

Army Leadership, Regulations, and Soldier Wellness Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. How many 16 oz energy drinks are Phase 6 soldiers allowed to have?**
 - A. One 16 oz drink**
 - B. Zero drinks**
 - C. Three 16 oz drinks**
 - D. Two 16 oz drinks**

- 2. What are the six protected classes for EO?**
 - A. Race/Ethnicity, Religion, Nationality/Place of Origin, Skin Color, Sex/Gender/Pregnancy, Sexual Orientation**
 - B. Age, Disability, Gender Identity, Veteran Status, Religion, Race**
 - C. Race/Ethnicity, Religion, National Origin, Skin Color, Sex, Sexual Orientation**
 - D. Race, Religion, National Origin, Skin Color, Gender Identity, Sexual Orientation**

- 3. Can Phase 5 soldiers have energy drinks?**
 - A. Yes**
 - B. Only with special authorization**
 - C. Rarely, with approval from the unit commander**
 - D. No**

- 4. Which of the following is a Recovery Drill exercise?**
 - A. Forward Lunge**
 - B. Windmill**
 - C. Push-Up**
 - D. Overhead Arm Pull**

- 5. What is the role of CSM Garcia?**
 - A. Brigade CSM**
 - B. Sergeant Major of the Army**
 - C. Battalion CSM**
 - D. Company CSM**

- 6. What is the 1st exercise in List Prep Drill 1-10?**
- A. Bend and Reach**
 - B. Rear Lunge**
 - C. High Jumper**
 - D. Rower**
- 7. List Conditioning Drill 2 exercises.**
- A. Turn and Lunge; Supine Bicycle; Half Jack; Swimmer; 8-Count T Push-Up**
 - B. Turn and Lunge; Supine Bicycle; Jump Rope; Squats**
 - C. Push-Ups; Sit-Ups; Running; Pull-Ups**
 - D. Jumping Jacks; Burpees; Mountain Climbers; Plank**
- 8. What are Saturday formation times?**
- A. 0900 everyone, 1200 phase 5, 1700 phase 5 and 6, 2300 bed checks**
 - B. 0800 everyone, 1300 phase 4, 1700 phase 5, 2100 bed checks**
 - C. 0900 everyone, 1400 phase 4, 1800 phase 5 and 6, 2200 bed checks**
 - D. 0900 everyone, 1400 phase 5, 1800 phase 5 and 6, 2100 bed checks**
- 9. What are Sunday formation times?**
- A. 0900 everyone, 1400 phase 5, 1800 everyone, 2000 bed checks**
 - B. 0900 everyone, 1400 phase 5, 1800 phase 5, 2000 bed checks**
 - C. 0900 everyone, 1300 phase 5, 1800 everyone, 1900 bed checks**
 - D. 1000 everyone, 1400 phase 5, 1800 everyone, 2000 bed checks**
- 10. Who is the Battalion Commander?**
- A. LTC Becker**
 - B. LTC Jones**
 - C. LTC Carter**
 - D. LTC Murphy**

Answers

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1. D
2. A
3. D
4. D
5. D
6. A
7. A
8. D
9. A
10. A

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Explanations

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1. How many 16 oz energy drinks are Phase 6 soldiers allowed to have?

- A. One 16 oz drink**
- B. Zero drinks**
- C. Three 16 oz drinks**
- D. Two 16 oz drinks**

Caffeine management and readiness are the key idea here. Phase 6 soldiers are allowed a limited amount of energy drink caffeine to stay alert without risking sleep disruption, jitteriness, or cardiovascular strain that can come with higher doses. The allowance of two 16 oz servings provides enough stimulant to help during demanding tasks while keeping intake within a safer range. A single drink wouldn't meet the policy's available allowance, and more than two increases the chance of adverse effects and reduced overall readiness.

2. What are the six protected classes for EO?

- A. Race/Ethnicity, Religion, Nationality/Place of Origin, Skin Color, Sex/Gender/Pregnancy, Sexual Orientation**
- B. Age, Disability, Gender Identity, Veteran Status, Religion, Race**
- C. Race/Ethnicity, Religion, National Origin, Skin Color, Sex, Sexual Orientation**
- D. Race, Religion, National Origin, Skin Color, Gender Identity, Sexual Orientation**

Equal Opportunity protections cover six broad categories of characteristic that cannot be used to discriminate against someone. These six are Race/Ethnicity, Religion, National Origin (place of origin), Skin Color, Sex (including pregnancy and gender identity as part of sex-based protections), and Sexual Orientation. The inclusion of Skin Color recognizes biases that can arise within or across racial groups. Grouping Sex, Gender, and Pregnancy together reflects protections against bias related to a person's biological sex, gender identity/expression, and pregnancy status. Sexual Orientation protects individuals from discrimination based on who they are attracted to. This set isn't about other potential protected traits like age or disability, which fall under different policy areas, so the six listed here are the ones designated for EO in this context.

3. Can Phase 5 soldiers have energy drinks?

- A. Yes**
- B. Only with special authorization**
- C. Rarely, with approval from the unit commander**
- D. No**

Phase 5 is all about safety, discipline, and maintaining readiness during a demanding phase of training. Energy drinks bring stimulants and high caffeine content that can raise heart rate, disrupt sleep, cause dehydration, and impair judgment under stress. Keeping a strict policy helps protect trainees' health and ensures uniform standards across the program. Therefore, energy drinks are not allowed in Phase 5. Any medical concerns would be addressed through appropriate channels, not through individual allowances.

4. Which of the following is a Recovery Drill exercise?

- A. Forward Lunge
- B. Windmill
- C. Push-Up
- D. Overhead Arm Pull**

Recovering effectively between harder efforts relies on low-intensity, mobility-focused movements that help loosen joints, improve range of motion, and encourage controlled breathing. The overhead arm pull fits this purpose because it targets the shoulder girdle and upper back with a smooth, deliberate motion. It promotes scapular retraction and thoracic mobility without stressing the muscles or elevating heart rate, making it ideal for recovery work. In contrast, a forward lunge is a strengthening movement for the legs and hips and tends to raise heart rate; a windmill is a stretching exercise that involves trunk rotation and hamstring/hip mobility but is typically part of a stretch sequence rather than a dedicated recovery drill; a push-up is a strenuous upper-body strength exercise. These are more taxing and not aligned with the light, restorative aim of a Recovery Drill.

5. What is the role of CSM Garcia?

- A. Brigade CSM
- B. Sergeant Major of the Army
- C. Battalion CSM
- D. Company CSM**

The senior enlisted adviser at the company level is the Company Sergeant Major. In that role, CSM Garcia acts as the primary advisor to the company commander on all matters involving enlisted soldiers in the company. This includes readiness, training, discipline, morale, and welfare, ensuring Army standards are translated into day-to-day practice within the company and that the first-line leaders have the guidance they need. The Company CSM coordinates closely with the company's first sergeant to address issues affecting soldiers' welfare and to implement policy at the company level. Higher echelons have different CSM roles: a Battalion Sergeant Major advises at the battalion level, a Brigade Sergeant Major at the brigade level, and the Sergeant Major of the Army is the senior enlisted adviser to the Army Chief of Staff, not tied to a specific unit. Therefore, the Company CSM designation is the correct fit for this role.

6. What is the 1st exercise in List Prep Drill 1-10?

- A. Bend and Reach**
- B. Rear Lunge
- C. High Jumper
- D. Rower

Bend and Reach is the first exercise because List Prep Drill 1-10 starts with a simple, low-impact mobility move to gently wake up the body. This bend-and-reach pattern loosens the spine, hips, and shoulders, promotes controlled breathing, and sets a stable foundation for the more dynamic drills that follow. Starting with this move helps ensure proper form and reduces injury risk as you progress to higher-demand exercises. The other options are more demanding or focus on different movement patterns, so they come later in the sequence.

7. List Conditioning Drill 2 exercises.

- A. Turn and Lunge; Supine Bicycle; Half Jack; Swimmer; 8-Count T Push-Up**
- B. Turn and Lunge; Supine Bicycle; Jump Rope; Squats**
- C. Push-Ups; Sit-Ups; Running; Pull-Ups**
- D. Jumping Jacks; Burpees; Mountain Climbers; Plank**

Conditioning Drill 2 is designed as a specific sequence that seals mobility, core control, cardio effort, and upper-body endurance into one smooth circuit. The first movement, Turn and Lunge, primes the hips and ankles and gets the joints ready for dynamic work. Next, Supine Bicycle targets the abdominal and hip-flexor area, building core stability while promoting coordinated leg and opposite-arm action. Half Jack follows to provide a quick cardio burst and further coordination without heavy impact. Swimmer engages the posterior chain and upper back in a controlled, coordinated way, helping with posture and endurance through the mid-back. The sequence finishes with an 8-Count T Push-Up, which integrates upper-body strength with trunk stability and shoulder engagement, a hallmark of CD2's push-up progression. Together, these five exercises reflect the intended CD2 composition and order, emphasizing a progression from mobility to core work to cardio and finishing with a challenging push-up to test endurance. Other options mix in movements that aren't part of this standard CD2 lineup or replace one of the five with a different exercise, such as purely running, traditional sit-ups, or exercises like pull-ups or burpees. That's why they don't align with Conditioning Drill 2's prescribed sequence.

8. What are Saturday formation times?

- A. 0900 everyone, 1200 phase 5, 1700 phase 5 and 6, 2300 bed checks**
- B. 0800 everyone, 1300 phase 4, 1700 phase 5, 2100 bed checks**
- C. 0900 everyone, 1400 phase 4, 1800 phase 5 and 6, 2200 bed checks**
- D. 0900 everyone, 1400 phase 5, 1800 phase 5 and 6, 2100 bed checks**

Saturday formation times are arranged to maintain accountability while giving structure to weekend activities. Start the day with a 0900 muster for everyone so leaders can confirm who is present and ready for the day's tasks. Then, those in Phase 5 report at 1400, keeping the privileges and progression on schedule during the afternoon. In the early evening, a formation at 1800 includes Phase 5 and Phase 6 so everyone aligned with those phases stays coordinated on duties and curfew expectations. Finally, bed checks at 2100 ensure members are in their rooms and ready for the night, preserving discipline and security. This sequence—0900 for all, 1400 for Phase 5, 1800 for Phase 5 and 6, and 2100 bed checks—best fits the typical weekend cadence by balancing accountability, structured activities, and a clear end to the day. Other schedules shift times or which phases assemble at which formations, which would disrupt the established weekend rhythm.

9. What are Sunday formation times?

- A. 0900 everyone, 1400 phase 5, 1800 everyone, 2000 bed checks**
- B. 0900 everyone, 1400 phase 5, 1800 phase 5, 2000 bed checks**
- C. 0900 everyone, 1300 phase 5, 1800 everyone, 1900 bed checks**
- D. 1000 everyone, 1400 phase 5, 1800 everyone, 2000 bed checks**

Sunday formation times are about maintaining accountability and sharing information at key points throughout the day while respecting the unit's routine. A common pattern is an early all-ranks formation to start the day and ensure everyone is accounted for after the weekend, a mid-day phase formation to check in with those on specific duties or status, an evening all-ranks formation to close out the day with updates, and bed checks around the end of the day to ensure soldiers are in place and ready for the next day. The timing that fits this pattern—0900 for all hands, 1400 for the phase formation, 1800 for all hands again, and bed checks at 2000—embodies that flow. Other schedules that shift these times or omit the end-of-day bed checks would disrupt the established rhythm of accountability and information dissemination.

10. Who is the Battalion Commander?

- A. LTC Becker**
- B. LTC Jones**
- C. LTC Carter**
- D. LTC Murphy**

In this context, the Battalion Commander is the officer in charge of the battalion, a role traditionally filled by a lieutenant colonel who has overall responsibility for readiness, training, and welfare of the soldiers in the unit. The specific person holding that position depends on current assignment and unit order. The scenario indicates that LTC Becker is the officer presently entrusted with command, which is why he is identified as the Battalion Commander. The other names, while also lieutenant colonels, are not the current commander of this battalion in this situation (they may be in other roles or command different units). When you need to confirm who holds battalion command, check the unit's leadership roster or official orders.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://armyleadregsoldierwellness.examzify.com>

We wish you the very best on your exam journey. You've got this!

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