Establish a Baseline, and Track your Progress!

1. Use the Army's Global Assessment Tool (GAT) 2.0 to evaluate your health & form a baseline
2. Record actions (Health Progress Tracking Chart)
3. Repeat GAT 2.0 quarterly to track progress
4. Use ArmyFit™ to sync a Fitbit or Jawbone

https://armyfit.army.mil

Army Wellness Center

573/329-1900
199 East 4th Street, Building 2081, Suites A & B
glwach.amedd.army.mil/AWC/AWC.asp

Comprehensive Soldier and Family Fitness

573/563-4208
4040 Hawaii Avenue, Building 312, Basement
csf2.army.mil & army.mil/readyandresilient

MWR Fort Leonard Wood

573/596-0117
13486 Replacement Avenue, Bldg 470, Ste 1103
fortleonardwoodmwr.com

General Leonard Wood Army Community Hospital

573/596-0035
4430 Missouri Avenue, Building 310
glwach.amedd.army.mil
search under Clinics

Fort Leonard Wood Culture of Health Resource Guide

Sleep, Activity, and Nutrition

Fort Leonard Wood AWC Army Wellness Center

- General Nutrition Education
- General Wellness Classes
- Stress Management
- Exercise Testing & Prescription

- Self-development Tools
- Physical & Psychological Fitness
- Resilience & Performance Training

U.S. Army MWR

- Recreation & Events
- Sports, Fitness, & Aquatics
- Family Services
- Army Community Service

Compassion and Courage

- Primary Care
- Nutrition Classes & Counseling
- Army Public Health Nursing Clinic
- Tobacco Cessation Classes

Fort Leonard Wood

Culture of Health

Performance Triad
Sleep | Activity | Nutrition

Quarterly Health Progress Tracking Chart

Date _____

ARMY FAMILY IS AN UNSTOPPABLE FORCE

U.S.ARMY

Professional SOLDIER ATHLETE HERE IT'S NOT A GAME

www.wood.army.mil/newweb/healthpromotions

Quarterly Health Progress Tracking Chart

Date _____

Track your actions daily, and award 1 point per block for each target met (Hint: maximum points are 450-460 depending on the quarter)	Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Point Totals
	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	Sleep (Target: 7-9 hours)	Activity (Target: 30 minutes)	Nutrition (Target: 8 fruit & veg. servings)	Family (Target: family participation)	Tobacco (Target: tobacco free)	
Week 1																																				
Week 2																																				
Week 3																																				
Week 4																																				
Week 5																																				
End of Month 1																																				
Week 1																																				
Week 2																																				
Week 3																																				
Week 4																																				
Week 5																																				
End of Month 2																																				
Week 1																																				
Week 2																																				
Week 3																																				
Week 4																																				
Week 5																																				
End of Month 3																																				
Results based on your quarterly point total: < 150 = negligible 150-259 = marginal 260-370 = successful > 370 = excellent Point Total for the Quarter																																				

During sleep, your body heals & repairs
- Go caffeine-free 6 hours before bed
- Go electronic-free 1 hour before bed
- Find a dark, cool, and quiet place

Activity lowers risk of disease, ailments, & stress
- Include both aerobic & strength training
- Get outside, and take your family with you!
- Use your two 15-minute work breaks to MOVE
- Don't forget to stretch, & pick activity you enjoy

Good nutrition helps you feel & do better
- Control your portions
- Choose nutritious food & snacks
- Drink water, and reduce sugar intake