



COMPREHENSIVE SOLDIER & FAMILY FITNESS

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

GAT 2.0 and ArmyFit™ for Families

a/o 14 July 2014



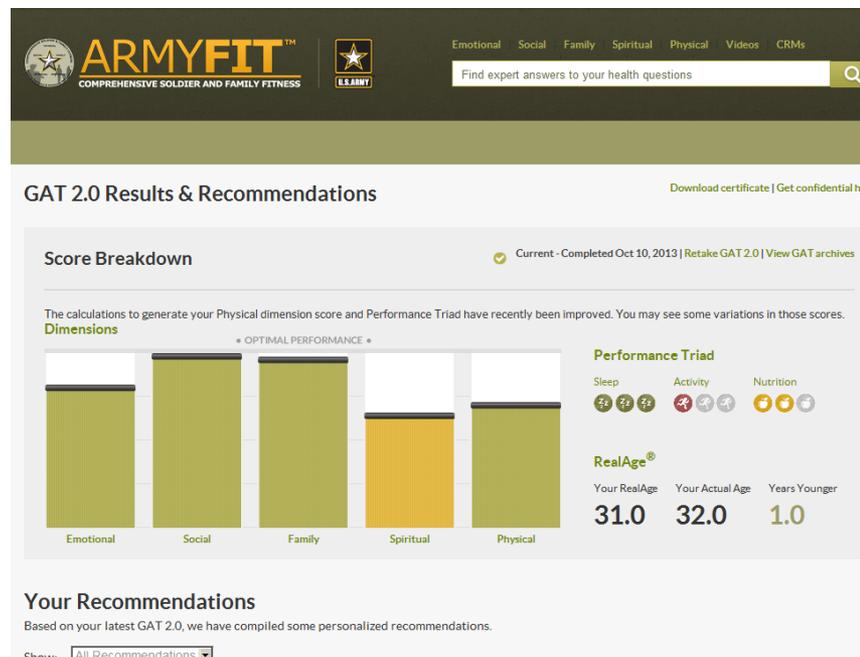
Global Assessment Tool (GAT 2.0)



What is it?



- The Global Assessment Tool, or GAT 2.0, is a **confidential, self-assessment tool** through which you are able to confidentially assess your physical and psychological health based the five dimensions of strength: Social, Emotional, Spiritual, Family, and Physical
- Upon completion of the GAT 2.0, you will see how resilient you are in the five dimensions of strength, as well as your RealAge® and feedback on the three elements of the Performance Triad – Sleep, Activity, and Nutrition
 - RealAge® is a metric that looks at your responses to the GAT 2.0 and tells you your biological age compared to your calendar age
 - Performance Triad looks at the three main areas that affect mental and physical performance: Sleep, Activity, and Nutrition





Why should I take the GAT 2.0?



- **Families are the strength of our Soldiers**
 - Knowing how fit and resilient you are, and where you can improve enables you to be strong for those you love most
- **GAT 2.0 is now a truly holistic assessment tool**
 - A variety of questions tell you how resilient you are in the five areas of strength: social, emotional, spiritual, family and physical. For example:
 - Are you eating right?
 - Are you socially connected?
 - Are you sleeping well?
 - Do you need to be more optimistic?
- **GAT 2.0 is for you, and you alone**
 - GAT 2.0 is all about truly knowing yourself – knowing your strengths and areas to improve
 - It is completely confidential!



What will I be asked?



The version of the GAT 2.0 for Family members is comprehensive so that, at the end, you receive results that span across all five dimensions of strength

Sample questions include:

Emotional					
	Not like me at all	A little like me	Somewhat like me	Mostly like me	Very much like me
I can usually fit myself into any situation.	<input type="radio"/>				
When something stresses me out, I try to solve the problem.	<input type="radio"/>				

Family						
	Not at all satisfied	Somewhat satisfied	Neither agree nor disagree	Satisfied	Extremely satisfied	Not Applicable - no family or relationship
How satisfied are you with your marriage/relationship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Not Applicable - no family or relationship
My family supports my decision to serve in the Army.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical*	
Over the last 30 days, how often did you eat whole grains?	How much sleep do you need (per 24 hour period) to feel fully refreshed and perform well?
<input type="radio"/> Rarely or Never	<input type="radio"/> 4 Hours or Less
<input type="radio"/> 1 or 2 Servings per Week	<input type="radio"/> 5 Hours
<input type="radio"/> 3 to 6 Servings per Week	<input type="radio"/> 6 Hours
<input type="radio"/> 1 Serving per Day	<input type="radio"/> 7 Hours
<input type="radio"/> 2 to 3 Servings per Day	<input type="radio"/> 8 Hours or More
<input type="radio"/> 4 or More Servings per Day	
*the physical dimension covers sleep, activity, nutrition, general health, sports performance, and risk taking attributes.	



U.S. ARMY



ARMYFIT™

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



What is it?



ArmyFit™ is CSF2's online assessment and self-development platform for Soldiers, Family members and Army Civilians.

- Self-development resources are **tailored to you** based on your GAT 2.0 results
- Follow recommended experts and organizations and learn more about the areas in your life that could benefit from their expertise
- Compete in self-improvement challenges
 - Share your improvements with your friends
 - Earn badges with improvement
- Join online health and fitness communities that have a wide range of resources from both the Army and civilian world
- Take advantage of the new Financial Assessment Tool to see how financially resilient you are and how you can improve
- Access Comprehensive Resilience/Performance Modules (CRMs) – short web-based, interactive videos that focus on a wide range of resilience and performance skills
 - Topics range from “Building Your Teen’s Resilience” to “Effective Communication,” “High Performance Nutrition,” and “Goal Setting”



How Do I Join?



Join by following the steps below:

1. Visit <https://armyfit.army.mil>
2. Click the “ArmyFit Login” option
3. **If you have taken the GAT before**, you may use the same username and password
4. **If you have not taken the GAT before**, you can sign up for an account using the link on the page (**you must be registered in DEERS in order to sign up**)
5. Once logged in, you can take advantage of all the assessment and self-development resources within ArmyFit™!

ARMYFIT™
COMPREHENSIVE SOLDIER AND FAMILY FITNESS

CAC Login AKO Login ArmyFit Login

Username

Password

Login

Don't have an account?
Sign Up

Forgot Password?
Reset it

Need help?

Army spouses are strong. ArmyFit™ makes them stronger.



What's Next?



Start taking charge of your overall health and wellbeing today!

1 of 3 Family Fitness Dimension Recommendations

[View All Family Dimensions Recommendations >](#)

Family Fitness



Be proactive in your relationships

Relationships need work before problems arise. Just as you don't start training for combat the day before a mission, you shouldn't start relationship training after issues arise. Your relationship fitness plan should include practicing these behaviors:

- Appreciate your loved ones through words or deeds.
- Obey the golden rule: Treat others as you want to be treated.
- Put yourself in the other person's shoes. When in a fight, stop and ask yourself what the true message is behind the other person's words.
- Listening openly rather than reacting to angry behavior can head off an argument.
- Communicate using "I-statements," rather than blaming statements beginning with "you." Start with an "I" and clearly state what you want to say from your perspective.

Recommended Topics



Family Relationships

Follow



Relationship Challenges

Follow



Parent-Child Relationship

Follow



[View more >](#)

Recommended Experts



Dr. Molissa Hager
Pediatrics

Follow



Dr. Liz Dancel
Pediatrics

Follow



- Act on the recommendations based on your GAT 2.0 results
- Auto-subscribe to updates and new content relevant to you
- Receive e-mail messages with tips and reminders on how to stay on track with your goals
- Periodically retake the GAT 2.0 to see your improvements over time



So, what are you waiting for?

Get started today:

STEP 1 Go online to <https://armyfit.army.mil>

Learn your Global Assessment Tool (GAT) score in the five dimensions of strength and discover your RealAge®

STEP 2

STEP 3 Start using ArmyFit™, connect with experts and organizations, build your resilience and enhance your performance



BACK-UP



How we got to where we are today



More than 3.4M GAT assessments have been completed since 2009

Aggregated data preserves individual confidentiality

To date, the GAT has been taken mostly by Soldiers

However, there is a separate GAT for Family with questions tailored to the unique nature of being an Army Spouse.

GAT 1.0 measured the emotional, social, spiritual, and family dimensions

GAT 2.0 (March 2014) added the physical dimension including the 3 components of the Performance Triad (Sleep, Activity, and Nutrition)

Questions are all based on extensive research in the areas of health, resilience, and performance

ArmyFit (launched with GAT 2.0) provides self-development resources and tools



What's new to GAT 2.0?



Subscale	Sources
Nutrition	2005 Department of Defense (DoD) Survey of Health Related Behaviors (SHRB) Among Active Duty Military Personnel
	Tyson Grier 4th Infantry Division 4th Brigade Physical Training and Injury Pre-Deployment Survey (Dec 2011)
	Various articles from the scientific literature
	Original questions from CHAMP
Activity / Physical Conditioning	Army Public Health Command (APHC)
	DoD / VA Pain Supplemental Questions
	Various articles from the scientific literature
	Original questions from CHAMP
Lifestyle Behaviors - Sleep	Behavioral Risk Factor Surveillance System (BRFSS) / National Health Interview Survey (NHIS)
	Pittsburgh Insomnia Rating Scale (PIRS-2)
	Article from the scientific literature
Lifestyle Behaviors - Alcohol	The Alcohol Use Disorders Identification Test - Consumption (AUDIT-C)
Lifestyle Behaviors - Tobacco	Various articles from the scientific literature
Risk Factors	Various articles from the scientific literature