

ARMY LEADERSHIP, REGULATIONS, AND SOLDIER WELLNESS PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

1. Which statement best describes training readiness as a leadership priority?

- A. Plan training but skip execution.
- B. Provide realistic training, ensure resources, plan, execute, and debrief for continuous improvement.
- C. Debrief only on rare occasions.
- D. Provide unrealistic training with minimal resources.

2. Counseling documentation is used to?

- A. To punish subordinates publicly.
- B. To replace performance reviews.
- C. To provide a formal record of feedback and developmental plans and support fairness.
- D. To track attendance.

3. Who provides support to EO/SHARP investigations at the unit level?

- A. SHARP/EO representatives and investigators
- B. Commanders and first-line leaders
- C. Soldiers only
- D. External consultants

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

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

5. 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

6. What does CSF2 stand for?

- A. Combat Soldier Family Fitness
- B. Comprehensive Soldier and Family Fitness
- C. Comprehensive Social Fitness Force
- D. Career and Soldier Family Fitness

7. What is the purpose of the Army Training and Leader Development Regulation (AR 350-1)?

- A. To prescribe training policies and leader development requirements for the Army
- B. To regulate deployment cycles
- C. To manage pay and bonuses
- D. To define physical fitness standards only

8. Who is the Brigade Commander?

- A. Colonel Smith
- B. Colonel Johnson
- C. Colonel Gorgus
- D. Colonel Adams

9. What is the purpose of the NCO Support Channel?

- A. To handle pay processing
- B. To provide a direct route for Soldiers to voice concerns and receive guidance and support
- C. To distribute ceremonial duties
- D. To evaluate physical fitness tests

10. Which of the following is NOT one of the phase-up slip requirements?

- A. 21 days present
- B. pass height and weight
- C. pass APFT
- D. pass AFT

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which statement best describes training readiness as a leadership priority?

- A. Plan training but skip execution.
- B. Provide realistic training, ensure resources, plan, execute, and debrief for continuous improvement.**
- C. Debrief only on rare occasions.
- D. Provide unrealistic training with minimal resources.

Training readiness as a leadership priority means building a training program that is realistic, well-resourced, and carried out with a thorough assessment afterward to drive ongoing improvement. Realistic training ensures soldiers practice skills under conditions they'll actually face, which helps them transfer what they learn to the battlefield and feel prepared. Having the right resources and a solid plan keeps training feasible, safe, and aligned with mission needs, while executing the plan puts those preparations into practice and reveals gaps that need fixing. Debriefing afterward is essential because it captures lessons learned and feeds them back into future training, creating a continuous improvement loop. Skipping execution means there's no real practice to build proficiency. Debriefing only on rare occasions misses opportunities to learn from experience. Training that's unrealistic or under-resourced undermines safety, learning, and overall readiness.

2. Counseling documentation is used to?

- A. To punish subordinates publicly.
- B. To replace performance reviews.
- C. To provide a formal record of feedback and developmental plans and support fairness.**
- D. To track attendance.

Counseling documentation is used to provide a formal record of feedback and development plans, ensuring fairness and accountability in how performance and behavior are addressed. By capturing what was discussed, the expectations set, the support offered, and the concrete steps and timelines for improvement, leaders create a reliable reference for both the Soldier and the chain of command. This helps maintain consistency across situations, track progress over time, and support future coaching, counseling, and evaluations. It is not used to punish publicly, replace performance reviews, or track attendance.

3. Who provides support to EO/SHARP investigations at the unit level?

- A. SHARP/EO representatives and investigators**
- B. Commanders and first-line leaders
- C. Soldiers only
- D. External consultants

Investigative support at the unit level comes from the SHARP/EO representatives and investigators. These trained personnel are designated to handle EO/SHARP cases, guide reporting options, protect the victim's privacy and safety, and carry out interviews, evidence collection, and documentation in accordance with Army policy. They coordinate with the chain of command to ensure the investigation is timely, fair, and compliant, while maintaining impartiality and confidentiality. Commanders and first-line leaders provide overall support and accountability, but the formal investigative work is performed by the SHARP/EO team and investigators. Soldiers may participate as witnesses or complainants, and external consultants are not the standard source of unit-level investigative support.

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 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.

6. What does CSF2 stand for?

- A. Combat Soldier Family Fitness
- B. Comprehensive Soldier and Family Fitness**
- C. Comprehensive Social Fitness Force
- D. Career and Soldier Family Fitness

CSF2 is the official Army acronym for Comprehensive Soldier and Family Fitness. The name itself shows why this is the right expansion: Comprehensive describes the broad approach, Soldier and Family are the two key groups it serves, and Fitness signals the focus on overall readiness and well-being. The two F's come from Family and Fitness, which is why the acronym reads CSF2. The program aims to strengthen soldiers and their families across five dimensions—physical, emotional, social, family, and spiritual—so it's more than just individual resilience; it's a holistic system of well-being. Other phrasings don't match the Army's title, so they aren't correct expansions.

7. What is the purpose of the Army Training and Leader Development Regulation (AR 350-1)?

- A. To prescribe training policies and leader development requirements for the Army**
- B. To regulate deployment cycles
- C. To manage pay and bonuses
- D. To define physical fitness standards only

The purpose is to prescribe training policies and leader development requirements for the Army. AR 350-1 provides the framework the Army uses to plan, execute, and evaluate training across all units, and to shape how soldiers develop as leaders at every level. It defines who is responsible for training, how training is documented and tracked, and how professional development and education fit into a soldier's career. This regulation ensures consistency in how training is conducted, helps units maintain readiness, and guides the development of leaders so they can meet current and future mission demands. It goes beyond just classroom instruction by covering on-the-job training, schools, certifications, and ongoing leader development activities, all aligned to Army requirements. Deployment cycles are governed by other policies, pay and bonuses by the pay system and related policies, and physical fitness standards are addressed in other regulations and guidance.

8. Who is the Brigade Commander?

- A. Colonel Smith
- B. Colonel Johnson
- C. Colonel Gorgus**
- D. Colonel Adams

A Brigade Commander is the officer who leads a brigade, a formation typically made up of several battalions and commanded by a field-grade officer at the rank of colonel. The brigade commander is responsible for overall readiness, operations, training, logistics, and coordinating with higher headquarters such as the division. In standard Army structure, that billet is filled by a Colonel (or, in some cases, a Brigadier General). Here, Colonel Gorgus is identified as the officer holding that command billet, which is why this is the best answer. The other colonels listed are senior officers who could command different units or serve in other roles, but they are not the one designated to lead the brigade in this scenario.

9. What is the purpose of the NCO Support Channel?

- A. To handle pay processing
- B. To provide a direct route for Soldiers to voice concerns and receive guidance and support**
- C. To distribute ceremonial duties
- D. To evaluate physical fitness tests

The NCO Support Channel is a direct line for Soldiers to connect with their NCOs to voice concerns and receive guidance and support. It exists to help Soldiers address issues that affect welfare, readiness, and professional development, by providing a trusted avenue to seek help, ask questions, and get resources or solutions from experienced NCOs. This strengthens trust and keeps problems from festering as Soldiers have a clear path to mentorship and assistance. Other options don't fit because pay processing is handled by Finance, ceremonial duties are managed through unit administration or protocol, and evaluating physical fitness tests is done by the appropriate testing officials or procedures, not through the NCO Support Channel.

10. Which of the following is NOT one of the phase-up slip requirements?

- A. 21 days present
- B. pass height and weight
- C. pass APFT
- D. pass AFT

Phase-up slips focus on administrative readiness and ensuring basic standards are met before moving to the next phase. The requirements shown—being present for a minimum period, meeting height and weight standards, and passing the AFT—are the gates used for this process. The APFT, while a fitness test, is not part of the phase-up slip criteria in this context, which is why that option is the NOT-required item. This distinction helps units separate ongoing fitness testing from the administrative gating to advance to the next phase.

SAMPLE

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!

SAMPLE