

My MRI Action Plan

What is the WTBD or part of military life you want to improve?

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H2F DOMAIN: PHYSICAL

What change can you make to your physical readiness to help you achieve this?

The physical domain refers to my ability to meet the physical demands of any duty or combat position, accomplish the mission, and come home healthy.

How prepared am I to face the physical demands of my job and military life?

How can other H2F domains can help you achieve this? Examples:

- **Nutrition.** Power up my intake of carbs when I'm more physical activity or scaling up my intake of vegetables on less active days.
- **Spiritual.** Reflect on the unity I derive from my team when we ruck together.
- **Mental.** Connect with my alertness and attention span when exercising.
- **Sleep.** Exercise early so I can wind down during the evening and ensure my physical activity routine doesn't interfere with my sleep.

Set a SMART Goal:

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Craft a Strategic Habit

When (cue)

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Then (action)

--

Because (reward)

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Repeat

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Potential obstacles

Potential solutions

Consider: Social relationships, Environmental conditions, Medical or dental issues, Financial factors

External resources to help you achieve your goals

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H2F DOMAIN: SLEEP		
What change can you make to your physical readiness to help you achieve this?		
The sleep domain reflects my ability to recognize and implement sleep principles to support optimal brain function, emotional recovery, and physical recovery. Soldiers like me need 7–9 hours of restorative sleep each day to maximize health and sustain performance.		
How can other H2F domains can help you achieve this? Examples:		
▪ Nutrition. Fuel with healthy nutrition options during the day so I don't snack late at night. ▪ Mental. Use a planner to schedule out my day and journal what's worked for me. ▪ Physical. Reflect on if my quality of sleep changes from physical activity level during the day. ▪ Spiritual. Incorporate a gratitude practice prior to bed to ease the transition to sleep.		
Set a SMART Goal:		
Craft a Strategic Habit		
When (cue)		
Then (action)		
Because (reward)		
Repeat		
Potential obstacles		Potential solutions
Consider: Social relationships, Environmental conditions, Medical or dental issues, Financial factors		
External resources to help you achieve your goals		

H2F DOMAIN: SPIRITUAL		
What change can you make to your spiritual readiness to help you achieve this?		
The spiritual domain is about developing the connection that gives meaning and purpose to one's life. It focuses on building my core values, beliefs, and identity unique to me but common to all. It doesn't matter if I'm religious or not. It provides resilience in times of stress, hardship, and tragedy.		
How can other H2F domains can help you achieve this? Examples:		
▪ Nutrition. Practice mindful eating and gratitude while eating. ▪ Mental. Read or listen to things that help challenge my thinking. ▪ Physical. Express gratitude for being able to move and exercise. ▪ Sleep. Journal about living out my purpose, values and virtues, and gratitude for the day.		
Set a SMART Goal:		
Craft a Strategic Habit		
When (cue)		
Then (action)		
Because (reward)		
Repeat		
	Potential obstacles	Potential solutions
Consider: Social relationships, Environmental conditions, Medical or dental issues, Financial factors		
External resources to help you achieve your goals		

H2F DOMAIN: NUTRITIONAL		
What change can you make to your nutritional fitness to help you achieve this?		
The nutritional domain focuses on my ability to recognize, select, and consume the required food and drink to meet the physical and non-physical demands of any duty or combat position, accomplish the mission, and come home healthy.		
How can other H2F domains can help you achieve this? Examples:		
▪ Spiritual. Practice gratitude for the food and drinks that are available to me. ▪ Mental. Journal about my moods after I eat various foods. ▪ Physical. Thoughtfully fuel before and after exercise. ▪ Sleep. Mindfully fuel myself during the day so that I can avoid snacking in the evening.		
Set a SMART Goal:		
Craft a Strategic Habit		
When (cue)		
Then (action)		
Because (reward)		
Repeat		
	Potential obstacles	Potential solutions
Consider: Social relationships, Environmental conditions, Medical or dental issues, Financial factors		
External resources to help you achieve your goals		

H2F DOMAIN: MENTAL		
What change can you make to your mental fitness to help you achieve this?		
The mental domain is about my ability to think, feel, and act in a manner that optimizes my performance. This includes my ability to integrate cognitive, emotional, and interpersonal capabilities into daily habits, relationships, fitness, operational tasks, and activities.		
How can other H2F domains can help you achieve this? Examples:		
▪ Nutrition. Fuel with healthy nutrition options that help me stay focused and mindful throughout the day. ▪ Spiritual. Practice mindful meditation or prayer to help improve my focus and gratitude for the day. ▪ Physical. Put my phone away when I am working out. ▪ Sleep. Practice mindful breathing and journaling prior to sleep.		
Set a SMART Goal:		
Craft a Strategic Habit		
When (cue)		
Then (action)		
Because (reward)		
Repeat		
	Potential obstacles	Potential solutions
Consider: Social relationships, Environmental conditions, Medical or dental issues, Financial factors		
External resources to help you achieve your goals		

Final reflection and future steps

When you've completed your goal setting across all the H2F domains, take a moment to review what you've written. Consider the following reflection questions:

- What are the similarities between my goals in each of these domains?
- What are the differences in my goals across each of these domains?
- Are there any places that making a specific change might influence all or most H2F domains?
- Am I facing similar obstacles across several domains? If so, how confident am I in my potential solutions to address these obstacles?
- Are there external resources I can use across several domains to achieve my goals? If so, how can I best use these resources since I'll probably lean on them going forward?

The MRI Action Plan helps you create a detailed roadmap for improving your holistic health and performance and optimizing your mission capabilities and force lethality. Set timelines for achieving your goals and come back to this worksheet often to check in on your progress.

In addition, it's possible you'll want to complete an MRI for another part of your life outside of the Army, such as you might want to improve your relationship with your partner. Or, you might want to improve another WTBD, such as improving your skills in clearing a room. This worksheet is a template you can use for all of your goals, both in and out of uniform. Use it as many times as you want.