

H2F Inventory

Use this graphic to help you think about your current status in each domain and how you support your mission readiness.

- All areas are important and support others.
- Improving one area can help boost other areas.
- The edges of the pentagon represent the domains of H2F that affect your mission readiness, health, and wellness.
- The center pentagon depicts a reminder of H2F's mission to educate Soldiers and provide resources needed to maximize performance on and off the battlefield.



This self-assessment will help you evaluate your current well-being and identify areas for improvement using the H2F Readiness Domains. Rate yourself in each area using the provided scale, keeping in mind that it's normal for these to change with time. Don't feel pressured to be perfect in every area; focus on what's achievable for you right now.

Use the scale below to rate yourself from 1 to 5 for each domain of H2F.

1	Recovery (red)	Debilitated, depleted, ill/injured, disconnected, or broken
2	Restoration (orange)	In the process of addressing injury, illness, or difficulty
3	Maintenance (yellow)	Sustaining baseline health and performance
4	Enhancement (green)	Proactively preventing injury and difficulties and/or actively growing
5	Optimization (blue)	Thriving, energized, connected, and/or approaching peak performance



Mental Readiness

MY MINDSET & COGNITIVE HEALTH	Where I am now (1-5)	Where I want to be (1-5)
The way you think and feel has a powerful influence on your physical, mental, and emotional health. How do your thoughts, feelings, and actions influence your overall health, performance, and relationships?		
What's something you excel at in this domain?		
Where do you see room for growth?		



Physical Readiness

MY STRENGTH, AGILITY, ENDURANCE, AND FUNCTIONAL MOBILITY	Where I am now (1-5)	Where I want to be (1-5)
Your well-being and your ability to perform depends on physical activity. Your physical activity is essential to meeting the demands of any duty or combat position, accomplish the mission, and come home healthy. Do your current physical training habits help you meet US Army standards and stay injury-free?		
What's something you excel at in this domain?		
Where do you see room for growth?		



Nutritional Readiness

FUELING MY BODY AND MIND	Where I am now (1-5)	Where I want to be (1-5)
Fueling your body with nutritious foods directly impacts your energy levels, your mental clarity, and your ability to meet physical and non-physical demands of your duty or combat position. Consider your dietary choices and how they influence your mood and overall well-being. Do you know which foods optimize both your physical and non-physical performance?		
What's something you excel at in this domain?		
Where do you see room for growth?		



Sleep Readiness

MY REST AND RECOVERY	Where I am now (1-5)	Where I want to be (1-5)
Sleep readiness is about optimizing your sleep habits to improve your overall health and performance. Getting enough quality sleep allows your body to rest, recover, and recharge, leading to better physical and mental function. Do you prioritize sleep? What actions can you take to further prevent or address sleep concerns?		
What's something you excel at in this domain?		
Where do you see room for growth?		



Spiritual Readiness

MY PURPOSE, SENSE OF BELONGING, AND MY CONNECTION TO MY MISSION AND MY TEAM	Where I am now (1-5)	Where I want to be (1-5)
Spiritual readiness develops the connection that gives meaning and purpose to one's life and supports resilience in times of stress, hardship, and tragedy. Consider your own spiritual practice. How do you translate your values into daily actions and create a life filled with meaning?		
What's something you excel at in this domain?		
Where do you see room for growth?		