



# Marine Corps Fitness Improvement Tool (MCFIT)

## Phase 1

A Marine self-assessment tool for use in considering overall fitness.

**INTRODUCTION:** The MCFIT is designed to improve awareness of Marine Total Fitness and provide resources for improvement. Marine Total Fitness encompasses fitness of body, fitness of mind, fitness of spirit, and social fitness. This approach helps to ensure a Marine’s preparedness to successfully operate in and recover from the rigors, demands, and stressors of both combat and garrison.

### Part 1

#### INSTRUCTIONS:

1. Fill out the general information below by placing an **X** in the box that best describes you. The information you provide is anonymous. **Do not put your name on this answer sheet.**
2. Complete the questions in each section below by circling the number that best describes your answer. **Provide only one answer per question.**
3. Total each section by adding the circled numbers. This is your SECTION total.
4. Add the SECTION totals together and record on page 2. This is your MCFIT total.
5. Refer to the **Fitness Levels and Resources** on pages 3-4 to see your estimated fitness totals for each section and your combined MCFIT total along with resources for improving your overall fitness and becoming a totally fit Marine.

#### General Information

Age Range		Rank Range	
17 – 24		E1 – E5	
25 – 29		E6 – E9	
30 – 39		Officer	
40 or older			

#### Section I

Please indicate how much you agree or disagree with each of the following statements:

	<i>Agree</i>	<i>Somewhat agree</i>	<i>Neutral</i>	<i>Somewhat disagree</i>	<i>Disagree</i>
a. I have the physical fitness necessary to perform all of my duties with confidence (both deployed/field and garrison).	4	3	2	1	0
b. My duties are not affected by an unreported medical or dental condition.	4	3	2	1	0
c. In the past 30 days, poor physical health did not keep me from my usual activities or from performing my duties.	4	3	2	1	0
d. I have the necessary knowledge to make good choices regarding nutrition, alcohol use, tobacco use, and safe sex practices.	4	3	2	1	0
e. I meet my body composition standards (height & weight or body fat).	4	3	2	1	0

	<i>1st Class</i>	<i>2nd Class</i>	<i>3rd Class</i>	<i>Partial</i>	<i>Failed</i>
f. Please indicate your most recent PFT/CFT classification.	4	3	2	1	0

Section I Total:

**Section II**

**Please indicate how much you agree or disagree with each of the following statements:**

	<i>Agree</i>	<i>Somewhat agree</i>	<i>Neutral</i>	<i>Somewhat disagree</i>	<i>Disagree</i>
a. I feel pride from my accomplishments.	4	3	2	1	0
b. I look forward to beginning each day.	4	3	2	1	0
c. I am making a real contribution to accomplishing my mission.	4	3	2	1	0
d. I usually know what I can control/change and what I cannot.	4	3	2	1	0
e. I would assist a fellow Marine with a mental health problem.	4	3	2	1	0
f. I would help others to connect with resources, opportunities, and supports (chaplain, mental health, etc.) when they need support or help.	4	3	2	1	0

**Section II Total:**

**Section III**

**Please indicate how much you agree or disagree with each of the following statements:**

	<i>Agree</i>	<i>Somewhat agree</i>	<i>Neutral</i>	<i>Somewhat disagree</i>	<i>Disagree</i>
a. I am engaged in life's meaning/purpose.	4	3	2	1	0
b. I am hopeful about life/the future.	4	3	2	1	0
c. My decisions are always moral.	4	3	2	1	0
d. I have no problem forgiving myself or others.	4	3	2	1	0
e. I am respectful of people of other beliefs.	4	3	2	1	0
f. I am engaged in core values/beliefs.	4	3	2	1	0

**Section III Total:**

**Section IV**

**Please indicate how much you agree or disagree with each of the following statements:**

	<i>Agree</i>	<i>Somewhat agree</i>	<i>Neutral</i>	<i>Somewhat disagree</i>	<i>Disagree</i>
a. I am respectful of the members of my unit.	4	3	2	1	0
b. I can depend on my spouse/significant other/friends for support.	4	3	2	1	0
c. I get along well with members in my unit.	4	3	2	1	0
d. I get involved in efforts to improve the community.	4	3	2	1	0
e. I actively participate in base or community-sponsored events and activities.	4	3	2	1	0
f. I effectively use Marine and/or local civilian community resources.	4	3	2	1	0

**Section IV Total:**

**MCFIT Total:**

**Return Part 1 to the MCFIT Proctor.**



## Marine Corps Fitness Improvement Tool (MCFIT)

### Phase 1

### Part 2

### Fitness Levels and Resources

The goal of MCFIT is to increase awareness of the elements of Marine Total Fitness and to provide potential resources for improvement. Marine Total Fitness encompasses fitness of body, fitness of mind, fitness of spirit, and social fitness. Using your section totals and your MCFIT total, find your estimated placement on the continuums below.

Keep in mind that your totals estimate your placement on the continuums and are based on the answers you provided today. The resources listed are for your personal use should you choose to seek improvement within any element of Marine Total Fitness.

#### Section I: Fitness of Body

Section I Total:

<u>GREEN</u> 24-18	<u>YELLOW</u> 18-12	<u>ORANGE</u> 12-6	<u>RED</u> 6-0
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**Fitness of Body** reflects a Marine's ability to physically perform the tasks assigned individually and as a unit, both in garrison and while deployed. Physical training is part of and contributes to physical fitness and the ability to perform tasks, but it also includes compliance with body composition standards, managing fatigue, maintenance of good health, and making life style decisions that support health and physical ability to perform work.

#### Resources:

- Your unit's leaders
- Semper Fit
- your medical and dental providers (such as your battalion aid station)
- <http://fitness.usmc.mil>
- MarineNet
- MCI Courses (see <http://fitness.usmc.mil> for info)

#### Section II: Fitness of Mind

Section II Total:

<u>GREEN</u> 24-18	<u>YELLOW</u> 18-12	<u>ORANGE</u> 12-6	<u>RED</u> 6-0
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Self-confidence, strong coping and decision-making skills contribute to a Marine's **Fitness of Mind**. A fit Marine engages in healthy behaviors that help to maintain focus, perseverance, and allow Marines to meet their duties successfully while deployed or in garrison.

#### Resources:

- Chain of Command (to include your unit SACO, UVA)
- Your local Medical Treatment Facility
- DSTRESS Line (see <http://dstressline.com/>)
- Behavioral Health Information Network (<http://bhin.usmc-mccs.org/>)

### Section III: Fitness of Spirit

Section III Total:

<u>GREEN</u> 24-18	<u>YELLOW</u> 18-12	<u>ORANGE</u> 12-6	<u>RED</u> 6-0
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**Fitness of Spirit** refers to that which gives meaning and purpose in life. More specifically, it may refer to the practice of a philosophy, religion, or way of living. The **Fitness of Spirit** endstate is for Marines and their families to live out their spirituality in a way that enables them to meet their duties successfully while deployed and in garrison.

#### Resources:

To learn more about Fitness of Spirit, contact your unit chaplain.  
ChaplainCare at <http://chaplaincare.navy.mil/>

### Section IV: Social Fitness

Section IV Total:

<u>GREEN</u> 24-18	<u>YELLOW</u> 18-12	<u>ORANGE</u> 12-6	<u>RED</u> 6-0
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**Social Fitness** describes how well Marines and their families engage in socially healthy behaviors that enable them to successfully interact with peers, families and their community, and better equipping them to meet their duties while deployed or in garrison.

#### Resources:

Marine Corps Family Team Building  
Semper Fit  
Single Marine Program

### MCFIT Total

MCFIT Total:

<u>GREEN</u> 96-72	<u>YELLOW</u> 72-48	<u>ORANGE</u> 48-24	<u>RED</u> 24-0
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**Description:** Your MCFIT total reflects your level of Marine Total Fitness. This is a snapshot of where you've assessed yourself today. Don't be discouraged if you didn't score as well as you wanted and don't relax if you're in the green. Maintaining Marine Total Fitness is an ongoing endeavor.

**Conclusion:** Being a totally fit Marine requires overall fitness, to include fitness of spirit, fitness of mind, fitness of body, and social fitness. The United States Marine Corps is committed to providing the best equipped, most fully trained, and most resilient warriors in defense of our nation. Marine Total Fitness begins with you! Doing your part to improve your overall fitness will result in a stronger Corps for all. Semper Fidelis.