



Comprehensive Soldier and Family Fitness Directive

The Ready and Resilient Campaign is a far reaching and comprehensive campaign to enhance individual and collective resilience in order to improve readiness across the force. This campaign is integrating and synchronizing Army initiatives aimed at improving physical, psychological and emotional health. The Comprehensive Soldier and Family Fitness (CSF2) Program is a key component of the Army's Ready and Resilient Campaign and is committed to developing an Army culture of total fitness and increased psychological health.

This CSF2 Secretary of the Army Directive re-baselines the program and supersedes all previous CSF2 Execution Orders, Fragmentary Orders and All Army Activities. Your feedback as we develop the subsequent CSF2 Army Regulation 350-XX is welcomed. Army Regulation 350-XX will highlight upcoming improvements to the program that will take it to the next level, to include an improved Global Assessment Tool linked to a social media enabled interactive environment for self-development and improvement.

As many of you already know, resilience training provides the skills which will enable our Soldiers, Families and Department of the Army Civilians to make better life decisions. Our aim is to prevent negative behaviors and provide better structure and rigor in the application of the CSF2 Program.

We truly believe this program can assist you in improving and maintaining a Ready and Resilient Soldier, Family and Unit. We trust our leaders to understand they must lead from the front to create cohesive and resilient units and organizations. Army Strong!

A stylized, handwritten signature in black ink, appearing to read 'R. Odierno'.

Raymond T. Odierno
General, United States Army
Chief of Staff

A handwritten signature in black ink, appearing to read 'John M. McHugh'.

John M. McHugh
Secretary of the Army