTO ARMY SCHOOLS, TRAINING GUIDANCE DOCUMENTS AND INTO ACTUAL UNIT AND INSTALLATION TRAINING.

2. (U) MISSION. EFFECTIVE 1 OCTOBER 2009, HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA) INITIATES CSF TO BUILD SOLDIER, THEIR FAMILY, AND ARMY CIVILIAN FITNESS, HEALTH, AND RESILIENCE IN ORDER TO ENHANCE PERFORMANCE AND IMPROVE INDIVIDUAL AND UNIT READINESS.

3. (U) EXECUTION.

3.A. (U) INTENT. THE COMPREHENSIVE SOLDIER FITNESS (CSF) PROGRAM WILL PROVIDE A SYSTEM FOR SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS TO MASTER THE SKILLS NECESSARY TO ACHIEVE BALANCE IN THEIR LIVES AND BUILD RESILIENCE IN ORDER TO THRIVE IN AN ERA OF HIGH OPERATIONAL TEMPO AND PERSISTENT CONFLICT. THE CSF DIRECTORATE WILL FIRST ESTABLISH AN ON LINE SYSTEM TO ASSESS AN INDIVIDUAL'S RESILIENCE AND THEN PROVIDE FOLLOW-ON INFORMATION AND MODULES DESIGNED TO ASSIST IN BUILDING FITNESS, HEALTH, AND RESILIENCE. NEXT CSF WILL ESTABLISH A MASTER RESILIENCE TRAINER SPECIALTY WHOSE MISSION WILL BE TO SERVE AS THE SUBJECT MATTER EXPERT IN TRAINING RESILIENCE IN UNITS, AT INSTALLATIONS, AND IN ARMY SCHOOLS AND NCO ACADEMIES. FINALLY, CSF, IN COORDINATION WITH THE TRAINING AND DOCTRINE COMMAND, WILL IMPLEMENT RESILIENCE TRAINING IN ARMY SCHOOLS AND NCO ACADEMIES FROM INITIAL ENTRY TRAINING THROUGH THE ARMY WAR COLLEGE. THE OBJECTIVE OF THE PROGRAM IS TO ENHANCE OVERALL PERFORMANCE, IMPROVE UNIT AND INDIVIDUAL READINESS, AND SUSTAIN A BALANCED, HEALTHY, CAMPAIGN CAPABLE, EXPEDITIONARY ARMY.

3.B. (U) CONCEPT OF THE OPERATION.

3.B.1. (U) THE CSF DIRECTORATE WILL DEVELOP, FIELD, AND INSTITUTIONALIZE A COMPREHENSIVE SOLDIER FITNESS (CSF) PROGRAM FOR THE TOTAL ARMY. THE PROGRAM IS DIVIDED INTO THREE PHASES: PHASE 1. DEVELOP CONCEPTS, DEVELOP AND BEGIN FIELDING CSF PROGRAM PRODUCTS AND SYSTEMS, AND INITIATE A TRAINING PROGRAM FOR MASTER RESILIENCE TRAINERS (MRT); PHASE 2. IMPLEMENT RESILIENCE TRAINING, BUILD ADDITIONAL CAPACITY AND CAPABILITY WITHIN THE PROGRAM TO SERVE AN EXPANDING REQUIREMENT; PHASE 3. INITIATE STEADY STATE OPERATIONS AND INSTITUTIONALIZE THE COMPREHENSIVE SOLDIER FITNESS PROGRAM.

3.B.1.A. (U) PHASE 1, DEVELOP CONCEPTS, DEVELOP AND BEGIN FIELDING CSF PROGRAM PRODUCTS AND SYSTEMS, AND INITIATE A TRAINING PROGRAM FOR MASTER RESILIENCE TRAINERS (MRT).

3.B.1.B. (U) PHASE 1 IS COMPLETE. THE GLOBAL ASSESSMENT TOOL (GAT) HAS BEEN DEVELOPED, TESTED, VALIDATED AND FIELDDED. SECONDLY, THE INITIAL COMPREHENSIVE RESILIENCE MODULES (CRM) HAVE BEEN DEVELOPED AND FIELDDED. FINALLY THE ARMY, ICW THE UNIVERSITY OF PENNSYLVANIA, HAS BEGUN TRAINING MASTER RESILIENCE TRAINERS (MRTS) FOR DEPLOYMENT TO THE FIELD. THE FIRST 800 MRTS HAVE BEEN TRAINED AND THE MRT COURSES ARE ON TRACK TO MEET THE ARMY'S REQUIREMENT FOR MRTS. THE AFOREMENTIONED COMPLETED TASKS SET THE CONDITIONS TO ALLOW THE CSF INITIATIVE TO TRANSITION TO

PHASE 2.

3.B.2. (U) PHASE 2: PROVIDE GUIDANCE AND RESOURCES TO INSTITUTE RESILIENCE TRAINING THROUGHOUT THE FORCE. BUILD ADDITIONAL CAPACITY AND CAPABILITY WITHIN THE CSF SUPPORT STRUCTURE, SYSTEMS, AND RESOURCING IN ORDER TO SUPPORT AN EXPANDING DEMAND FOR CSF PRODUCTS, TRAINING, AND SUPPORT.

3.B.2.A. (U) GAT. CSF WILL EXPAND THE NUMBER OF GAT SURVEYS TAILORED TO MEET THE NEEDS OF ALL COHORTS (SOLDIER, FAMILY, CIVILIAN, AND INITIAL ENTRY TRAINEE). ADDITIONALLY, CSF WILL PROVIDE THE SYSTEMS AND RESOURCES TO ENSURE THAT ALL SOLDIERS ARE ABLE TO SATISFY THE REQUIREMENT TO TAKE THE GAT SURVEY ANNUALLY. FINALLY, INSTITUTE A SYSTEM TO PERIODICALLY REVIEW, UPDATE, AND VALIDATE ALL GAT SURVEYS TO ENSURE EFFICACY AND EMPLOYMENT OF THE BEST PRACTICES, TECHNIQUES AND SCIENCE AVAILABLE.

3.B.2.B. (U) CRM. CSF WILL OVERSEE THE DEVELOPMENT AND EXPANSION OF CRMS TO ENSURE MODULES CONTINUE TO ADEQUATELY ADDRESS THE SPECIFIC NEEDS IDENTIFIED BY THE GAT FINDINGS. CSF WILL ALSO INSTITUTE A SYSTEM TO PERIODICALLY UPDATE, VALIDATE AND PROVIDE CRITICAL REVIEW ALL CRMS ENSURING THAT THEY ARE CURRENT, EMPLOYING THE BEST PRACTICES AVAILABLE, AND ADDRESS THE NEED OF EVERY COHORT (SOLDIER, FAMILY MEMBER, ARMY CIVILIAN AND INITIAL ENTRY TRAINEE) AND DIMENSION (FAMILY, SOCIAL, EMOTIONAL, SPIRITUAL, PHYSICAL). CRMS WILL BE DEVELOPED AND BROUGHT ON LINE THROUGHOUT THIS YEAR AND INTO THE FORESEEABLE FUTURE.

3.B.2.C. (U) MRT. TRAINING AND ENSURING THE PROPER ASSIGNMENT OF MASTER RESILIENCE TRAINERS TO UNITS, SCHOOLS AND INSTALLATIONS ARE THE CRITICAL ELEMENT TO INSTITUTE AN ARMY WIDE RESILIENCE TRAINING PROGRAM. FIRST, CSF WILL INCREASE THE CAPACITY TO TRAIN MRTS BY CONTINUING, IN THE NEAR TERM, TO OPERATE THE MRT COURSE AT THE UNIVERSITY OF PENNSYLVANIA AND, IN COORDINATION WITH TRADOC, ESTABLISHING AN MRT COURSE AT FORT JACKSON, SC. THIS WILL ENSURE AN ADEQUATE NUMBER OF SCHOOL TRAINED RESILIENCE TRAINERS ARE IN EVERY UNIT, SCHOOL AND INSTALLATION. FINALLY, CSF WILL CONDUCT AN ASSESSMENT OF THE LONG TERM REQUIREMENTS FOR TRAINING MRTS IN ORDER TO SET STUDENT ENROLLMENT ALLOCATIONS FOR THE NEXT TWO YEARS. ENDSTATE IS TO SUBMIT ENROLLMENT BY COMMAND AND ALLOCATION PROJECTIONS TO THE ARMY TRAINING REQUIREMENTS AND RESOURCES SYSTEM (ATRRS).

3.B.2.D. (U) RESILIENCE TRAINING. CSF, IN COORDINATION WITH TRADOC, WILL DEVELOP AND FIELD A PROGRAM TO INTEGRATE RESILIENCE

TRAINING IN EVERY ARMY SCHOOL AND NCO ACADEMY FROM INITIAL ENTRY TRAINING THROUGH THE SENIOR SERVICE COLLEGE. ADDITIONALLY, FORSCOM WILL ENSURE THAT RESILIENCE TRAINING IS INTEGRATED INTO TRAINING AT THE ARMY'S TRAINING CENTERS AND MOBILIZATION CENTERS. FINALLY, CSF, IN COORDINATION WITH THE UNIVERSITY OF PENNSYLVANIA AND TRADOC, WILL DEVELOP AND FIELD RESILIENCE TRAINING COURSES FOR USE BY MRTS IN UNITS AND AT INSTALLATIONS TO PROVIDE RESILIENCE TRAINING TO THE FIELD.

3.B.2.E. (U) DIRECTORATE. THE ARMY CSF DIRECTORATE WILL CONTINUE TO GO THROUGH INSTITUTIONAL CHANGES. THIS CHANGE WILL MOVE THE DIRECTORATE FROM A DEVELOPMENTAL FOCUSED PROGRAM TO AN IMPLEMENTING FOCUSED DIRECTORATE CAPABLE OF PLANNING, BUDGETING, PROGRAMMING, ASSESSING, IMPROVING, AND EXECUTING THE CSF PROGRAM. CSF WILL ASSESS AND ANALYZE MANNING AND RESOURCING REQUIREMENTS TO ACCOMPLISH THE AFOREMENTIONED PROCESSES AND TASKS. CSF WILL DEVELOP AND SUBMIT FOR APPROVAL A TDA TO ENSURE EFFICIENT OPERATION OF THE DIRECTORATE.

3.B.2.F. (U) PHASE 2 WILL BE COMPLETE WHEN EVERY SOLDIER IN THE TOTAL FORCE (ACTIVE, GUARD, AND RESERVE) HAS COMPLETED THE GLOBAL ASSESSMENT TOOL AND TAKEN THEIR INITIAL COMPREHENSIVE RESILIENCE MODULES. A SYSTEMATIC REVIEW IS UNDERTAKEN REGULARLY IN ORDER TO UPDATE GAT SURVEYS AND CRMS. **THE ARMY WILL HAVE FIELDDED NOT LESS THAN 1800 MASTER RESILIENCE TRAINERS, BE ON TRACK TO FIELD THE BALANCE OF THE 5400 REQUIRED**, AND HAVE ACHIEVED INITIAL OPERATING CAPABILITY TO TRAIN 1800 MASTER RESILIENCE TRAINERS PER YEAR WITHIN THE ARMY INSTITUTIONAL SCHOOLS SYSTEM. IN ADDITION, AT THE END OF PHASE 2, RESILIENCE TRAINING HAS BEEN INSTITUTED IN ALL UNITS, ON INSTALLATIONS AND IN ALL ARMY SCHOOLS. FINALLY, A TDA MANNING DOCUMENT HAS BEEN DEVELOPED, SUBMITTED, AND APPROVED TO ENSURE CSF HAS THE PERSONNEL STRENGTH CAPABLE OF SUSTAINING, MAINTAINING AND, WHEN REQUIRED, EXPANDING THE CSF PROGRAM.

3.B.2.G. (U) PHASE 3. INITIATION OF STEADY STATE OPERATIONS AND THE INSTITUTIONALIZATION OF THE COMPREHENSIVE SOLDIER FITNESS PROGRAM. PHASE BEGINS UPON THE COMPLETION OF ALL PHASE 2C REQUIREMENTS. IN PHASE 3, THE COMPREHENSIVE SOLDIER FITNESS PROGRAM WILL BE CODIFIED IN ARMY REGULATIONS AND POLICIES. A PERIODIC, SYSTEMATIC REVIEW OF THE PROGRAM WILL BE INITIATED TO ESTABLISH METRICS AND MEASURES OF PERFORMANCE AND PROVIDE SCIENTIFIC OVERSIGHT TO ENSURE THAT CSF MAINTAINS QUALITY, CREDIBILITY, AND CURRENCY.

3.B.2.H. (U) GAT. CSF DEVELOPS AND INSTITUTES SUSTAINMENT AND MAINTENANCE PROCEDURES FOR THE GAT SURVEY SYSTEM. CSF CONTINUES TO PERIODICALLY REVIEW, UPDATE AND VALIDATE ALL GAT SURVEYS TO ENSURE EFFICACY AND THAT THE GAT IS EMPLOYING THE BEST PRACTICES, TECHNIQUES AND SCIENCE AVAILABLE. ADDITIONALLY, CSF WILL UPDATE GAT SURVEYS WITH A FREQUENCY TO ENSURE THAT SURVEY QUESTIONS CHANGE EACH TIME AN INDIVIDUAL TAKES THE GAT.

3.B.2.I. (U) CRM. CSF DEVELOPS AND INSTITUTES SUSTAINMENT AND MAINTENANCE PROCEDURES FOR THE CRM SYSTEM. CSF CONTINUES TO DEVELOP AND EXPAND THE LIBRARY OF CRMS TO ENSURE MODULES CONTINUE TO ADEQUATELY ADDRESS THE SPECIFIC NEEDS IDENTIFIED BY THE GAT FINDINGS. CSF DEVELOPS AND INSTITUTES A SYSTEM WHERE CRMS ARE DEVELOPED, PUT INTO THE VIEWING ROTATION, AND THEN RETIRED WITH A FREQUENCY TO ENSURE THAT INDIVIDUALS ARE NOT REFERRED TO THE SAME MODULE MULTIPLE TIMES.

3.B.2.J. (U) MRT. CSF WILL ASSESS LONG-TERM REQUIREMENTS FOR MRTS IN UNITS, ON INSTALLATIONS AND IN ARMY SCHOOLS IN ORDER TO ADJUST MRT REQUIREMENTS. CSF WILL ASSESS IF THE MRT PRODUCING COURSES ARE CAPABLE OF PRODUCING AN ADEQUATE NUMBER OF MRTS TO SATISFY THE REQUIREMENT. CSF WILL PHASE OUT THE MRT COURSE AT THE UNIVERSITY OF PENNSYLVANIA WHEN STUDENT REQUIREMENT PROJECTIONS INDICATE THAT THE TRADOC MRT COURSE CAN TRAIN THE REQUIRED NUMBER OF MRTS NEEDED FOR SERVICE. CSF, IN COORDINATION WITH TRADOC, WILL ESTABLISH A MASTER RESILIENCE TRAINER FACILITATOR TRAINING CAPABILITY AT THE TRADOC MRT COURSE.

3.B.2.K. (U) RT. CSF WILL INSTITUTIONALIZE RESILIENCE TRAINING AND THE CSF DIRECTORATE BY DEVELOPING AN ARMY REGULATION TO PROVIDE STRUCTURE, MANNING, RESOURCES AND DIRECTION FOR THE CSF PROGRAM. CODIFY RESILIENCE TRAINING REQUIREMENTS IN AR 350-1 AND OTHER APPROPRIATE AND APPLICABLE TRAINING PUBLICATIONS TO ENSURE RESILIENCE TRAINING IS CONDUCTED TO STANDARD AND CONSISTENTLY THROUGHOUT THE FORCE.

3.B.2.L. (U) PHASE 3 WILL BE COMPLETE WHEN EVERY SOLDIER IS TAKING THE GAT ANNUALLY, COMPLETING THE APPROPRIATE CRM MODULES AND RECEIVING RESILIENCE TRAINING IN THE UNIT, ON INSTALLATIONS OR IN ARMY SCHOOLS WITH REGULARITY; FAMILY MEMBERS AND ARMY CIVILIANS ARE AFFORDED THE OPPORTUNITY TO PARTICIPATE VOLUNTARILY IN THE GAT, CRM AND RESILIENCE TRAINING; AND A COMPREHENSIVE SOLDIER FITNESS ARMY REGULATION HAS BEEN PUBLISHED. FINALLY, CSF HAS INSTITUTED A SYSTEM FOR REVIEWING, UPDATING, AND VALIDATING ALL SYSTEMS WITHIN THE CSF PROGRAM.

3.B.3. (U) TASKS TO SUBORDINATE UNITS.

3.B.4. (U) TRADOC.

3.B.4.A. (U) NLT 15 APRIL 2010, SUBMIT TO DAMO-FM A CONCEPT PLAN FOR IMPLEMENTING THE GAT-IMT AND THE MRT COURSE. PROVIDE COPY TO DAMO-CSF.

3.B.4.B. (U) NLT 30 APRIL 2010 ESTABLISH A COURSE TO TRAIN MASTER RESILIENCE TRAINERS (MRT) IN ORDER TO PROVIDE RESILIENCE TRAINING TO THE UNIT LEVEL ACROSS THE FORCE. PLANNING FACTORS:

3.B.4.B.1. (U) INITIAL OPERATING CAPABILITY (IOC) - NLT 30 APRIL 2010. IOC DEFINED AS THE CAPACITY TO TRAIN AT LEAST 30 MRTS PER MONTH.

3.B.4.B.2. (U) FULL OPERATING CAPABILITY (FOC) - NLT 31 DECEMBER 2010. FOC IS DEFINED AS THE CAPACITY TO TRAIN 1800 MRTS ANNUALLY (OPTIMUM CAPACITY) ON AN ENDURING BASIS AND THE RESIDENT CAPACITY TO SURGE TRAINING TO 2400 MRTS ANNUALLY (MAXIMUM CAPACITY).

3.B.4.B.3. (U) MRT COURSE PROGRAM OF INSTRUCTION (POI) AND CADRE STRUCTURE WILL CONFORM TO THE UNIVERSITY OF PENNSYLVANIA (UPENN) MRT COURSE CURRENTLY PROVIDED TO THE ARMY UNDER CONTRACT. TRADOC WILL BUILD 2 MRT TRAINING TEAMS IN ORDER TO TRAIN THE OPTIMUM TRAINING CAPACITY (1800/YEAR). TRADOC IS AUTHORIZED TO BUILD ADDITIONAL MRT TRAINING TEAMS IN ORDER TO MEET THE MAXIMUM TRAINING CAPACITY (2400/YEAR). CADRE:

3.B.4.B.4. (U) ONE (1) PRIMARY INSTRUCTOR PER 60 STUDENT CLASS.

3.B.4.B.5. (U) TWO (2) TRAINERS PER 60 STUDENT CLASS.

3.B.4.B.6. (U) TWELVE (12) FACILITATORS PER 60 STUDENT CLASS (5 TO 1 RATION STUDENTS TO FACILITATOR).

3.B.4.B.7. (U) INTENT IS THAT FACILITATORS BE AN EQUAL MIX OF CIVILIAN AND MILITARY PERSONNEL.

3.B.4.B.8. (U) DIRLAUTH TO COORDINATE TRAINING AND CERTIFICATION OF THE MRT COURSE CADRE WITH UPENN.

3.B.4.B.9. (U) DIRLAUTH TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) AND THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) TO SUPPORT THE SUSTAINMENT AND ENHANCEMENT PORTIONS OF THE MRT POI.

3.B.4.C. (U) NLT 1 JUNE 2010, IDENTIFY RESOURCE REQUIREMENTS FOR IMPLEMENTING THE GAT IN IMT AND ADMINISTERING THE MRT COURSE AND SUBMIT TO DAMO-CSF FOR FUNDING APPROVAL. FY 2010 AND FY 2011 ARE FUNDED THROUGH CAPABILITY GAP MANAGEMENT. FY 2012, AND BEYOND, REQUIREMENTS NEED TO BE INCLUDED IN THE TRADOC POM SUBMISSION AS NORMAL AND ORDINARY ARMY TRAINING REQUIREMENTS.

3.B.4.D. (U) NLT 15 JUNE 2010, IMPLEMENT MANDATORY, INSTRUCTOR LED SRT AT EVERY LEVEL OF MILITARY EDUCATION FROM BCT TO THE ARMY WAR COLLEGE (AWC) AND FOR ALL COHORTS (OFFICER, WARRANT OFFICER, NON-COMMISSIONED OFFICER, AND JUNIOR ENLISTED). FOR COMMISSIONED OFFICERS THIS INCLUDES: BOLC-A AND BOLC-B, CAPTAINS CAREER COURSE (CCC), INTERMEDIATE LEVEL EDUCATION (ILE), PRE-COMMAND COURSE (PCC), AND THE ARMY WAR COLLEGE (AWC). FOR WARRANT OFFICERS THIS INCLUDES: WARRANT OFFICER BASIC COURSE (WOBC), WARRANT OFFICER ADVANCED COURSE (WOAC), WARRANT OFFICER STAFF COURSE (WOSC), AND THE WARRANT OFFICER SENIOR STAFF COURSE (WOSSC). FOR ENLISTED PERSONNEL THIS INCLUDES: BASIC COMBAT TRAINING (BCT), WARRIOR LEADER COURSE (WLC), ADVANCED LEADERS COURSE (ALC), SENIOR LEADERS COURSE (SLC) AND THE SERGEANTS MAJOR'S COURSE (SMC). SRT LESSON PLANS ARE TO BE PROVIDED BY THE SPECIFIED TRAINING DEVELOPER, WRAIR-RTRO.

3.B.4.E. (U) NLT 1 OCTOBER 2010, IMPLEMENT THE INITIAL ENTRY TRAINEE (IET) GAT (GAT-I) AT BASIC COMBAT TRAINING (BCT) AND AT BASIC OFFICER LEADER COURSE - BRAVO (BOLC-B) IN ORDER TO ESTABLISH A SOLDIERS RESILIENCE BASELINE WITHIN THREE (3) WEEKS OF INITIATING INITIAL MILITARY TRAINING.

3.B.4.F. (U) NLT 1 OCTOBER 2010, ENSURE THAT EVERY BRANCH SCHOOL CONDUCTING INITIAL MILITARY TRAINING (IMT) AND PROFESSIONAL MILITARY EDUCATION (PME) HAS AT LEAST TWO (2) MRT TRAINED STAFF AND FACULTY MEMBERS TO SERVE AS RESILIENCE SUBJECT MATTER EXPERTS (SMES) TO ASSIST WITH THE INTEGRATION OF SRT INSTRUCTION THROUGHOUT IMT AND PME.

3.B.4.G. (U) NLT 1 OCTOBER 2010, EVERY COMMAND WITH AN ASSIGNED OR OPCONED NONCOMMISSIONED OFFICERS ACADEMY (NCOA) WILL ENSURE AT LEAST ONE (1) MRT IS AVAILABLE TO PROVIDE RESILIENCE SME SUPPORT TO THE NCOA AND TO ENABLE SRT INSTRUCTION TO BE PRESENTED.

3.B.4.H. (U) ALL OSUT DRILL SERGEANTS, AIT PLATOON SERGEANTS, AND BOLC-B INSTRUCTOR/TRAINERS (TAC OFFICER) AND 25% OF BCT DRILL SERGEANTS ASSIGNED AFTER 1 JANUARY 2010 ARE REQUIRED TO BE MRT QUALIFIED WITHIN 180 DAYS OF ASSIGNMENT.

3.B.4.I. (U) ALL AIT PLATOON SERGEANT COURSE STUDENTS GRADUATING AFTER 1 APRIL 2010 WILL ATTEND THE FOLLOW-ON TRADOC MRT COURSE, FORT JACKSON, SC, PRIOR TO REPORTING TO THEIR DUTY ASSIGNMENT.

3.B.4.J. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.

3.B.4.K. (U) COORDINATE WITH FORSCOM TO ASSIST IN INSTITUTIONALIZING RT AT ALL FORSCOM UNITS AND TRAINING CENTERS

(NTC, JRTC, CMTc, CRC AND 1ST ARMY MOBILIZATION STATIONS).

3.B.4.L. (U) DEVELOPMENT AND IMPLEMENT A TWO HOUR PRE-COMMISSIONING, RESILIENCE TRAINING COURSE (MODULE) TO BE ADDED TO THE CADET CURRICULUM. THIS COURSE WILL BE TAUGHT AT THE BEGINNING OF ACADEMIC YEAR 2010-2011. THIS MODULE WILL BE DEVELOPED BY THE WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR-RTRO) AND WILL BE TAUGHT ONCE DURING A CADET'S PRE-COMMISSIONING TRAINING.

3.B.4.L.1. (U) COORDINATE WITH AND ASSIST USMA IN THE DEVELOPMENT AND IMPLEMENTATION OF A TWO HOUR PRE-COMMISSIONING, RESILIENCE TRAINING COURSE (MODULE) TO BE ADDED TO THE CADET CURRICULUM.

3.B.4.M. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN TRADOC.

3.B.5. (U) FORSCOM

3.B.5.A. (U) NLT 1 OCTOBER 2010, DEVELOP AND IMPLEMENT PLANS, POLICIES AND PROCEDURES TO IMPLEMENT CSF IN ALL FORSCOM UNITS AND INSTALLATIONS.

3.B.5.B. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN FORSCOM.

3.B.5.C. (U) COORDINATE WITH TRADOC TO INSTITUTIONALIZE RT AT ALL FORSCOM UNITS AND TRAINING CENTERS (NTC, JRTC, CMTc, CRC AND 1ST ARMY MOBILIZATION STATIONS).

3.B.5.D. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.

3.B.5.E. (U) NLT 15 APRIL 2010 MRTS WILL BEGIN PROVIDING DEPLOYMENT-CYCLE RESILIENCE TRAINING USING MODULES PROVIDED BY THE WRAIR RTRO. THE TRANSITION TO MRTS REPLACING CHAPLAINS AS THE PROPONENT FOR DELIVERING DEPLOYMENT CYCLE RESILIENCE TRAINING (FORMERLY BATTLEMIND DEPLOYMENT-CYCLE RESILIENCE TRAINING) TO ALL FORSCOM UNITS WILL BE COMPLETED BY 1 JANUARY 2011

3.B.5.F. (U) NLT 1 OCTOBER 2010 EVERY COMMAND WITH AN ASSIGNED OR OPCONED NONCOMMISSIONED OFFICERS ACADEMY (NCOA) WILL ENSURE AT LEAST ONE (1) MRT IS AVAILABLE TO PROVIDE RESILIENCE SME SUPPORT TO THE NCOA AND TO ENABLE SRT INSTRUCTION TO BE PRESENTED

3.B.5.G. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN FORSCOM.

3.B.6. (U) 1ST ARMY

3.B.6.A. (U) NLT 1 OCTOBER 2010 DEVELOP AND IMPLEMENT PLANS, POLICIES AND PROCEDURES TO IMPLEMENT CSF IN ALL 1ST ARMY UNITS AND ACTIVITIES.

3.B.6.B. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.

3.B.6.C. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN 1ST ARMY.

3.B.7. (U) MEDCOM.

3.B.7.A. (U) ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL (AMEDDC&S) PROVIDES DIRECT SUPPORT TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) BY ASSISTING IN THE DEVELOPMENT OF RESILIENCE TRAINING LESSON PLANS AND TRAINING SUPPORT PACKAGES.

3.B.7.B. (U) ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL (AMEDDC&S) PROVIDES DIRECT SUPPORT TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) AND THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) IN THE DEVELOPMENT AND CONDUCT OF THE SUSTAINMENT PORTION OF THE MRT TRAINING COURSE UNTIL TRADOC'S MRT COURSE ASSUMES THE FULL TRAINING MISSION TO INCLUDE SUSTAINMENT.

3.B.7.C. (U) SUSTAINMENT RESILIENCE TRAINING LESSON PLANS ARE TO BE DEVELOPED AND PROVIDED BY THE WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR-RTRO) WHO SERVES AS THE SPECIFIED TRAINING DEVELOPER.

3.B.7.D. (U) ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL (AMEDDC&S) PROVIDES DIRECT SUPPORT TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) AND THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) IN THE DEVELOPMENT OF **A TWO HOUR PRE-COMMISSIONING RESILIENCE TRAINING MODULE IN THE USMA CADET CURRICULUM TO BE FIRST TAUGHT BEGINNING IN ACADEMIC YEAR 2010-2011.**

3.B.8. (U) USMA.

3.B.8.A. (U) THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) WILL DEVELOP AND CONDUCT THE SUSTAINMENT PORTION OF THE MRT TRAINING COURSE AT THE UNIVERSITY OF PENNSYLVANIA AND AT FT JACKSON'S VICTORY UNIVERSITY UNTIL TRADOC'S MRT SCHOOL ASSUMES THE FULL TRAINING MISSION TO INCLUDE SUSTAINMENT.

3.B.8.B. (U) COORDINATE WITH TRADOC TO INCLUDE A TWO HOUR PRE-COMMISSIONING RESILIENCE TRAINING MODULE IN THE USMA CADET

CURRICULUM TO BE FIRST TAUGHT BEGINNING IN ACADEMIC YEAR 2010-2011. THIS MODULE WILL BE DEVELOPED BY THE WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR-RTRO) TO BE TAUGHT ONCE DURING A CADET'S PRE-COMMISSIONING TRAINING.

3.B.9. (U) ARMY CHIEF OF STAFF OF INSTALLATION MANAGEMENT (ACSIM)/ INSTALLATION MANAGEMENT COMMAND (IMCOM)

3.B.9.A. (U) GARRISONS WILL TRAIN AT LEAST TWO (2) ACS STAFF MEMBERS AS MRTS PER INSTALLATION TO PROVIDE CSF RESILIENCE TRAINING, TO INCLUDE DEPLOYMENT CYCLE RESILIENCE TRAINING, TO ARMY FAMILIES.

3.B.9.B. (U) IN COORDINATION WITH ARMY CSF, IMPLEMENT THE STRATEGIC COMMUNICATION PLAN TO ENSURE THAT ARMY FAMILIES ARE AWARE OF THE CSF PROGRAM FOR SOLDIERS, FAMILIES AND DA CIVILIANS.

3.B.9.C. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.

3.B.9.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING, AND IMPLEMENTING REQUIREMENTS ASSOCIATED WITH INSTALLATIONS AND FAMILY MEMBERS.

3.B.10. (U) ARMY NATIONAL GUARD (ARNG)

3.B.10.A. (U) NLT 1 OCTOBER 2010, DEVELOP AND IMPLEMENT PLANS, POLICIES, AND PROCEDURES TO IMPLEMENT CSF IN THE ARNG.

3.B.10.B. (U) COORDINATE WITH TRADOC TO INSTITUTIONALIZE RT WITHIN ARNG TRAINING INSTITUTIONS.

3.B.10.C. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.

3.B.10.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING, AND IMPLEMENTING REQUIREMENTS ASSOCIATED WITH THE NATIONAL GUARD.

3.B.10.E. (U) DETERMINE BUDGETING AND PROGRAMMING FOR THE NATIONAL GUARD PERSONNEL, ARMY (NGPA) AND MTSA REQUIREMENTS TO SUPPORT SENDING SOLDIERS TO THE MRT COURSE.

3.B.11. (U) UNITED STATES ARMY RESERVE COMMAND (USARC)

3.B.11.A. (U) NLT 1 OCTOBER 2010, DEVELOP AND IMPLEMENT PLANS, POLICIES, AND PROCEDURES TO IMPLEMENT CSF IN THE USAR.

3.B.11.B. (U) COORDINATE WITH TRADOC TO INSTITUTIONALIZE RT WITHIN USAR TRAINING INSTITUTIONS.

3.B.11.C. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.

3.B.11.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE

REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN USARC.

3.B.12. (U) HQDA, G1

3.B.12.A. (U) SUPPORT ESTABLISHMENT OF AN ADDITIONAL SKILL IDENTIFIER (ASI) UNDER THE PROVISIONS OF AR 611-1 AND DA PAM 611-21 TO SUPPORT IDENTIFICATION OF CERTIFIED MRTS AND TO SUPPORT PROPER UTILIZATION OF THIS CRITICAL CAPABILITY.

3.B.12.B. (U) ENSURE ALL CLASSES ARE MAINTAINED ON THE ARMY TRAINING REQUIREMENTS AND RESOURCES SYSTEM (ATRRS) IN ORDER TO ALLOW THE ARMY TO TRACK WHO HAS ATTENDED THE MRT COURSE.

3.B.12.C. (U) SOLDIERS SELECTED FOR MRT TRAINING AND TO SERVE AS AN MRT WILL BE STABILIZED FOR 24 MONTHS EXCEPT FOR THOSE SOLDIERS DEPLOYED OR STATIONED IN AN AREA WHERE LESS THAN 24 MONTHS TIME ON STATION IS THE STANDARD.

3.B.12.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, MANNING, AND IMPLEMENTING REQUIREMENTS ASSOCIATED WITH FIELDING THE ARMY CIVILIAN ACTION PLAN FOR CSF.

3.B.13. (U) HQDA, G3/5/7

3.B.13.A. (U) ICW THE DCS G-1 AND THE PROVISIONS OF AR 611-1 AND DA PAM 611-21, SUPPORT ESTABLISHMENT OF IDENTIFIER CODE TRACKING MECHANISM(S) TO IDENTIFY THOSE INDIVIDUALS TRAINED AS MASTER RESILIENCE TRAINERS (MRT) AND MRT- FACILITATORS AND DOCUMENT THE HQDA APPROVED REQUIREMENTS IN THE ARMY FORCE MANAGEMENT SYSTEM (FMS) FOR MRTS AND MRT FACILITATORS TO SUPPORT UTILIZATION IN DOCUMENTED POSITIONS.

3.B.13.B. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM.

3.B.14. (U) HQDA, ASA(FMC)

3.B.14.A. (U) FUNDING FOR CSF AND ITS' FOUR (4) LINES OF EFFORT WILL CONTINUE TO BE FUNDED AS A YEAR OF EXECUTION BILL DURING FY10. FY11 FUNDING FOR REQUIREMENTS ABOVE THOSE SUBMITTED IN THE FY11 BUDGET WILL BE SUBMITTED AS A YEAR OF EXECUTION BILL. CSF WILL SUBMIT REQUIREMENTS TO BE INCLUDED IN THE POM 12-17. SENIOR LEADER POM DECISIONS WILL DIRECT FINANCIAL MANAGEMENT OF CSF REQUIREMENTS.

3.B.14.B. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE BUDGETING AND PROGRAMMING REQUIREMENTS ASSOCIATED WITH FIELDING CSF.

3.C. (U) COORDINATING INSTRUCTIONS.

3.C.1. (U) THIS EXORD IS EFFECTIVE UPON RELEASE.

3.C.2. (U) LINES OF EFFORT ARE DEFINED BELOW.

3.C.2.A. (U) GLOBAL ASSESSMENT TOOL (GAT). THE GAT IS A SURVEY BASED INSTRUMENT USED TO ASSESS THE DIMENSIONS OF EMOTIONAL, SPIRITUAL, SOCIAL, FAMILY AND PHYSICAL FITNESS. DEVELOPED BY SUBJECT MATTER EXPERTS FROM THE U.S. MILITARY AND ACADEMIA, THE GAT COMPRISES A SERIES OF QUESTIONS, DRAWN FROM SCIENTIFICALLY VALIDATED SCALES. ADMINISTERED ONLINE VIA ARMY KNOWLEDGE ONLINE (AKO), IT TAKES ABOUT 10 TO 15 MINUTES TO COMPLETE, AND RAPIDLY ESTIMATES AN INDIVIDUAL'S FITNESS IN THESE FIVE DIMENSIONS OF STRENGTH. THE GLOBAL ASSESSMENT TOOL IS MANDATORY FOR SOLDIERS, BUT VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS.

3.C.2.A.1. (U) GAT RESPONSES ARE COMPLETELY (CON)FIDENTIAL. QUESTION RESPONSES AND DIMENSIONAL RESULTS WILL NOT BE MADE AVAILABLE TO ANYONE OTHER THAN THE INDIVIDUAL TAKING THE GAT. GAT RESPONSES OF A LIVING SOLDIER WILL NOT BE DISCLOSED TO ANYONE OTHER THAN THE SOLDIER WHO PROVIDED THE RESPONSES WITHOUT THE SOLDIER'S WRITTEN CONSENT. REQUEST FOR ACCESS TO GAT RESPONSES OF A LIVING SOLDIER WILL BE PROCESSED IN ACCORDANCE WITH THE FREEDOM OF INFORMATION ACT, THE PRIVACY ACT AND ARMY REGULATION 25-55 AND 340-21. HOWEVER, AS A MATTER OF ARMY POLICY, THE EXCEPTIONS TO THE PRIVACY ACT, WHICH ALLOW FOR RELEASE IN LIMITED CIRCUMSTANCES WITHOUT THE SOLDIERS CONSENT, DO NOT APPLY. IN PARTICULAR, GAT RESPONSES WILL NOT BE PROVIDED TO THE SOLDIER'S CHAIN OF COMMAND ABSENT THE SOLDIER'S WRITTEN CONSENT.

3.C.2.A.2. (U) REQUESTS FOR ACCESS TO GAT RESPONSES OF A DECEASED SOLDIER MUST BE PROCESSED FOR RELEASE IN ACCORDANCE WITH THE FREEDOM OF INFORMATION ACT AND ARMY REGULATION 25-55.

3.C.2.A.3. (U) GAT RESPONSES, RESULTS AND STATISTICS. REQUESTS FOR ACCESS TO DOCUMENTS REFLECTING GAT STATISTICS, ANALYSIS OR TRENDS MUST BE PROCESSED FOR RELEASE IN ACCORDANCE WITH THE FREEDOM OF INFORMATION ACT AND ARMY REGULATION 25-55.

3.C.2.B. (U) COMPREHENSIVE RESILIENCE MODULES (CRM). THE CRM PROVIDES EVIDENCE-BASED TRAINING IN HEALTH, FITNESS, AND RESILIENCE SKILLS TARGETED TO INDIVIDUAL RESILIENCE NEEDS AS IDENTIFIED BY THE GAT ASSESSMENTS. LIKE THE GAT, THE COMPREHENSIVE RESILIENCE MODULES ARE FOUND ON THE ARMY KNOWLEDGE ONLINE (AKO) SYSTEM, AND REQUIRED OF SOLDIERS, BUT VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS.

3.C.2.C. (U) MASTER RESILIENCE TRAINERS (MRT). THE MASTER RESILIENCE TRAINER (MRT) PROVIDES RESILIENCE TRAINING PLANNING, CONDUCTS CLASSES ON RESILIENCE AND IS THE ORGANIZATIONS POINT OF CONTACT FOR INFORMATION REGARDING RESILIENCE TRAINING AND COMPREHENSIVE SOLDIER FITNESS. A SOLDIER OR CIVILIAN SERVING AS AN MRT MUST HAVE GRADUATED FROM A DEPARTMENT OF THE ARMY APPROVED MASTER RESILIENCE TRAINER COURSE. MRTS WILL BE GRADUATES OF THE MRTC WILL RECEIVE AN 8R SQI AND WILL BE CERTIFIED AS AN MRT.

3.C.2.D. (U) RESILIENCE TRAINING (RT). RT FOCUSES ON RESILIENCE FUNDAMENTALS, LEADER EDUCATION AND DEPLOYMENT CYCLE RESILIENCE AS WELL AS IMPROVING PERSONAL AND PROFESSIONAL PERFORMANCE. PREPARATION TRAINING IS BASED ON EDUCATIONAL RESEARCH, SUSTAINMENT TRAINING IS BASED ON ARMY BEHAVIORAL HEALTH RESEARCH AND ENHANCEMENT TRAINING IS BASED ON PERFORMANCE AND SPORTS PSYCHOLOGY RESEARCH. RT PROGRAMS PROMOTE POSITIVE, STRENGTH BASED, ACTION-ORIENTED PRINCIPLES AND INCLUDE THE RECURRING THEMES OF SELF-AWARENESS, SELF-REGULATION AND POSITIVE LEADER ATTRIBUTES.

3.D. (U) FUNDING.

3.D.1. (U) HQDA WILL NOT PROVIDE FUNDING FOR ACOM, ASCC, DRU OR UNIT COMMANDER RESILIENCE PROGRAMS WITHOUT PRIOR APPROVAL.

3.D.2. (U) TRAVEL EXPENSES ASSOCIATED WITH PERSONNEL ATTENDING AN AUTHORIZED MRT COURSE ARE CENTRALLY FUNDED WITH ACTIVE DUTY SOLDIERS APPROVED FOR MTSA USE.

4. (U) COMMAND AND SIGNAL.

4.A. (U) COMMAND.

4.B. (U) CONTROL.

4.B.1. (U) REPORTS.

4.B.1.A. (U) GAT PROGRESS. COMMANDERS CAN TRACK THE STATUS OF THEIR UNIT'S COMPLETION OF THE GAT REQUIREMENT AT:

[HTTPS://SFT.ARMY.MIL](https://sft.army.mil). (NEED REAL ADDRESSES)

4.B.1.B. (U) GAT COMPLETION. THE COMMANDER'S ENDORSEMENT OF THE COMMAND'S COMPLETION OF THE GAT REQUIREMENT CAN BE FOUND AT:

[HTTPS://SFT.ARMY.MIL](https://sft.army.mil). (NEED REAL ADDRESSES)

4.C. (U) SIGNAL.

4.C.1. (U) ARMY G-3/5/7-CSF POC: COL GLENN BACA, GLENN.BACA@US.ARMY.MIL, 703-602-6552, (DSN: 332).

4.C.2. (U) ACKNOWLEDGE RECEIPT BY E-MAIL TO POC IN PARA 3.

4.D. (U) EXPIRATION DATE FOR THIS MESSAGE CANNOT BE DETERMINED.

Reference Military Association of Atheists & Freethinkers, www.maaf.info

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CHIEF OF STAFF

OFFICIAL

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