

**ALARACT 045/2011**

**DTG: P 101854Z FEB 2011**

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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS  
CENTER ON BEHALF OF DA WASHINGTON DC//DAMO-AOC//

SUBJECT: GLOBAL ASSESSMENT TOOL AND COMPREHENSIVE RESILIENCE  
MODULE COMPLETION REQUIREMENTS

THIS ALARACT MESSAGE IS RELEASED ON BEHALF OF THE CHIEF OF STAFF  
OF THE ARMY

NARR/ (U) THIS ALARACT UPDATES GLOBAL ASSESSMENT TOOL AND  
COMPREHENSIVE RESILIENCE MODULE COMPLETION REQUIREMENTS FOR ALL  
SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS.

REF/A/ARMY CAMPAIGN PLAN 2010, DTD 23 APR 2010, ANNEX V  
(COMPREHENSIVE  
SOLDIER FITNESS)

REF/B/ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS EXORD, DTG:  
061547ZAPR10

REF/C/ ALARACT 192/2010 MOD 01 TO ALARACT (097/2010)  
COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER, DTG: P 260256Z  
JUN 10

1. (U) CHANGE TO ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS  
EXORD, DTG: 061547ZAPR10
  - 1.A. (U) RESCIND FROM PARAGRAPH 1.D THE LAST SENTENCE THAT READS  
"THE GLOBAL ASSESSMENT TOOL (GAT), COMPREHENSIVE RESILIENCE  
MODULES, AND RESILIENCE TRAINING ARE MANDATORY FOR SOLDIERS, BUT  
VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS".
2. (U) GLOBAL ASSESSMENT TOOL COMPLETION REQUIREMENTS.
  - 2.A (U) COMPLETING THE GAT IS AN ANNUAL REQUIREMENT FOR ALL  
SOLDIERS. ALL SOLDIERS MUST COMPLETE THE GAT AT LEAST ONCE EVERY  
365 DAYS.
  - 2.B. (U) FAMILY MEMBERS ARE ENCOURAGED TO TAKE THE GAT, BUT ARE  
NOT REQUIRED TO OR MANDATED TO TAKE THE GAT.
  - 2.C. (U) ARMY CIVILIANS ARE ENCOURAGED TO TAKE THE GAT, BUT ARE  
NOT REQUIRED TO OR MANDATED TO TAKE THE GAT.
  - 2.D. (U) THE GAT MAY BE RETAKEN AT SOLDIER/FAMILY MEMBER/ARMY  
CIVILIAN DISCRETION EVERY 90 DAYS.
3. (U) COMPREHENSIVE RESILIENCE MODULE COMPLETION REQUIREMENTS.
  - 3.A. (U) COMPREHENSIVE RESILIENCE MODULES (CRM) ARE INDIVIDUAL

SELF PACED TRAINING MODULES OFFERED FOR ADDITIONAL TRAINING BASED ON GAT SCORES. CRM OFFER ADDITIONAL TRAINING OPPORTUNITIES IN THE FAMILY, EMOTIONAL, SOCIAL, AND SPIRITUAL DIMENSIONS OF FITNESS.

3.B. (U) CRM ARE TRAINING REQUIREMENTS FOR SOLDIERS. LOCAL COMMANDERS CAN DETERMINE THE REQUIREMENTS FOR CRM COMPLETION IN THE FAMILY, EMOTIONAL AND SOCIAL DIMENSION CRM. SPIRITUAL DIMENSION CRM ARE COMPLETELY VOLUNTARY AND SOLDIERS SHALL NOT BE MANDATED OR DIRECTED TO COMPLETE.

3.C (U) CRM COMPLETION IS VOLUNTARY FOR FAMILY MEMBERS. FAMILY MEMBERS SHALL NOT BE DIRECTED TO COMPLETE A CRM.

3.D (U) CRM COMPLETION IS VOLUNTARY FOR ARMY CIVILIANS. ARMY CIVILIANS SHALL NOT BE DIRECTED TO COMPLETE A CRM.

3.B.3. (U) CRM CAN BE ACCESSED THROUGH THE SOLDIER FITNESS TRACKER WEBSITE AT [HTTPS://WWW.SFT.ARMY.MIL/](https://www.sft.army.mil/).

4. (U) EFFECTIVE DATE OF MESSAGE IS IMMEDIATE AND THE EXPIRATION DATE IS NOT DETERMINED.