

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Who is the SHARP speaker?

- A. Miss Sara Kim
- B. Miss Amanda Lee
- C. Miss Shauna Baker
- D. Miss Emily Carter

2. Which of the following is NOT a Conditioning Drill 1 exercise?

- A. Jumping Jacks
- B. Power Jump
- C. V-Up
- D. Mountain Climber

3. Which option correctly states the Second General Order (reordered for testing)?

- A. I will guard everything within the limits of my post and quit my post only when properly relieved.
- B. I will obey my special orders and perform all of my duties in a military manner.
- C. I will report violations of my special orders, emergencies, and anything not covered in my instructions to the commander of the relief.
- D. I will salute all officers and colors not cased.

4. Who assigns the student 1SG shift?

- A. Incoming student 1SG
- B. CADRE with input from outgoing student 1SG
- C. Company Commander
- D. Platoon Sergeant

5. Can Phase 5 soldiers have energy drinks?

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

- 6. How many exercises are in Conditioning Drill 2?**
- A. 4
 - B. 7
 - C. 5
 - D. 6
- 7. What is the primary focus of Professional Growth Counseling?**
- A. Counseling focused on long-term professional development, education, and career progression.
 - B. Short-term performance feedback.
 - C. Personal life balance counseling.
 - D. Administrative record-keeping.
- 8. Which statement best describes the aim of AR 350-1 regarding training and leader development?**
- A. To reduce training time by half
 - B. To centralize training under civilian contractors
 - C. To regulate deployment cycles
 - D. To ensure trained and ready forces through structured training and leader development
- 9. Which option is a complete listing of floor lead responsibilities?**
- A. Cleaning rosters, representing the floor, spot checking cleanliness
 - B. Maintaining door name tapes and barracks roster
 - C. Cleaning rosters, representing the floor, spot checking cleanliness, providing AG guidance, maintaining door name tapes and barracks roster, maintaining cleaning supplies
 - D. Scheduling leave for soldiers
- 10. 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.

Answers

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

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Explanations

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1. Who is the SHARP speaker?

- A. Miss Sara Kim
- B. Miss Amanda Lee
- C. Miss Shauna Baker**
- D. Miss Emily Carter

SHARP training is led by the designated speaker who presents the program, including reporting options, available resources, and how to get help. In this scenario, the person identified as the SHARP speaker is Shauna Baker, because she is described as the one assigned to deliver the SHARP briefing and handle related questions. The other names are not described as the SHARP speaker, so they aren't the person responsible for presenting SHARP information in this context.

2. Which of the following is NOT a Conditioning Drill 1 exercise?

- A. Jumping Jacks
- B. Power Jump**
- C. V-Up
- D. Mountain Climber

Conditioning Drill 1 uses foundational, lower-to-moderate intensity movements that build endurance and overall stability with simple, repeatable patterns. Jumping jacks fit this role as a full-body cardio move that elevates heart rate without heavy loads. V-Ups train the core within a controlled, rhythmic movement that can be sustained in a drill, and mountain climbers combine cardio with core engagement in a steady tempo. Power Jump, however, is a plyometric, explosive jump designed to develop power and require higher impact and intensity, typically placed in more advanced conditioning or specific power-focused segments. Because of its greater intensity and load, it does not belong in Conditioning Drill 1.

3. Which option correctly states the Second General Order (reordered for testing)?

- A. I will guard everything within the limits of my post and quit my post only when properly relieved.
- B. I will obey my special orders and perform all of my duties in a military manner.**
- C. I will report violations of my special orders, emergencies, and anything not covered in my instructions to the commander of the relief.
- D. I will salute all officers and colors not cased.

The second general order centers on obedience to any special orders for the post and performing every duty in a military manner. This captures the expectation that a sentry follows the unique instructions given for that assignment and carries out duties with discipline, professionalism, and proper bearing. Special orders tailor what you do at that moment and context, while a military manner means acting promptly, precisely, and in accordance with established standards—no improvisation or laxness. The other statements pertain to different general orders: guarding the post and leaving only when relieved belongs to the first general order; reporting violations or emergencies not covered in instructions to the relief commander belongs to the third general order; saluting officers and colors not cased belongs to the fourth general order.

4. Who assigns the student 1SG shift?

- A. Incoming student 1SG
- B. CADRE with input from outgoing student 1SG**
- C. Company Commander
- D. Platoon Sergeant

The cadre assigns the student 1SG shift, using input from the outgoing student 1SG. The cadre oversees the rotation schedule and has the broader view of training goals, curriculum pacing, and the requirements for leadership roles. The outgoing student 1SG provides firsthand feedback on performance, readiness, and what the next shift needs, which helps ensure the assignment supports continuity and development. While the incoming student 1SG can be a factor in perceptions of fit, and the Company Commander or platoon sergeant may have advisory roles, the formal decision rests with the cadre with the outgoing leader's input.

5. 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.

6. How many exercises are in Conditioning Drill 2?

- A. 4
- B. 7
- C. 5**
- D. 6

Conditioning drills follow a fixed sequence with a set number of exercises defined on the drill card. The correct choice lines up with that predefined length, so it reflects exactly how Conditioning Drill 2 is structured. This fixed count helps you pace the session and ensures you complete the entire routine as designed. The other counts would not match the drill card's prescribed sequence, so they don't reflect Conditioning Drill 2. To study, memorize the total number of exercises and practice reciting the sequence so you can verify it against the drill card during training.

7. What is the primary focus of Professional Growth Counseling?

- A. Counseling focused on long-term professional development, education, and career progression.
- B. Short-term performance feedback.
- C. Personal life balance counseling.
- D. Administrative record-keeping.

Professional Growth Counseling centers on a Soldier's long-range development, guiding education, training, and assignment choices to build the experience and credentials needed for higher responsibility. It helps set achievable career goals and maps out a path—courses, schools, certifications, and positions—to reach them over time in alignment with the Army's needs. This focus sets it apart from short-term performance feedback, which deals with immediate duties and corrections; personal life balance counseling, which addresses welfare and life considerations; and administrative record-keeping, which is about documenting performance rather than guiding future growth.

8. Which statement best describes the aim of AR 350-1 regarding training and leader development?

- A. To reduce training time by half
- B. To centralize training under civilian contractors
- C. To regulate deployment cycles
- D. To ensure trained and ready forces through structured training and leader development

The main idea here is that the Army's training policy aims to produce forces that are ready for their missions by building capability through a deliberate, organized approach to training and developing leaders. AR 350-1 provides the standards, responsibilities, and methods for how training is planned, executed, evaluated, and linked to leader development at all levels. By structuring training and investing in the growth of leaders—from initial entry training through professional development and key assignments—the Army ensures individuals, teams, and units reach a consistent level of proficiency and readiness. The other options don't fit this aim because they describe actions or goals that AR 350-1 does not advocate: shortening training time, outsourcing to civilian contractors, or regulating deployment cycles. The regulation emphasizes ongoing, structured training and leader development to keep forces trained and ready for their missions.

9. Which option is a complete listing of floor lead responsibilities?

- A. Cleaning rosters, representing the floor, spot checking cleanliness
- B. Maintaining door name tapes and barracks roster
- C. Cleaning rosters, representing the floor, spot checking cleanliness, providing AG guidance, maintaining door name tapes and barracks roster, maintaining cleaning supplies**
- D. Scheduling leave for soldiers

Floor lead responsibilities span both keeping the living area clean and managing the administrative tasks that keep the floor organized. This means not only supervising cleaning rosters and performing spot checks to ensure standards are met, but also representing the floor in matters that affect the group, and guiding soldiers on administrative issues as needed. It also includes practical, ongoing duties like maintaining door name tapes and the barracks roster, and keeping cleaning supplies stocked so that work can be done without interruptions. This combination of hands-on, housekeeping duties and administrative responsibilities ensures the floor operates smoothly, maintains proper standards, and supports discipline and readiness. Options that omit any of these elements don't capture the full scope. Focusing only on cleaning tasks neglects the administrative and supply aspects, while leaving out representation or guidance, and scheduling leave is outside the floor lead's typical scope.

10. 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.

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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