

# FM 7-22 Holistic Health and Fitness (H2F) 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. Which statement describes the H2F GOAL?**
  - A. To build physical lethality and mental toughness to win quickly and return home healthy.**
  - B. To reduce training time by half.**
  - C. To emphasize nutrition over physical training.**
  - D. To rely solely on external trainers.**
  
- 2. Which of the following is NOT one of the five critical categories of the H24 System?**
  - A. Governance**
  - B. Program**
  - C. Performance**
  - D. Equipment and Facilities**
  
- 3. Proper Sleep sustains which of the following?**
  - A. Brain function**
  - B. Immune system**
  - C. Recovery after physical activity**
  - D. All of the above**
  
- 4. The SPRC space is open all day to accommodate which activities?**
  - A. Physical and nonphysical training, readiness education, and performance coaching**
  - B. Only administrative tasks**
  - C. Medical treatment and evacuation**
  - D. Equipment maintenance and storage**
  
- 5. What is Holistic Health and Fitness in the Army?**
  - A. A medical treatment program**
  - B. A dietary supplement plan**
  - C. An athletic competition framework**
  - D. The Army's Soldier readiness system for physical and nonphysical training**

- 6. Which domain addresses rest and recovery as part of readiness?**
- A. Sleep readiness**
  - B. Mental readiness**
  - C. Physical readiness**
  - D. Nutritional readiness**
- 7. What is the primary objective of the Holistic Health and Fitness readiness system?**
- A. Develop and sustain unit readiness across METL, Soldier duties, and multi-domain operations**
  - B. Improve only physical fitness test scores**
  - C. Reduce military healthcare costs without training changes**
  - D. Standardize dietary guidelines for all soldiers**
- 8. Which of the following is NOT one of the five enduring elements of the Holistic Health and Fitness readiness system?**
- A. Wellness Coaching**
  - B. Governance**
  - C. Equipment and Facilities**
  - D. Leadership Education**
- 9. FM 7-22 emphasizes readiness to fight and win in which operational context?**
- A. Multi-domain operations that occur without notice.**
  - B. Traditional single-domain operations.**
  - C. Only defensive operations.**
  - D. Only offensive pre-planned missions.**
- 10. Governance at senior leader levels ensures what?**
- A. Consistent adoption, application and compliance**
  - B. Faster deployment of units**
  - C. Increased property**
  - D. Expanded training budgets**

## Answers

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

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## **Explanations**

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**1. Which statement describes the H2F GOAL?**

- A. To build physical lethality and mental toughness to win quickly and return home healthy.**
- B. To reduce training time by half.**
- C. To emphasize nutrition over physical training.**
- D. To rely solely on external trainers.**

The goal of H2F is to develop both physical readiness and mental resilience so a Soldier can perform decisively in combat and still return home healthy. This framing captures how H2F integrates strength, endurance, skill, and recovery with cognitive and emotional toughness to maximize performance and minimize injury, rather than chasing shortcuts or focusing on a single aspect. That's why approaches like cutting training time in half miss the point—readiness comes from quality, not speed. It's not about prioritizing nutrition over training, either; nutrition supports performance, but it's part of an integrated plan with physical training, sleep, recovery, and mental resilience. It's also not about relying solely on external trainers; the program emphasizes applying an integrated, unit-based approach that centers on the Soldier and leadership within the force.

**2. Which of the following is NOT one of the five critical categories of the H24 System?**

- A. Governance**
- B. Program**
- C. Performance**
- D. Equipment and Facilities**

The system is organized around five domains that define how holistic health and performance support is provided: governance, the program, the people using and delivering the system, and the physical resources (equipment and facilities), with data/information serving to inform decisions across those areas. Performance, on the other hand, is an outcome or metric you assess to see how well the system is functioning within those domains. It's not a separate domain you manage as part of the framework. Therefore, performance is not one of the five critical categories.

**3. Proper Sleep sustains which of the following?**

- A. Brain function**
- B. Immune system**
- C. Recovery after physical activity**
- D. All of the above**

Proper sleep sustains brain function, immune defenses, and recovery after physical activity. When you sleep well, your brain can consolidate memories, regulate mood, and maintain attention and decision-making abilities; insufficient sleep impairs these cognitive safeguards and slows reaction time. Sleep also supports the immune system—cytokine production and immune cell activity ramp up during rest, and adequate sleep helps vaccines work better and infections be fought off more effectively. For recovery from exercise, sleep is when repair and rebuilding occur: growth hormone release peaks, protein synthesis rises, glycogen stores are replenished, and inflammation is reduced, helping you recover faster and perform better next time. Because sleep benefits all three areas, choosing the option that includes all of them is the best fit.

**4. The SPRC space is open all day to accommodate which activities?**

- A. Physical and nonphysical training, readiness education, and performance coaching**
- B. Only administrative tasks**
- C. Medical treatment and evacuation**
- D. Equipment maintenance and storage**

The space is meant to be a flexible hub that supports the full range of soldier readiness activities, so it's open all day to accommodate both physical and nonphysical training, plus readiness education and performance coaching. This reflects the holistic approach of H2F, where training isn't just about physical workouts but also about nutrition, sleep and recovery, mental skills, and coaching to optimize performance. You can use the space for workouts, movement screening, recovery work, nutrition counseling, and one-on-one or small-group coaching to improve performance. Other options don't fit because administrative tasks, medical treatment and evacuation, or equipment maintenance and storage belong in separate facilities or spaces designed for their specific purposes, not in the SPRC. The SPRC's purpose is to enable ongoing access to training, education, and coaching throughout the day.

**5. What is Holistic Health and Fitness in the Army?**

- A. A medical treatment program**
- B. A dietary supplement plan**
- C. An athletic competition framework**
- D. The Army's Soldier readiness system for physical and nonphysical training**

Holistic Health and Fitness is about readiness across all aspects of a Soldier's health and performance. In the Army, it's implemented as an integrated system that combines physical training with nonphysical factors to keep Soldiers ready for demanding tasks. This means coordinating strength and conditioning with proper nutrition, adequate sleep, mental resilience, recovery practices, and medical support. The idea is that performance comes from more than exercise alone; balanced sleep, fueling, stress management, and timely medical care are essential to sustained readiness. It's not a medical treatment program, not a dietary supplement plan, and not a competition framework—it's a comprehensive readiness framework that brings together physical and nonphysical training to optimize the Soldier's overall capability.

**6. Which domain addresses rest and recovery as part of readiness?**

- A. Sleep readiness**
- B. Mental readiness**
- C. Physical readiness**
- D. Nutritional readiness**

Rest and recovery influence how prepared we are cognitively and emotionally. Mental readiness covers how fatigue, stress, and the process of recovering after demanding tasks affect decision-making, focus, resilience, and overall performance. It includes strategies to restore mental energy, cope with stress, and maintain motivation so that you're ready to train or perform again. The other domains focus more narrowly: sleep readiness centers on sleep itself, physical readiness on physical capacity and fitness, and nutritional readiness on fueling and hydration. Therefore, rest and recovery as part of readiness are best addressed by mental readiness.

**7. What is the primary objective of the Holistic Health and Fitness readiness system?**

- A. Develop and sustain unit readiness across METL, Soldier duties, and multi-domain operations**
- B. Improve only physical fitness test scores**
- C. Reduce military healthcare costs without training changes**
- D. Standardize dietary guidelines for all soldiers**

The main idea behind the Holistic Health and Fitness readiness system is to build and sustain unit readiness across the full range of mission demands—METL tasks, Soldier duties, and multi-domain operations—by integrating physical conditioning with recovery, nutrition, sleep, mental resilience, and injury prevention. This system views readiness as a holistic capability: soldiers must be physically capable, mentally prepared, and physiologically prepared to perform complex tasks under stress, in diverse environments, and across evolving threats. That makes it broader than just improving physical fitness test scores; those scores are a metric, not the sole objective. It's also not primarily about cutting healthcare costs without changing training, or about standardizing dietary guidelines alone. The objective focuses on ensuring the unit can consistently perform essential tasks and missions by optimizing the overall readiness of soldiers and teams.

**8. Which of the following is NOT one of the five enduring elements of the Holistic Health and Fitness readiness system?**

- A. Wellness Coaching**
- B. Governance**
- C. Equipment and Facilities**
- D. Leadership Education**

The question tests understanding of what the H2F readiness system stabilizes on. The five enduring elements are the stable, organizational pillars that keep the system functioning over time—things like governance to provide oversight and policy, equipment and facilities to ensure the right resources and space, and leadership education to develop capable leaders who can implement and sustain H2F. Wellness coaching, while important for guiding individuals toward healthier choices, is an activity or service within the system rather than one of these foundational pillars. It supports readiness but is not counted as one of the enduring elements itself. So wellness coaching is not one of the five enduring elements.

**9. FM 7-22 emphasizes readiness to fight and win in which operational context?**

- A. Multi-domain operations that occur without notice.**
- B. Traditional single-domain operations.**
- C. Only defensive operations.**
- D. Only offensive pre-planned missions.**

The idea being tested is readiness to fight and win in multi-domain operations that can occur with little to no warning. FM 7-22 emphasizes preparing to operate across land, air, sea, space, cyber, and information domains in a highly integrated way, under rapidly evolving and uncertain conditions. This requires constant, holistic readiness—physical, mental, and emotional—so soldiers can act decisively in complex, cross-domain environments without waiting for a clearly defined, single-domain mission. That's why the best choice describes multi-domain operations that happen without notice. Narrow options focusing on a single domain, or limited scopes like only defensive or only pre-planned offensive missions, don't capture the modern battlefield's complexity, speed, and the need for cross-domain coordination.

**10. Governance at senior leader levels ensures what?**

- A. Consistent adoption, application and compliance**
- B. Faster deployment of units**
- C. Increased property**
- D. Expanded training budgets**

Governance at senior leader levels establishes direction, standards, and accountability to ensure program integrity across the force. By setting policy, defining expected practices, and implementing oversight, governance ensures that what is learned or mandated is adopted consistently, applied correctly in every unit, and monitored for compliance with safety, regulatory, and doctrinal requirements. When governance is strong, there's less variation in how programs are implemented, which supports reliability and readiness. Faster deployment, more property, or bigger training budgets are outcomes tied to different functions; governance's primary role is the uniform adoption, proper application, and ongoing compliance of programs across the organization.

# 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](mailto:hello@examzify.com).**

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

**<https://fm722h2f.examzify.com>**

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

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