

TOTAL FORCE FITNESS SELF-CHECK

MY WELLNESS & PERFORMANCE INVENTORY



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Throughout your career as a Service Member, preserving your health and performance is key to staying mission-ready and being prepared to take on complex challenges both in and out of uniform. Human performance optimization (HPO) is the process of achieving and sustaining a state of readiness that helps Service Members bring their best selves to any goal or mission. HPO is like caring for a high-performance vehicle: It's a process that includes taking care of all of the parts, making repairs, doing preventive maintenance, and optimizing all parts of your system. HPO enables Service Members with different goals, jobs, and responsibilities to work toward reaching and maintaining an optimal level of health and job performance.

THIS GUIDE PROVIDES:

- An introduction to HPO and why it matters
- An overview of the various domains of Total Force Fitness (TFF) that serve as pathways to HPO
- An opportunity for you to conduct a self-check on your current status of HPO
- A method to identify and explore other HPO/TFF resources that you can leverage to meet HPO goals

Total Force Fitness is more than a physical fitness. It is the sum total of the many facets of individuals, their families, and the organizations to which they serve. It is not something someone achieves twice a year for a test. It is a state of being. A total force that has achieved total fitness is healthy, ready, and resilient; capable of meeting challenges and surviving threats.

– ADM Michael Mullen, Past Chairman of the Joint Chiefs of Staff

TFF & YOU

TFF represents all of the dimensions that contribute to health and performance. It also serves as a **holistic compass that helps guide Service Members'** efforts to focus on the domains that are key to maintaining health and sustaining HPO.

TOTAL FORCE FITNESS



For any given situation, you draw on all those TFF domains you need to perform well. Say you're getting ready to take your service's fitness or readiness test. The first thing you're likely to think is that your muscular strength and cardio endurance matter. Many other things—like quality of sleep, what you're eating, and reactions to any supplements you might be taking—also play a part in your performance. Your mental focus, environment, and others around you might play a role too. For example, you might get motivated to exercise by thinking about how being physically fit keeps you mission-ready and loyal to your core values, sense of purpose, and duty. Or you exercise just because your battle buddy makes you.

Below are a few examples of how each domain of TFF contributes to HPO:



Social. Those who have good friendships, enjoy strong family relationships, and are connected to others on duty and in their community tend to be physically healthier. They're likely to have better heart health, lower blood pressure, and less inflammation as well. They also tend to recover from illness and injury more quickly and live longer. Reflect on the status of **your connection to your team, family, and community**. How close do you feel to those around you?



Physical. Regular exercise improves cardiorespiratory and muscular fitness, bone health, and sleep. As you face high physical or mental workloads, the resilience you can build up from physical activity helps you **better tolerate physical and mental stress**. Your physical fitness routine can range from recovering from an injury, to exercising regularly, to maximizing job performance, to acing your service's physical fitness test. Think about how you train your body for mission demands. Do you know how to prevent common physical injuries associated with your military occupation?



Financial. Financial stress can increase your risk of poor health and impact your productivity and mood. Those with debt are likely to feel stressed and more depressed. They tend to have higher blood pressure too. Couples under financial stress are more likely to be frustrated with each other and less happy in their relationships. On the flip side, saving money is associated with better mental health and well-being. Think about your **financial well-being** and what you can do to better manage financial stress.



Spiritual. Spiritual fitness is knowing what gives you hope in life. It can appear in 3 ways: (1) connection to a higher power, (2) connection to others, and/or (3) pursuit of meaning, purpose, and values. Some find hope and purpose in a religion. Others find hope and feel connected to others through volunteering. These are just two examples of spiritual fitness. What matters with spiritual fitness is knowing what you believe and value, feeling connected to others, and having something meaningful in your life. **Improving spiritual fitness** can also improve quality of life, resilience, openness, and positive thinking. Think about how you use your spiritual fitness to meet mission demands. How can you improve your health and performance using the spiritual categories that best fit your beliefs?



Medical & Dental Preventive Care. Engaging in preventive medical and dental care means going for checkups, completing health assessments and screenings, and getting all your vaccines. It's important to know about your family health history, so you can proactively manage genetic health conditions. Preventive care can help you learn how to support your immune function to avoid or reverse disease and optimize performance. Consider how you can mitigate the impact of your job on your health and longevity by keeping up on health assessments and taking steps to prevent health conditions, **support your immune system**, or reverse disease.



Environmental. Job-related and environmental exposures can degrade performance over time. Not appropriately physically adapting to certain environments can make it hard to breathe, focus, exercise, and potentially do real damage to your body. Staying hydrated is key to preventing **cold injuries** as well. If you mostly work in a dark room during the day, maybe you're low on vitamin D. Following exposure-specific guidelines and wearing appropriate protective equipment will help lessen environmental risks. Think about what you're doing to manage your occupational and environmental risks and exposures that could hurt performance.



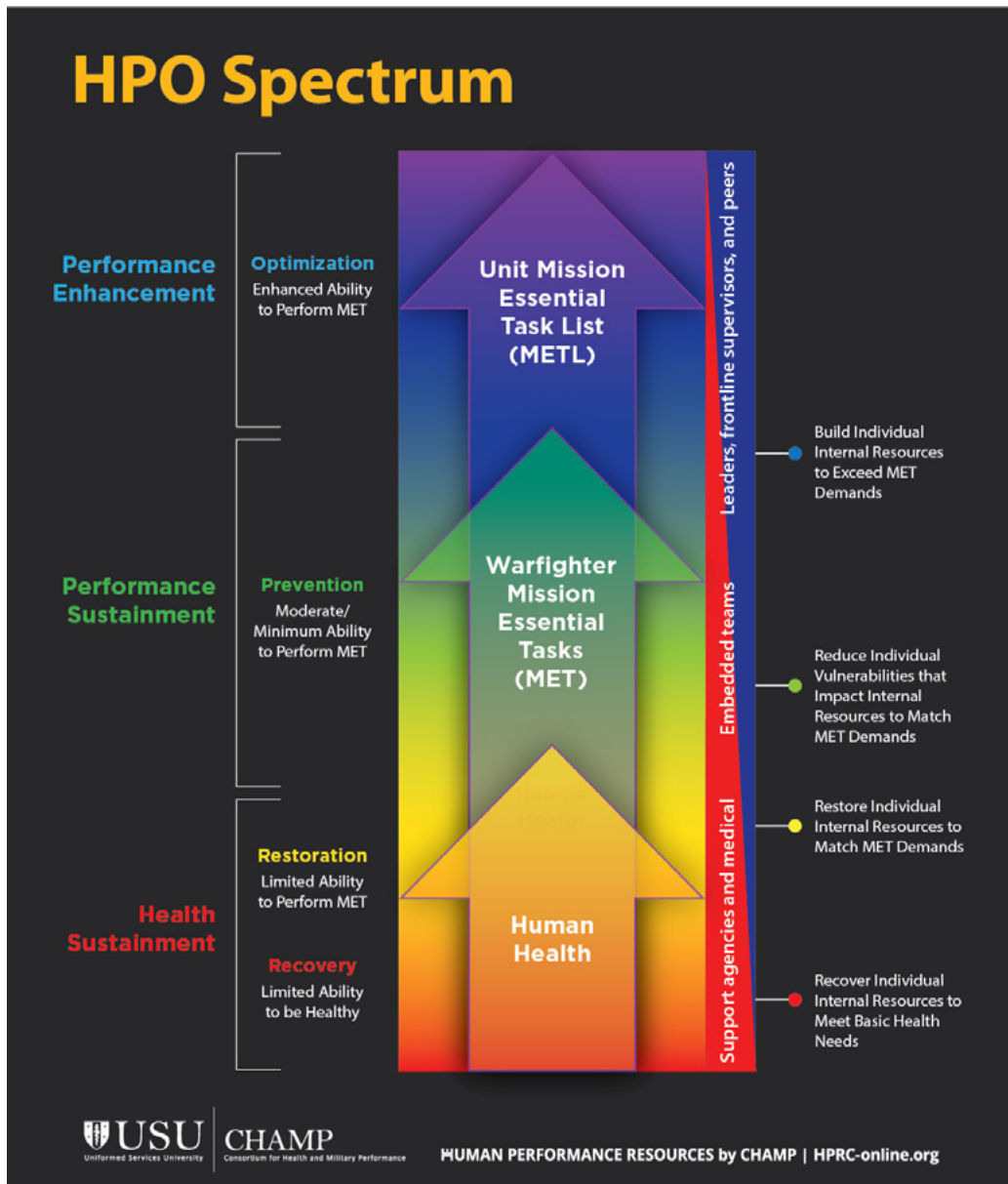
Nutritional. When you eat healthy, it supports healing and your immune system. It also prevents injury, improves energy levels, and allows you to achieve your best emotional, cognitive, and physical performance. When you eat healthy, you're likely to feel more energized, less fatigued, and have better focus, judgment, accuracy, and reaction time. Think about if and how you fuel your body for mission demands. Do you know which foods to eat **before, during, and after activity** to help you perform optimally?



Psychological. How you think has a direct impact on how you perform, relate to others, and engage in healthy exercise and nutrition behaviors. Mental fitness skills help you to develop accurate, flexible, and productive thinking patterns. These skills help you get through life's challenges, grow from adversity, adapt to change, and thrive under new conditions. Mental fitness skills plus good sleep and avoiding substances help you stay healthy and optimized on the job. Reflect on how aware you are of **your own thinking patterns and emotions** and how your thoughts and feelings impact you, your job performance, and your relationships. How do you strengthen your mind for mission demands?

FULL-SPECTRUM READINESS

The HPO spectrum represents the range of opportunities available to support Service Member health and performance, from recovery to health sustainment, and then on through performance enhancement. Every Service Member will move through this spectrum over their career at some point. The goal is to keep them performing optimally.



The HPO spectrum can broaden your understanding of the many resources available in each TFF domain to support readiness and related **opportunities to support health and performance**.

Leveraging HPO and TFF resources

There are resources available to you to sustain health and optimize performance. But how do you know which ones to seek out and what might be most helpful to you in your current state? This is where understanding full-spectrum HPO and TFF can shape your approach to addressing health and performance issues in multidimensional ways. For example, if you're experiencing sleep difficulties, the causes can stem from psychological reasons like stress or operational exposures. Sleep problems could also be rooted in physical health issues, spiritual distress, or nutritional factors like caffeine consumption. Maybe it's hard to adjust to sleeping next to someone after a deployment. Knowing what resources might be available to help you understand the root cause of your difficulty can empower you to be more comprehensive and expansive in addressing important health and performance concerns.

SELF-CHECK

The following tool helps you conduct an "engine check" on how well you're doing in each TFF domain. Thinking about the TFF domains above and quickly assessing your overall state in each domain can help you:

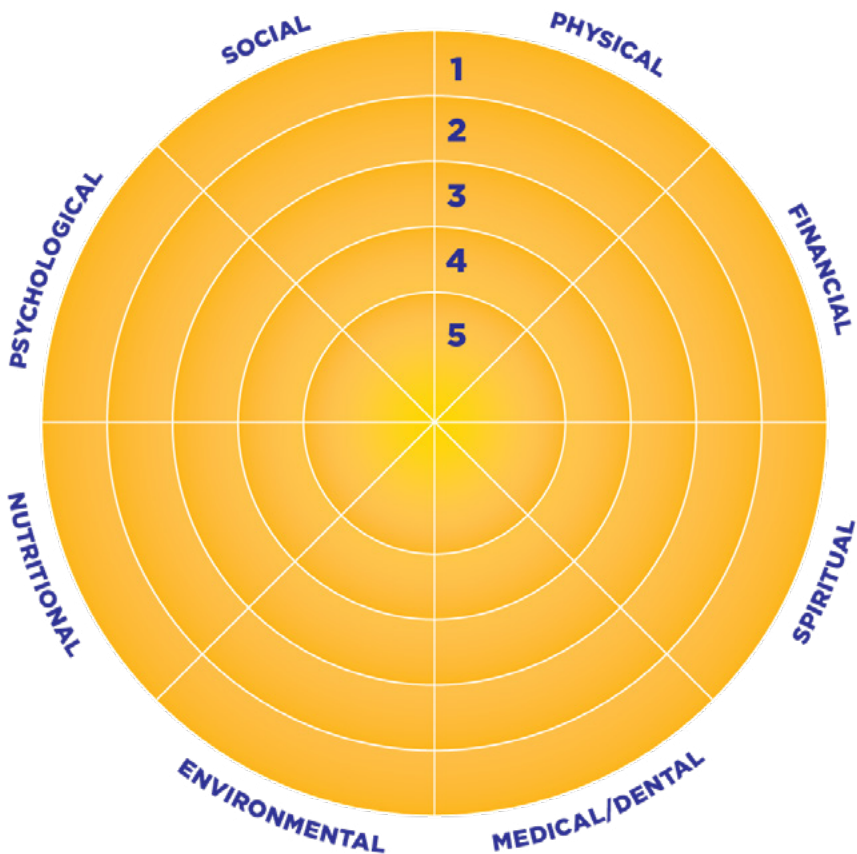
- Gain a holistic picture of your strengths and weaknesses
- Enable you to set targeted developmental goals and prioritize efforts
- Identify areas where you might need to seek out more resources and learn how to prioritize your efforts

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

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

Chart where you are on the spider graph, plotting a dot for where you think you fall along the 5-point scale for each TFF domain.

Once complete, look at the wheel as a whole. Think of it as a target. If you rated yourself mostly 4s and 5s, then your shotgroup is tight. You're doing pretty well. If your shotgroup is uneven, that means you're doing OK in some areas while others could use some work. If your shots are scattered on the edges, you likely need some support.



Reflect on the domains you rated 4s and 5s. These are likely areas where you currently feel pretty confident.

List a few things that are going well for you in these domains and why. Consider how you can continue to build upon these strengths. And consider how you can apply these strengths to meet future challenges or leverage them to help develop areas of growth.

1. _____
2. _____
3. _____

Circle the TFF domains in greatest need of your attention. Then, list 2–3 goals you want to set for yourself that might reflect those TFF domains that need the most attention.

1. _____
2. _____
3. _____

EXPAND YOUR HPO NETWORK

Start with a resource bank

Human Performance Resources by CHAMP offers research-based health and performance information for members of the military community across the domains of TFF. HPRC has a range of resources to help you learn more about health, wellness, and performance—so you can take action where you need to. And if you have a question you can't find the answer to, submit it through our [Ask the Expert portal](#) and the subject-matter experts at CHAMP will get back to you. CHAMP also has you covered when it comes to the safe use of dietary supplements. Get your questions answered at [Operation Supplement Safety](#).

Seek out other professionals

Finding HPO professionals or providers can be confusing. Here are a few best practices to consider when seeking HPO professionals to support your needs.

- For medically-related issues, the best starting point might be your primary care provider. These professionals are trained to serve as a starting point in the military medical system. They also can refer you to other providers if needed.
- For other TFF domains you've rated yourself red or orange, you might want to consult with domain-specific practitioners. For example, if you're struggling with spiritual fitness, you can seek out a chaplain or their enlisted counterpart as a starting point.
- For non-medical issues—or in the TFF domains you rated yourself yellow, green, or blue—you might want to consider starting with domain-specific practitioners. For example, if you're looking to enhance physical fitness and agility, then a strength coach would be a good place to start. If you want to strengthen your relationships, a military and family life counselor is a good option. No matter what professional you go to in order to start the process, know that they're experts in their field and they know professionals in other fields if your issue is outside their realm of expertise.
- If there are issues you'd prefer to keep confidential, you can seek out the assistance of someone who holds privileged communication such as a chaplain. Or you might want confidential non-medical counseling, such as that offered by [Military OneSource](#).
- Personal recommendations are also great resources. Asking teammates or colleagues can yield excellent suggestions. However, keep in mind every case is different, so what worked well for someone might not be the right fit for you.
- Look for practitioners who are connected in your community, respected, and also have insight into your job and its unique demands. Trust is time-consuming to build, but those who have established trust and become well-connected are often excellent resources.

- Once you meet a practitioner, assess whether you have a connection. Sometimes you just don't gel with a specific provider, and that's OK. If you don't have that personal connection with the provider, then most likely you won't develop a bond of trust, continue to seek them out, or take their advice.

Write down the names of individuals and organizations you can add to your HPO toolkit in the space below.

Name or Organization	Contact Information	TFF Domain