

LINKS

- [2009 Army Posture Statement: Comprehensive Soldier Fitness Program](#)
An information paper from 2009 about the Comprehensive Soldier Fitness Program.
- [Army Behavioral Health](#)
Explore this Web site especially for Soldiers, Families, and friends. Learn how to adjust, cope, get ready to deploy, transition to return home, and other information and sources.
- [Army Physical Fitness Research Institute](#)
APFRI was designated as part of a comprehensive physical fitness system to promote a philosophy that soldiers and leaders must be committed to an improved lifestyle through physical fitness.
- [ASI 8R HRC EPMD EDAS Data Accuracy](#)
If an individual is having issues with their ASI 8R being assigned. Please make sure that ATRRS shows you as a graduated status and you have provided your certificate to your personnel office or your branch manager for (ALL) Warrant Officers and Officers.
(Active duty) NCO's will have their ASI awarded automatically by HRC. (RC) and (NG) NCO's must submit through their personnel section. (DAC) must submit through their personnel system. (Other) Services must also use their own personnel system.
ONLY USE THIS EMAIL DROP BOX IF YOUR UNIT CANNOT CORRECT THE ISSUE. Please send the Soldier's information and a description of what is occurring to the above email drop box.
- [Human Performance Resource Center](#)
The Human Performance Resource Center (HPRC) is a DoD initiative under the Force Health Protection and Readiness Program. The HPRC serves as an educational clearinghouse that focuses on Human Performance Optimization. The Human Performance Resource Center (HPRC) collects, organizes, and disseminates the most current information available on all aspects of human performance. The focus is to gather, organize, categorize, and summarize actionable information related to the maintenance, optimization, and enhancement of human performance, in training and on the battlefield.
- [MilBook MRT Group \(145 and 805V\) \(AKO Login Required\)](#)
A MilBook group available only to MRT course graduates and personnel of Comprehensive Soldier Fitness. This group gives MRT course graduates a place to have discussions, ask questions, and collaborate in a secure environment.
- [Real Warriors](#)
The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

- [**Soldier Fitness Tracker \(AKO Login Required\)**](#)
Provides a link to taking the Global Assessment Tool (GAT) for Soldiers.
- [**Soldier Fitness Tracker - Family**](#)
Provides a link to taking the Global Assessment Tool (GAT) for Family members.
- [**Soldier Fitness Tracker - DA Civilian \(AKO Login Required\)**](#)
Provides a link to taking the Global Assessment Tool (GAT) for DA Civilians.
- [**University of Pennsylvania MRT Course**](#)
The MRT course is dynamic and interactive, with large and small group training. You will be taught resilience skills and how to apply and instill these skills in others. You will complete this course with a deeper sense of self-awareness and optimism. As a Soldier, you will also gain the ability to recognize and capitalize on your strengths and the strengths of others while being resilient in all areas of life. Master Resilience Training has the potential to change the way you think, respond and live.
- [**University of Pennsylvania \(The Via Strength Survey\)\(VIA\)**](#)
Instructions: Once on the Authentic Happiness website; you will need to Register and create profile; then you will choose the TEST CENTER tab option at the top; this will take you to a list of online tests; choose only the VIA SURVEY of CHARACTER STRENGTHS from the Engagement Questionnaires section; complete all the questions; the website will not save the data if you do not complete the survey; the survey will be saved once you complete it and can be accessed at any time after that point; to print out the completed survey you must click the view all 24 strengths icon at the bottom of the top five strengths page; You may have to copy and paste all 24 strength results.
- [**Victory University MRT Course**](#)
- [**The Walter Reed Army Institute of Research \(WRAIR\) Research Transition Office \(RTO\)**](#)
The Research Transition Office (RTO) of Walter Reed Army Institute of Research adapts resilience-related research findings to products that can be used by operational units, in Professional Military Education (PME), and in Initial Entry Training (IET). These products include Pre and Post-Deployment Resilience Training for Soldiers and Spouses as well as Resilience Training in nearly every Army Schoolhouse. By using research to develop a strength-based approach, the RTO ensures the training is effective in promoting Soldier and Family well-being.
- **Other Links of Interest**
- [**Access to Care**](#)
- [**Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury**](#)
- [**Healthcare for Veterans**](#)

- [National Center for Posttraumatic Stress Disorder, Veteran's Affairs](#)
- [National Military Family Association](#)
- [Warrior Care Website](#)