R2 Mission Statement:
The Army provides Ready and Resilient (R2) capabilities to Commanders and Leaders to enable them to achieve and sustain personal readiness and optimize human performance in environments of uncertainty and persistent danger

R2 Vision:
The Army of 2020 is comprised of adaptive leaders of character who develop cohesive teams of resilient individuals committed to the Army Profession and capable of accomplishing a range of missions in environments of uncertainty and persistent danger

**Strategic Objective**

**SO 1 - Sustained Personal Readiness to Meet Operational Requirements**

(Decisive Operation) Increase Overall Health for Preparedness and Deployability for Individuals Through Integrated Training, Policy Support down to Unit Level and Empowering Accountable Leaders Across the Army to Implement

**SO 2 - Values-Based Organization of Trusted Army Professionals**

(Shaping Operation) Promote a Culture of Trust and Personal Accountability; Fostering Dignity and Respect Through Education, Training and Skill Development

**SO 3 - Enhanced Visibility of Personal Readiness Throughout Career**

(Sustaining Operation) Increased Visibility of Individual / Unit Readiness and Transitions by Refining Existing Tools (IDES, GAT…) and Implementing Emerging Requirements (CRRD, ArmyFit, MRAT)

**SO 4 – R2 Management that Enables Personal Readiness**

(Sustaining Operation) Integrate and Synchronize R2 Capabilities at All Echelons through an Evidence-based and Adaptive Management Process

“Sustained Personal Readiness” = An Individual’s Physical, Psychological, Social, Spiritual Health and Family Preparedness Needed to Achieve and Sustain Optimal Performance in Supporting the Army Mission

**End State**

Sustained Personal Readiness and Optimized Human Performance
1.0 Sustained Personal Readiness to Meet Operational Requirements

1.1 Physical
- Medical Readiness
  - Clinical – PULHES - MRC
  - Behavioral Health

1.2 Psychological
- Cognitive Fitness
  - Decision Making
  - Reasoning
  - Problem solving

1.3 Social
- Social Cohesion
  - Relationship Satisfaction
  - Engagement in Support Networks

1.4 Spiritual
- Identity/Purpose
  - Personal Identity
  - Life Purpose
  - Meaningful Life Experiences

1.5 Family
- Quality of Life
  - Satisfaction w Army life
  - Retention of Families

Healthy Environment
- Infrastructure for Healthy Behavior

Performance
- Sleep
- Activity
- Nutrition
  - Perceived Quantity / Quality
  - Effects on Performance

Tobacco Use
- Rate of Tobacco Use

Substance Abuse
- Illicit Drug Use
- Prescription Drug Misuse/Abuse
- Alcohol Abuse

Healthy Behavior
- Brain Health / Fitness
  - Behavioral Health

Emotional
- Life Balance
- Adjusting to Demands of Army
- Stress Management
- Positive Affect / Thinking

Unit Inclusion
- Satisfaction in Relationships with Coworkers
- Teamwork
- Engagement in Support Networks

Community
- Inclusion / Valued Support
  - Off-installation/Armory/Res Center
  - Community Capacity

Spiritual Practice
- Philosophy
- Religious Beliefs

Adaptability
- Stress Management
- Ease of Transitions
- Soldier Availability

Finances
- Indebtedness
- Spouse Employment

Family Health
- Physical and Mental
- Effects on Performance

Relationships
- Healthy Relationships
- Family Advocacy
2.0 A Values-Based Organization of Trusted Army Professionals

2.1 Army Professionalism
- Honorable Service
  - Character
  - Accountability
- Army Experts
  - Competence
  - Observed Manner of Performance
- Stewards of the Army Profession
  - Commitment
  - Teach, Coach, Counsel, Mentor
  - Reenlistment

2.2 Army Culture of Trust
- Identity
  - Trust between Soldiers
  - Trust between Soldiers, DA Civilians and Leaders
  - Trust between Soldiers, their families and the Army
  - Trust between the Army and the American people
- Esprit de Corps
  - Morale
  - Motivation
  - Sense of Accomplishment
  - Sense of Belonging
- Climate
  - Positive Command Climate
  - Reduction in Toxic Leadership
- Institution
  - Institutional Loyalty → Drawn from Constitution
  - Education / Training
3.0 Enhanced Visibility of Personal Readiness Throughout a Career

3.1 Entry into Service
- Physical
  - Medical Readiness
  - Healthy Behaviors
  - Healthy Environment

Psychological
- Cognitive Fitness
- Emotional
- Brain Health / Fitness

Social
- Social Cohesion
- Unit Inclusion

3.2 Service
- Profession
  - Identity (Trust)

Physical
- Medical Readiness
- Healthy Behaviors
- Healthy Environment

Psychological
- Cognitive fitness
- Emotional
- Brain Health / Fitness

Social
- Social Cohesion
- Unit / Community Inclusion

Spiritual
- Identity / Purpose
- Core Beliefs and Values
- Spiritual Practice

Family
- Family Health
- QOL / Adaptability

3.3 Transition from Service
- Profession
  - Identity (Trust)

Physical
- Medical Readiness
- Healthy Behaviors
- Healthy Environment

Psychological
- Cognitive Abilities / Strengths
- Emotional Well Being
- Brain Health / Fitness / Disabilities

Social
- Army Family Cohesion
- Community Inclusion

Family
- Family Health
- Relationships / Finances
4.0 A R2 Management System Enabling Personal Readiness

4.1 Policy

Integrated R2 Policy
- AR 600-63
- AR 600-20
- AR 600-100

Personal Readiness Linked to Unit Readiness
- Incorporation of Demonstrated Link of Personal Readiness to Unit Readiness Across Army Policy and Doctrine
- Culture Change on How Leaders View Personal Readiness for Deployment and Execution of Mission

4.2 Capability Assessment

Capability Assessments
- Program Capability Assessment
- CBA → Outcomes (Future)
- Fiscal Outcomes (Future)
- Outcome End-to-End Linking Resources Into Systems

4.3 Governance Processes

Health Promotion Council Synchronization
- Army HPC
- ACOM/ASCC HPC
- Installation CHPC
- VCSA R2Huddle
- R2 GOSC
- R2 COC

Health Promotion Council Oversight and Monitoring
- Annual Survey of CHPC Effectiveness
- Quarterly CHPC Performance Scores
- Quarterly ACOM/ASCC Compliance Score

Emerging Practices
- CHPC Impact Tracker Report
- CHPC Recommendations for Elevation of Issues, Trends, Resources and Policy Review
- Validation of Emerging Practices → Programs

Health Promotion Council Reporting
- Linkages to SOs and Metrics via CHPC
- Tie Metrics Through CHPC Reporting via SMS