



What is the Global Assessment Tool (GAT)?

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

(Ask Soldiers if they have taken the GAT and what their experience was like)

What is GAT 2.0?

The GAT 2.0 is a confidential, self-assessment tool that can help improve you and your family's overall health and wellbeing. Includes the Physical/Health dimension making the GAT 2.0 a truly comprehensive assessment tool.

What can the on-line self development modules of GAT 2.0 provide?

1. Allow individuals to confidentially assess their physical and psychological health, fitness and performance.
2. Allows connection with experts in fields covering all 5 dimensions of strength

3. Reaches out to other Soldiers, family members, and DoD civilians, forming a community of overall health and well-being.

Can my spouse take the GAT?

Yes, GAT 2.0 helps the spouse of a military member to be more prepared (resilient) for the demands of life within the military community.

What are the 5 dimensions of strength?

1. Emotional
2. Social
3. Family
4. Spiritual
5. Physical