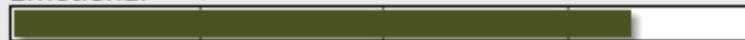




My Comprehensive Soldier Fitness Scores

Emotional



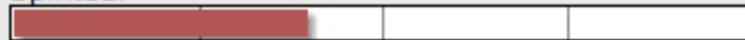
Social



Family



Spiritual



[Results](#) [Feedback](#) [History](#) [Score Comparison](#)

We have recently changed how we present your results, and we did so because we want to make your results more meaningful to you. If you want to learn more about how we determined your score, place your cursor [here](#).

Here are the results of the assessment you have completed, which assesses your fitness in different areas of life by comparing your scores to those of other Soldiers of your rank and experience. Results are shown with colored bars: green, amber, and red.

- - A green bar means that you are fit and doing well in this area. Though you can always improve in this area, your scores indicate that you need less focus here.
- - An amber bar means that you are facing some challenges in this area. A moderate amount of effort in this area will likely result in improvements over time.
- - A red bar means that you face some significant challenges in this area. This means that you should focus most of your attention on this area, though you should also note that placing too much emphasis here could result in other dimensions dropping. The key is to properly balance where you need the most development with the areas you are already doing well in.

For more detailed information that is tailored to your scores, click on the Feedback tab. Also, you may compare your scores to other people similar to you by clicking on the Score Comparison Tab.

Almost everyone has a range of strengths and weaknesses across different areas of life. You should keep in mind that developing resilience is a life-long process. The newest Private and the oldest Sergeant Major or General can continue to improve, and no one is ever "finished."

Your profile is only one source of information about your fitness in different areas of life and is based entirely on how you answered the questions. Please think about your fitness profile in terms of the other things you know about yourself and how well or poorly you are doing in these areas.

If you want to learn how to increase your fitness in a specific area, please click on the Continue to the CSF Training Module near the top of your screen. Once there, you will have the option of completing several online training modules. The modules are interactive and take approximately 15-20 minutes to complete. Working your way through the modules provides skills for improving different areas of your life.

You may think that you should focus only on the areas in which you received lower scores. While these areas deserve your attention, so too do the areas in which you are doing well. Like the APFT, if you are already fit in one area, you should maintain your fitness and improve it over time. In fact, knowing what you do well and building on the strengths you already have in one area of life is a good way to improve yourself in other areas of life.

You may click [here](#) at any time to connect with a counselor who is ready to assist you with a problem that requires immediate attention. Also, you may dial 1-800-342-9647 to speak with someone immediately.

Comprehensive Resilience Modules

[Continue to the CSF Training Modules](#)