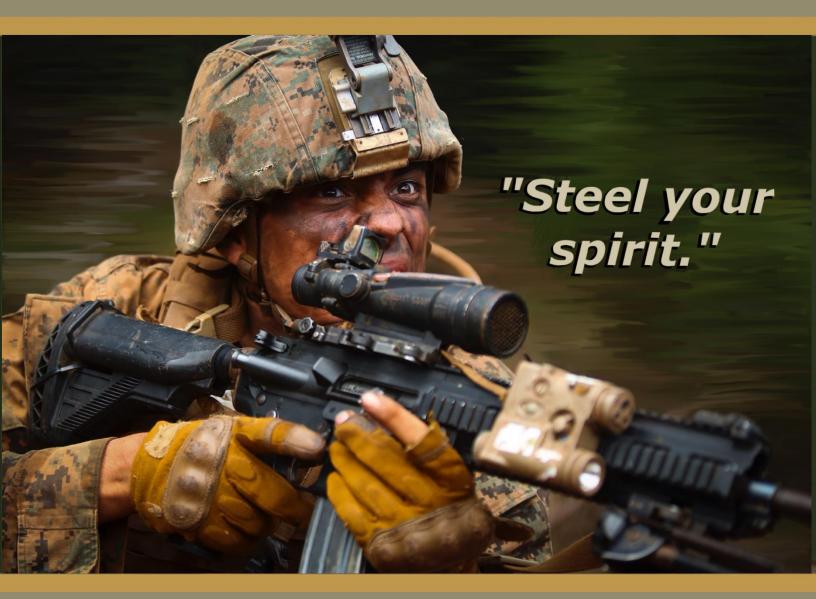
SPIRITUAL FITNESS GUIDE



"So that you can better deal with adversity. Prepare yourself so that you will be ready for the decisive moment in combat."

- General Neller

Command Guidance: How to use the Spiritual Fitness Guide

- The U. S. Navy Chaplain Corps developed the Spiritual Fitness Guide (SFG) to help Marines/Sailors maintain a healthy spiritual life. The use of the SFG is voluntary and can serve as a referral tool to know when to seek out help and advice from a chaplain.
- 1. Make the SFG available to the Marines. The SFG is available in a full size .pdf document on the MLD website under Fitness.
- 2. The SFG is a private self-assessment tool. It can help a Marine know when it is time to get help. It is not designed for use by the chain of command to evaluate a Marine's spiritual fitness or readiness.
- 3. Commands should not mandate the use of the SFG or require a Marine to disclose self-assessment results.
- 4. Training by leaders on the use of this tool is encouraged. Utilize your unit chaplain as a subject matter expert as often as possible.
- 5. For concerns about a Marine's spiritual fitness or for further information about spiritual fitness, please contact a chaplain.

Spiritual Fitness Guide: This is a self-assessment tool to help service members determine their spiritual condition.	DRAINED	Potential Indicators	Feels like life has no meaning/purpose	> Holds no hope about life/future	Engaged in extreme immoral behavior	 Not engaged with family, friends or community 	Forgiveness is not an option	Complete disrespect for others	Abandoned core values/beliefs
	DEPLETED	Potential Indicators	Losing a sense of life's meaning/purpose	Holds very little hope about life/future	Makes poor moral decisions routinely	Weakly engaged with family, friends, and community	Not likely to forgive self or others	> Strong disrespect for others	Disregards core values/beliefs
	SED	Indicators	. se	out	poor moral	iged with and	ing self or	of others	ıre
Guide: This detern	STRESSED	Potential In	Neglecting life's meaning/purpose	Less hopeful about life/future	Makes some pood decisions	Somewhatengaged with family, friends, and community	Difficulty forgiving self or others	Less respectful of others	Straying from core values/beliefs

If you find yourself in need of support, do not suffer in silence. Seek immediately from any avenue of support.

Resources for Support

Counseling Program – Family Readiness Officers – Leaders – Family - Chaplain – Military and Family Life Counselors – Community or Friend - MCCS One Source - DSTRESS 1-877-476-7734 Your Chaplain cares about you and is committed to helping with your spiritual fitness. Absolute 100% confidentiality is guaranteed.

CHAPLAIN POC: