

# 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. Who is responsible for training to regulatory and doctrinal standards in the H2F program?**
  - A. Coaches**
  - B. Soldiers**
  - C. Commanders and other leaders**
  - D. Medical staff**
  
- 2. On which form is the Individual Sick Slip written?**
  - A. DD Form 359**
  - B. SF 600**
  - C. DD Form 689**
  - D. DA Form 3349**
  
- 3. How long does the initial phase last?**
  - A. 12 weeks**
  - B. From accession to FUA and builds foundational and fundamental skills.**
  - C. Until completion of the IMT**
  - D. Between recruiting station and IMT completion**
  
- 4. Which option is NOT included in the governance structure for H2F?**
  - A. An Army H2F Steering Committee**
  - B. An Army H2F Logistics Directorate**
  - C. An Army H2F Capability Development Integration Directorate**
  - D. An Army H2F Program Manager**
  
- 5. What does the Holistic Health and Fitness System describe?**
  - A. The Army's Soldier readiness system for physical and nonphysical training.**
  - B. A medical evaluation program only.**
  - C. A nutrition-focused initiative with no training.**
  - D. A safety compliance standard.**

- 6. Which option lists exactly the five domains of the Holistic Health and Fitness System?**
- A. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Sleep readiness**
  - B. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Social readiness**
  - C. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Hormonal readiness**
  - D. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Light readiness**
- 7. Which factor is promoted to improve sleep readiness?**
- A. Sleep environment**
  - B. Uniform color**
  - C. Carb loading**
  - D. Loud environments**
- 8. Which is a critical information requirement answered by the H2F surveillance system?**
- A. What forces do I have**
  - B. What is my deployment schedule**
  - C. What is the weather forecast**
  - D. What is my unit insignia**
- 9. Inspection data helps commanders determine which aspect?**
- A. Real-time knowledge of the unit's program and readiness status**
  - B. Long-term personnel recruitment trends**
  - C. Historical equipment failures**
  - D. Future budget projections**
- 10. In the Holistic Health and Fitness System, governance is defined as?**
- A. The command and control, regulations, policies, evaluation and resourcing provided by DA H2F leadership.**
  - B. The training schedule for physical readiness.**
  - C. The nutrition plan.**
  - D. The equipment maintenance policy.**

## Answers

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

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## **Explanations**

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**1. Who is responsible for training to regulatory and doctrinal standards in the H2F program?**

- A. Coaches**
- B. Soldiers**
- C. Commanders and other leaders**
- D. Medical staff**

Commanders and other leaders are responsible for training to regulatory and doctrinal standards in the H2F program. They own the unit's readiness and must ensure that every aspect of the program aligns with Army regulations and H2F doctrine. By setting priorities, providing resources, and supervising implementation, they guarantee that the training plan is compliant, safe, and effective. Coaches, soldiers, and medical staff play critical roles in delivering and executing the program, but the ultimate accountability for meeting regulatory and doctrinal requirements rests with the leaders who command and oversee the unit.

**2. On which form is the Individual Sick Slip written?**

- A. DD Form 359**
- B. SF 600**
- C. DD Form 689**
- D. DA Form 3349**

When a service member needs to be excused from duty due to illness, the form used is the one specifically titled to document that situation: DD Form 689, the Individual Sick Slip. This form is the standard, dedicated document for recording an illness-related absence for an individual, including basic details like the person's information, date, and duration of the absence, with any required medical confirmation. Other forms serve different purposes: SF 600 is the ongoing medical record of care, DA Form 3349 is a physical profile outlining duty limitations, and the remaining forms are used for other administrative or medical record needs. So the form for an Individual Sick Slip is DD Form 689.

**3. How long does the initial phase last?**

- A. 12 weeks**
- B. From accession to FUA and builds foundational and fundamental skills.**
- C. Until completion of the IMT**
- D. Between recruiting station and IMT completion**

The initial phase is defined by its timing and purpose: it runs from when a Soldier enters the program (accession) up to reaching the FUA milestone, and its focus is to build foundational and fundamental skills in fitness, movement, and readiness. This period establishes movement efficiency, injury prevention habits, and basic conditioning so they're prepared for more advanced training. It isn't a fixed calendar window like twelve weeks, nor does it extend through the entire IMT or the whole recruit-to-IMT timeline. Ending at the FUA milestone best reflects how this phase is structured: start with entry into the program and finish once those core base skills are in place.

**4. Which option is NOT included in the governance structure for H2F?**

- A. An Army H2F Steering Committee**
- B. An Army H2F Logistics Directorate**
- C. An Army H2F Capability Development Integration Directorate**
- D. An Army H2F Program Manager**

In H2F, governance is organized around leadership oversight, capability development, and program management rather than day-to-day support functions. The Steering Committee provides the executive oversight and high-level decision rights for the program. The Capability Development Integration Directorate ensures requirements are translated into actual capabilities and coordinated across relevant Army stakeholders. The Program Manager leads the overall execution of the H2F program, including planning, resourcing, and risk management. A Logistics Directorate, while important for sustaining operations, is a functional support area and not a governance body. Therefore that option is not part of the H2F governance structure.

**5. What does the Holistic Health and Fitness System describe?**

- A. The Army's Soldier readiness system for physical and nonphysical training.**
- B. A medical evaluation program only.**
- C. A nutrition-focused initiative with no training.**
- D. A safety compliance standard.**

H2F describes the Army's Soldier readiness system that integrates physical training with nonphysical elements to improve overall readiness and performance. It treats performance as a whole, incorporating nutrition, sleep, recovery, mental resilience, and injury prevention alongside traditional fitness work. It isn't limited to medical evaluations, nor solely nutrition or a safety standard, which is why this description best fits what the Holistic Health and Fitness System is aiming to achieve.

**6. Which option lists exactly the five domains of the Holistic Health and Fitness System?**

- A. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Sleep readiness**
- B. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Social readiness**
- C. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Hormonal readiness**
- D. Physical readiness, Nutritional readiness, Spiritual readiness, Mental readiness, Light readiness**

The five domains of the Holistic Health and Fitness System are physical readiness, nutritional readiness, sleep readiness, mental readiness, and spiritual readiness. This set is used because H2F defines readiness as a multidimensional construct, with each domain addressing a distinct aspect that affects overall performance and health. The correct option lists exactly these five areas: physical readiness for movement and capacity, nutritional readiness for fueling and hydration, sleep readiness for quality and duration of rest, mental readiness for focus and resilience, and spiritual readiness for purpose and motivation. The other choices introduce elements not classified as official domains in the H2F framework—such as social readiness, hormonal readiness, or light readiness—so they don't match the canonical five domains.

**7. Which factor is promoted to improve sleep readiness?**

- A. Sleep environment**
- B. Uniform color**
- C. Carb loading**
- D. Loud environments**

A conducive sleep environment best promotes sleep readiness. Creating a dark, quiet, cool room with a comfortable bed helps reduce arousal and signals to the body that it's time to sleep, making it easier to fall asleep and stay asleep. The other options don't support readiness: uniform color isn't a proven sleep cue, carb loading affects daytime energy and metabolism rather than initiating sleep, and loud environments increase arousal and disrupt sleep.

**8. Which is a critical information requirement answered by the H2F surveillance system?**

- A. What forces do I have**
- B. What is my deployment schedule**
- C. What is the weather forecast**
- D. What is my unit insignia**

Understanding force availability and readiness is essential for planning and mission success. The H2F surveillance system compiles health and readiness data for Soldiers and units, giving leaders a real-time picture of who is fit for duty, who needs care or conditioning, and how readiness is trending. This lets commanders allocate personnel, schedule preventive interventions, and prioritize resources to preserve combat capability. Deployment schedules, weather forecasts, and insignia may affect operations, but they are not the information focus of the H2F surveillance system.

**9. Inspection data helps commanders determine which aspect?**

- A. Real-time knowledge of the unit's program and readiness status**
- B. Long-term personnel recruitment trends**
- C. Historical equipment failures**
- D. Future budget projections**

Inspection data provide a real-time read on how the unit's program is being executed and what its current readiness looks like. This snapshot shows whether training milestones are being met, if personnel and equipment are available, and where gaps or risks could impact readiness. With that timely picture, commanders can adjust training schedules, reallocate resources, or take corrective actions to keep the unit on track. Long-term recruitment trends, historical equipment failures, and future budget projections come from other data streams, not this immediate readiness snapshot.

**10. In the Holistic Health and Fitness System, governance is defined as?**

- A. The command and control, regulations, policies, evaluation and resourcing provided by DA H2F leadership.**
- B. The training schedule for physical readiness.**
- C. The nutrition plan.**
- D. The equipment maintenance policy.**

Governance is the leadership-driven framework that provides the authority, direction, and resources to run the Holistic Health and Fitness System. In this context it includes the command and control, regulations, policies, evaluation processes, and the allocation of resources managed by DA H2F leadership. This sets the standards and oversight across the program so everything else operates effectively. The other options describe specific program components—like the training schedule, the nutrition plan, or the equipment maintenance policy—rather than the overarching structure and authority that governs the system.

## 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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