

Multiple Agency Involvement

- Army Wellness Team
 - Individualized Testing/Analysis
- CSF2 Team
 - Advanced Energy Management
 - Advanced Performance Enhancement
- BDE MRT, BDE UMT, ACS, Legal, ASAP

Key AAR Comments

- *Army Wellness Center's* individualized testing results provided sobering feedback.
- *CSF2 team* provided the next level in energy management via cutting edge, biometric feedback on self-regulation.
- The *MWR / Warrior Adventure Quest* funded trip to Escape OKC was the highlight of the course that allowed participants to draw on previously gained knowledge on character strengths and assemble teams based on their strengths/weaknesses.

Next Quarter's Key Additions

- Performance Triad
 - Healthy Sleep Habits
 - BOD POD
 - FIT Tests
- CSF2 Team Additions:
 - Integrating Imagery
 - Goal Setting
 - Attention Control
 - Mental Skills Foundation
 - Building Confidence



3 rd Quarter Calendar						
4 May 15	5 May 15	6 May 15	7 May 15	8 May 15	9 May 15	10 May 15
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY 1 (LETRA) ACS 0800-0930 Stress Management 0930-1300 FMRT Build Strong Relationships 1300-UTC Wellness Appt/Personal Time	DAY 2 (LETRA) ACS 0800-1100 True Colors 1100-1200 Healthy Family Characteristics 1200-1300 Legal Brief 1300-UTC Wellness Appt/Personal Time Single Soldier Retreat	DAY 3 (LETRA) ACS 0800-1030 Energy Management 1030-1130 Real Time Resilience 1130-UTC Wellness Appt/Personal Time	DAY 4 (LETRA) CSF2 Team 0800-1000 Mental Skills Foundations 1000-1200 Building Confidence 1130-1230 Lunch 1230-1400 Integrating Imagery 1400-UTC Wellness Appt/ Personal Time	DAY 5 (LETRA) CSF2 Team 0800-1030 Attention Control 1030-1145 Goal Setting and Motivation 1145-1300 Lunch 1300-1500 CSF2 Capstone Exercise 1500 Depart for Marriage Retreat	4-DAY WEEKEND	
No Staff Duty / CQ						
11 May 15	12 May 15	13 May 15	14 May 15	15 May 15	Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-DAY WEEKEND		DAY 10 (Wellness Center) Performance TRIAD Appointments 0745-UTC BOD POD MET (VO2) FIT 1 on 1	DAY 11 (Wellness Center) Performance TRIAD 0745-UTC (Appnts) BOD POD MET (VO2) Fit 1 on 1 1315-1415 Upping Your Metabolism 1415-1515 Healthy Sleep Habits	DAY 12 (TDB) 0830-1300 Warrior Adventure Quest FINAL AAR	Marriage Retreat	
No Staff Duty / CQ						

"I was able to pick my kids up from school for the first time in months!" – CRP Participant