



ARMYFIT™

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



**STEP
1**

Go online to <https://armyfit.army.mil>

Learn your Global Assessment Tool (GAT) score in the five dimensions of strength and discover your RealAge®

**STEP
2**

**STEP
3**

Start using ArmyFit™, connect with experts and organizations, build your resilience and enhance your performance



EMOTIONAL



SOCIAL



SPIRITUAL



FAMILY



PHYSICAL

