COMPREHENSIVE
SOLDIER & FAMILY FITNESS
BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

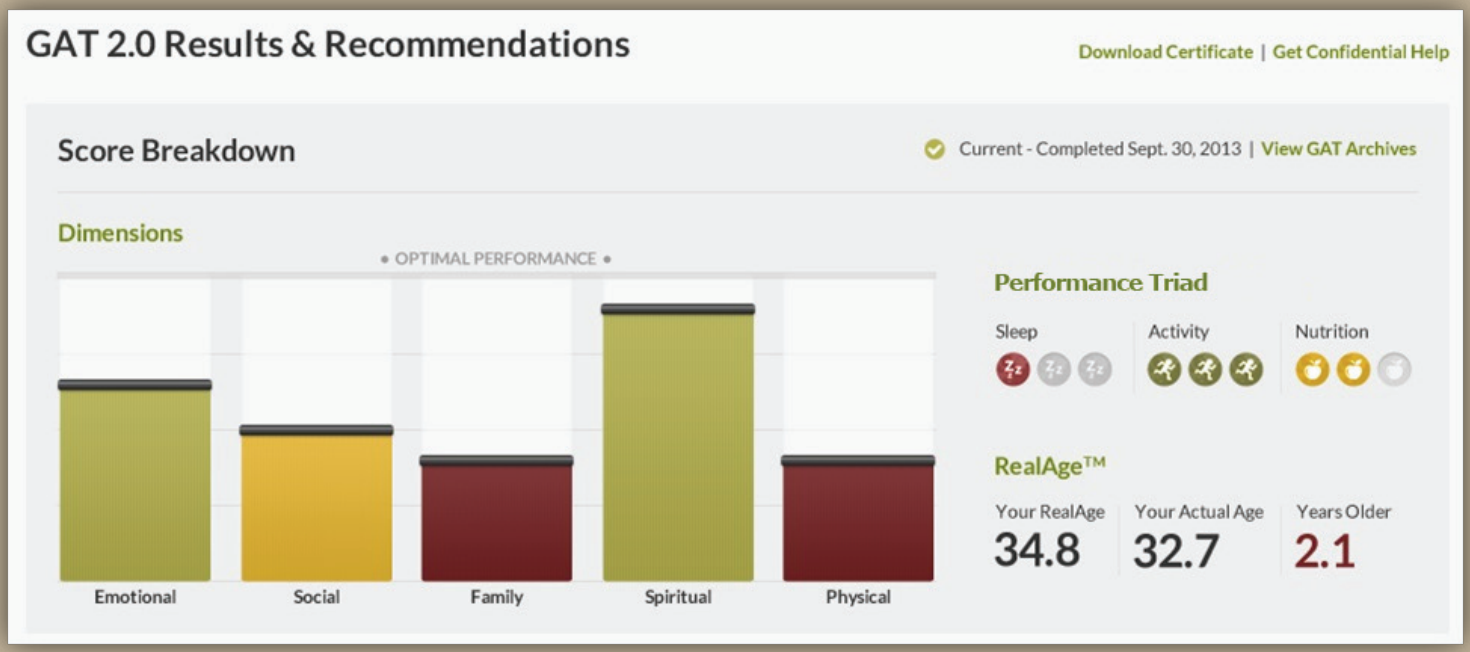
# GAT 2.0 and ArmyFit™ Online

**For Soldiers, Families, and Civilians**

Take charge of your overall fitness and be Army fit. The GAT 2.0 and 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:

## Online Self-Assessment

- The updated Global Assessment Tool, or GAT 2.0, now includes questions about your physical fitness and nutritional health status in the Physical Dimension, which rounds out all areas of comprehensive fitness – emotional, social, spiritual, family, and physical




- Your GAT 2.0 results give you your score in all five dimensions of strength and the Performance Triad, plus your RealAge®
  - The Performance Triad looks at the three main areas that affect mental and physical performance: 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

- 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

- Separate surveys for Soldiers, Families, and Army Civilians

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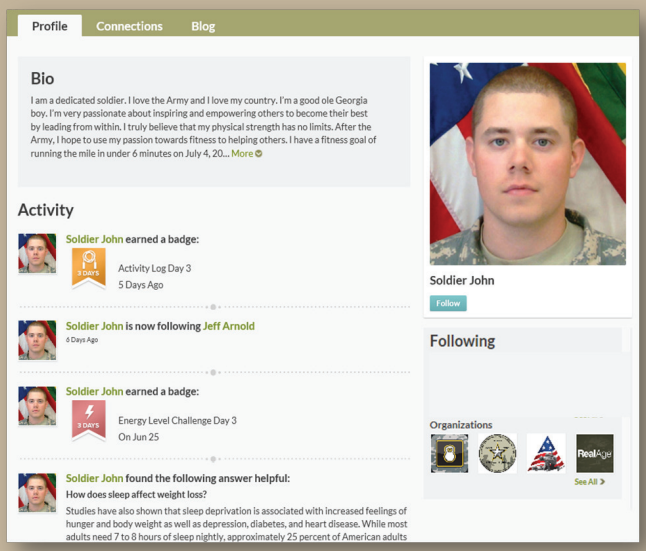
## Online Self-Development




- Following completion of the GAT 2.0., you'll be entered into the ArmyFit™ online platform. 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 2.0 score and RealAge® 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 as individuals or as teams
  - 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
- Access Comprehensive Resilience/Performance Modules (CRMs) — short web-based, interactive videos that teach skills in each dimension of strength
  - Topics range from "Building Your Teen's Resilience" to "Effective Communication," "High Performance Nutrition," and "Goal Setting"
  - Coming soon will be some deeper subjects; "Moral Injury on the Battlefield, "Killing in Combat," "Post-Traumatic Growth," and "The Courage to Get Help."

## Coming Soon

The ArmyFit™ online platform will continually add new functions and content. Here are some things you will be able to do in the coming months:

- Synch your activity monitor's data with ArmyFit™ to chart your progress and compete with others
- Access financial fitness assessments and training
- Use geo-targeting to form local installation or city/state communities for virtual and face-to-face activities, and learn about local self-improvement resources
- Receive GAT 2.0 results that integrate your medical and APFT data for improved results

**https://armyfit.army.mil**