



ARMY RESILIENCE DIRECTORATE

AZIMUTH CHECK

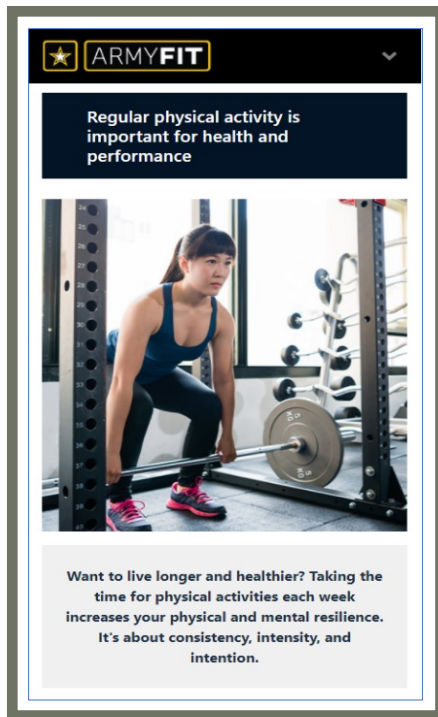
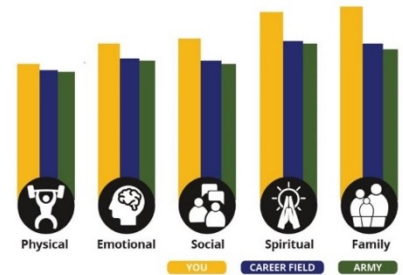
FACTSHEET

What is it?

The Azimuth Check is a self-assessment tool that measures Soldiers' level of overall fitness across the five dimensions of personal readiness—physical, emotional, social, spiritual, and family—in order to promote self-awareness and growth. Developed by the U.S. Army Resilience Directorate, it is an updated version of the Global Assessment Tool and a core component of the ArmyFit website.

DIMENSIONS

This graph breaks down the overall scores based on the **5 Dimensions of Strength**. These dimensions have been determined by the DOD as key to overall **Total Force Fitness**. Understanding your level of strength in these areas can help you stay **physically healthy and emotionally strong**.



How does it work?

The Azimuth Check takes an average of 12 minutes to complete. It is:

- Confidential
- Online and mobile-friendly
- An annual requirement for Soldiers

Upon completion, Soldiers receive customized feedback for each dimension of strength. This includes a graph comparing the Soldier's overall and dimension scores relative to other Soldiers by career field and by Army Component (Regular Army, Army National Guard, or Army Reserve).

Leadership reports are also generated and provide the completion percentages of the Azimuth Check at individual Soldier level as well as the unit level. The unit profile gives leaders an overall look at unit performance. Unit average scores are displayed in comparison to the Army as a whole in four domains: work environment, emotional health, social relationships, and lifestyle behaviors.

What does it do?

The Azimuth Check equips Soldiers with information about their current level of resilience and well-being, promoting self-awareness and growth. Along with an individual score, the tool also provides Soldiers with specially curated articles, videos, mobile apps, infographics, and other resources to help address their personal resilience needs identified in the assessment.

For more information contact the Army Resilience Directorate at www.armyresilience.army.mil or follow @ArmyResilience on Facebook and Twitter.

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