

MARINE TOTAL FITNESS SELF CHECK TOOL

Human Performance Branch / Resilience

This is a private self-assessment tool that may help a Marine or Sailor identify a need for support. It is not designed for use by the chain of command to evaluate a Marine's fitness or readiness.



Physical Fitness

RESOURCES: Gym/HITT/MCMAP/Personal Trainers/Nutritionist/Dietician

Please indicate how much you agree with the following statements:

- a. I have the physical fitness necessary to perform all of my duties with confidence (both deployed and in garrison).
- b. My duties are not affected by an unreported medical or dental condition.
- c. In the past 30 days, poor physical health did not keep me from my usual activities or from performing my duties.
- d. I have the necessary knowledge to make good choices regarding nutrition, alcohol use, tobacco use, and safe sex practices.
- e. I meet my body composition standards (height and weight or body fat).

Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
1st Class	2nd Class	3rd Class	Partial	Failed

- f. Please indicate your most recent PFT/CFT classification.

Physical Fitness Total:

	19-24	13-18	7-12	0-6
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Mental Fitness

RESOURCES: Mental Health/MCCS/MFLC/Chaplain

Please indicate how much you agree with the following statements:

- a. I feel pride in my accomplishments.
- b. I look forward to beginning each day.
- c. I am making a real contribution toward mission accomplishment.
- d. I usually know what I can and cannot control.
- e. I am comfortable seeking assistance and asking for help in times of emotional challenge or crisis
- f. I am currently engaged in activities (reading and education) that contribute to growth

Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree

Mental Fitness Total:

	19-24	13-18	7-12	0-6
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Spiritual Fitness

RESOURCES: Chaplain, Civilian Clergy, Counselor, Mentor

Please indicate how much you agree with the following statements:

- a. My life has meaning/purpose.
- b. I am hopeful about life/the future.
- c. My decisions are always moral.
- d. I have no problem forgiving myself or others.
- e. I am respectful of people of other beliefs.
- f. I am engaged in core values/beliefs.

Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree

Spiritual Fitness Total:

	19-24	13-18	7-12	0-6
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Social Fitness

RESOURCES: Single Marine Program, MCCS, Chaplain, CREDO Retreats

Please indicate how much you agree with the following statements:

- a. I am respectful of the members of my unit.
- b. I can depend on my spouse/significant other/friends for support.
- c. I get along well with members in my unit.
- d. I get involved in efforts to improve the community.
- e. I actively participate in base or community events and activities.
- f. I effectively use USMC and/or local civilian community resources.

Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree

Social Fitness Total:

	19-24	13-18	7-12	0-6
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See Pages two and three for information and resources to increase your overall health and resiliency.

TOTAL FITNESS SCORE

	73-96	49-72	25-48	0-24
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Embrace Discomfort

Physically resilient Marines embrace discomfort, knowing it leads to greater endurance, performance, awareness of one's current limits, and ability to train and challenge those current limits. Includes balanced physical training planning, as well as nutrition and injury prevention.



Physical Fitness

Having the strength, endurance, coordination, and reserve capacity necessary for success in any environment. Possessing the knowledge, skills, attitudes, and resources necessary to obtain, sustain, and regain optimum personal physical performance.

Resources:

[Force Fitness Facebook Page](#)
[Force Fitness Instagram Page](#)
[PFT/CFT Preparation](#)
[Marine Corps Fitness Website](#)
[FitForce mobile app](#)
[USMC HIT Workout of the day](#)
[USMC Swim Workout of the day](#)
[Performance Nutrition](#)
[Physical Fitness Centers](#)
[Semper Fit Health Promotion](#)
[High Intensity Tactical Training](#)
[CHAMP Physical Fitness resources](#)

“Marines develop strong mental, moral, spiritual, and ethical understanding because they are as important as physical skills when operating in the violence of combat. - MCDP-7



Mental Fitness

Remaining engaged in psychologically healthy thinking and behaviors. Includes one's mindset, attitudes, and practices that help deal with various stressors that impede overall performance. Able to acknowledge stress, seek help early, eliminate stigma around seeking help, help other Marines/Sailors, have strong relationships and friendships, have healthy family relationships, balance family and work requirements, and understand the principles of Combat Operational Stress Control (COSC).

Resources:

[Mental Health Care](#)
[Chaplain Counseling](#)
[Community Counseling](#)
[Military and Family Life Counselors](#)
[National Suicide Prevention Hotline](#)
[Sexual Assault Prevention](#)
[SAFE Helpline](#)
[Substance Abuse](#)
[Military One Source](#)
[CHAMP Mental Fitness Resources](#)
[Marine Corps Mental Fitness Website](#)
[Family Advocacy](#)



Embrace Learning

Mentally resilient Marines embrace life-long learning knowing it leads to faster decision-making under stress, a strong mindset, and the ability to solve complex problems. Includes professional and personal development.

Development of the moral compass is required on and off today's complex battlefield. Marine Corps Core Values/Leadership Traits and Principles and tie-ins assist in developing the Ethical Warrior. - MCO 1500.59A



Embrace Values. Spiritually resilient Marines embrace doing what's right, not what's easy. Doing what's right increases strength of character and spirit. "Embracing right" starts with embracing both personal values and Marine Corps Core Values of Honor, Courage, and Commitment.



Spiritual Fitness

Living out spirituality in a personal, meaningful, and purposeful way. Remaining engaged in life's meaning/purpose, hopeful about life/future, making sound moral decisions, engaged in meaningful relationships, able to forgive self and others, remaining respectful of others, and engaged in core values/beliefs.

Resources:

[Chaplain Counseling](#)
[Marine Corps Spiritual Fitness website](#)
[Spiritual Fitness Guide](#)
[The Spiritual Fitness Leaders Guide](#)
[Spiritual Fitness Power Point](#)
[CHAMP Spiritual Fitness Resources](#)
[Spiritual Fitness Tie-Ins](#)

Integrity. Uprightness of character and soundness of moral principles. Integrity includes the qualities of truthfulness and honesty. – MCRP 611D



Social Fitness



Giving and receiving support in positive relationships with peers, families, and communities. Maintaining strong relationships and friendships, having healthy family relationships, being kind and respectful to others, and seeking and enjoying companionship.

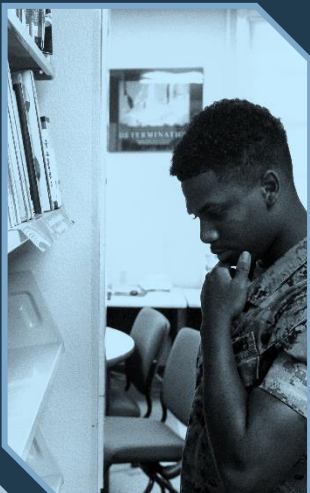
Resources:

[Cross Cultural Competence](#)
[Leading Respectful Conversation](#)
[Single Marine Program](#)
[CREDO Programs](#)
[Family Resources](#)
[USO](#)
[Volunteering](#)
[CHAMP Social Fitness resources](#)
[Marine Corps Social Fitness Website](#)

Embrace Trust

Socially resilient Marines embrace trust in others, knowing there is strength in numbers. Marines also embrace the challenge of proving themselves trustworthy to their fellow Marines by practicing accountability, follow-through, and integrity.

Resiliency



Resiliency is an important aspect of a Marine's personal and professional life. It ensures that when faced with the challenges in and out of combat, Marines will be able to meet those challenges, drawing from internal and external sources of strength and support. Marines with a high degree of physical and cognitive performance build and maintain resiliency in the four areas of fitness: Physical, Mental, Social, and Spiritual.

Resources:

[Marine Corps Resilience Website](#)
[Recommended Reading list 1](#)
[Recommended Reading list 2](#)
[Recommended Reading list 3](#)
[CMC Professional Reading Program 2020](#)

"Fitness" is a holistic approach to physical, mental, spiritual, and social fitness...Ensuring holistic wellbeing boosts morale, cohesiveness, and resiliency - enabling Marines to execute the toughest challenges and recuperate in shorter time.

-Marine Leader Development