

FM 7-22 HOLISTIC HEALTH AND FITNESS (H2F) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. The five critical elements are driven by which three principles?**
 - A. They are driven by efficiency, speed, and discipline.
 - B. They are static and unchanging.
 - C. They are driven by optimization, individualization, and immersion.
 - D. They are unrelated to H2F.
- 2. What are the non-physical domains of H24?**
 - A. Nutritional readiness; Spiritual readiness; Mental readiness; Sleep readiness
 - B. Nutritional readiness; Spiritual readiness
 - C. Spiritual readiness; Mental readiness; Sleep readiness
 - D. Nutritional readiness; Mental readiness
- 3. The sustaining phase aims for mastery of physical and nonphysical attributes of which aspects?**
 - A. Occupational tasks only
 - B. Duty positions only
 - C. Occupational tasks, duty positions, and combat.
 - D. Combat only
- 4. Which element contributes to resilience in H2F?**
 - A. Isolation and avoidance of resources.
 - B. Ignoring mental health.
 - C. Social support and access to behavioral health resources.
 - D. Excessive caffeine with no rest.
- 5. What does SPRC stand for?**
 - A. Soldier Performance Readiness Center
 - B. Soldier Physical Readiness Center
 - C. Soldier Program Readiness Center
 - D. Soldier Performance Resources Center

6. What is a fundamental focus of the H2F framework?

- A. Focusing only on cardiovascular endurance.
- B. Isolating training to a single domain.
- C. Integrating physical preparation with nutrition, sleep, and mental readiness for overall performance.
- D. Prioritizing competition outcomes over recovery.

7. Why is nutrition variety significant in H2F?

- A. It has no impact on performance.
- B. It causes unnecessary weight gain.
- C. It is irrelevant to performance.
- D. It ensures all micronutrient needs are met and supports diverse training demands.

8. What is periodization in H2F training design?

- A. A systematic approach to planning training loads and recovery to maximize adaptation and prevent overtraining.
- B. Randomly varying workouts without a schedule.
- C. Focusing solely on long-duration cardio.
- D. Reducing rest to increase adaptation.

9. What best defines the 'recovery window' after a workout?

- A. A mandatory rest day with no training.
- B. A period where fueling and rest support repair and adaptation, typically within a few hours post-exercise.
- C. A period before the workout when you plan nutrition.
- D. Time spent in cooldown alone.

10. How does H2F align with Army readiness doctrine?

- A. By outsourcing all training to civilians.
- B. By integrating health, fitness, and resilience strategies to support mission-capable Soldiers.
- C. By focusing solely on endurance running.
- D. By reducing sleep to allow more training hours.

Answers

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

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Explanations

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1. The five critical elements are driven by which three principles?

- A. They are driven by efficiency, speed, and discipline.
- B. They are static and unchanging.
- C. They are driven by optimization, individualization, and immersion.**
- D. They are unrelated to H2F.

The five critical elements are guided by three principles: optimization, individualization, and immersion. Optimization means shaping programs to get the most result from every resource and minute of training—balancing training load, recovery, nutrition, and stress to raise overall readiness efficiently. Individualization recognizes that every Soldier has unique strengths, limits, and goals, so programs are tailored rather than one-size-fits-all, ensuring safe progression and meaningful improvements. Immersion places training into real-life contexts and daily routines, using realistic scenarios and consistent habits to make skills and behaviors stick. These three together keep the five elements practical and effective across diverse individuals and environments, rather than static or generic. The other options describe concepts that don't capture this adaptive, personalized, real-world approach.

2. What are the non-physical domains of H24?

- A. Nutritional readiness; Spiritual readiness; Mental readiness; Sleep readiness**
- B. Nutritional readiness; Spiritual readiness
- C. Spiritual readiness; Mental readiness; Sleep readiness
- D. Nutritional readiness; Mental readiness

Non-physical domains in H24 are readiness factors that influence performance without being the physical training itself. The four areas that make up these domains are nutritional readiness, spiritual readiness, mental readiness, and sleep readiness. Together, they cover fueling the body, purpose and beliefs, cognitive resilience and stress management, and adequate rest, all of which shape performance, recovery, and overall resilience. The other options leave out at least one of these essential areas, so they don't represent the full set of non-physical domains.

3. The sustaining phase aims for mastery of physical and nonphysical attributes of which aspects?

- A. Occupational tasks only
- B. Duty positions only
- C. Occupational tasks, duty positions, and combat.**
- D. Combat only

The sustaining phase is about maintaining mastery of both physical capabilities and nonphysical readiness across the full range of soldier responsibilities: occupational tasks, duty positions, and the demands of combat. This means continuing to develop physical attributes like strength, endurance, mobility, speed, and power, while also strengthening nonphysical attributes such as mental resilience, decision-making under pressure, teamwork and communication, sleep discipline, nutrition, and stress management. When these aspects are integrated, a soldier can consistently perform required tasks, fulfill their role within a unit, and respond effectively in combat. Limiting focus to only one area—tasks, positions, or combat—misses other essential components of readiness and wouldn't prepare someone to perform across all contexts.

4. Which element contributes to resilience in H2F?

- A. Isolation and avoidance of resources.
- B. Ignoring mental health.
- C. Social support and access to behavioral health resources.**
- D. Excessive caffeine with no rest.

Resilience in H2F comes from having strong social connections and ready access to behavioral health resources. When soldiers have dependable peers, leaders, family, and unit support, they can share coping strategies, receive encouragement, and get practical help during stress. This social network reduces isolation, helps maintain motivation, and speeds recovery after demanding events, keeping performance stable under pressure. Access to behavioral health resources adds professional support, offering evidence-based tools for sleep, stress management, and coping skills. Easy, stigma-free access means no delays in getting help, which prevents problems from escalating and keeps resilience intact over time. Together, these elements create a framework that helps individuals adapt to stress, recover quickly, and stay mission-ready. Choosing isolation and avoidance cuts off those protective networks, undermining resilience. Ignoring mental health and relying on stimulants like caffeine without adequate rest disrupt recovery and can increase risk of burnout. These dynamics hinder the ability to cope with stress and perform consistently. So, social support and access to behavioral health resources best support resilience in H2F.

5. What does SPRC stand for?

- A. Soldier Performance Readiness Center**
- B. Soldier Physical Readiness Center
- C. Soldier Program Readiness Center
- D. Soldier Performance Resources Center

SPRC stands for Soldier Performance Readiness Center. The emphasis is on readiness that comes from optimizing how a Soldier performs across real-world tasks, not just building raw physical capacity. The term "Performance" conveys an integrated approach that covers movement quality, endurance, strength, task-specific skills, recovery, and the mental and cognitive aspects that affect performance under stress. A center with this focus acts as a hub for assessments, training, and recovery strategies—data-driven and tailored to individual soldiers—so they stay ready for whatever missions require. Choosing "Performance" rather than "Physical" signals this broader, more holistic view of readiness. The other options would imply a narrower scope (a focus only on physical fitness), a planning/program aspect, or a resources center, none of which captures the integrated performance-readiness mission.

6. What is a fundamental focus of the H2F framework?

- A. Focusing only on cardiovascular endurance.
- B. Isolating training to a single domain.
- C. Integrating physical preparation with nutrition, sleep, and mental readiness for overall performance.**
- D. Prioritizing competition outcomes over recovery.

Performance comes from an integrated system, not from pushing one trait alone. The H2F framework centers on combining physical preparation with nutrition, sleep, and mental readiness to optimize overall performance and resilience. When training is paired with proper fueling, good sleep quality, and mental skills like focus and stress management, a person can recover faster, handle stress better, and perform consistently under demanding conditions. This holistic approach contrasts with narrowing attention to a single domain—such as only cardio or only one aspect of training—or prioritizing competition outcomes over recovery, which can undermine long-term readiness.

7. Why is nutrition variety significant in H2F?

- A. It has no impact on performance.
- B. It causes unnecessary weight gain.
- C. It is irrelevant to performance.**
- D. It ensures all micronutrient needs are met and supports diverse training demands.

Diversity in nutrition matters because meeting a wide range of micronutrients and fueling different training demands underpins performance and recovery. A varied diet provides the vitamins, minerals, and phytochemicals that act as cofactors in energy production, oxygen transport, immune function, and tissue repair. Different workouts stress different systems, so you need a mix of carbohydrates for fuel, protein for muscle repair and adaptation, fats for essential fatty acids and sustained energy, and plenty of micronutrients to support metabolic processes and recovery. A varied intake also reduces the risk of gaps in nutrients, supports gut health and appetite regulation, and helps you stay consistent with your fueling plan. In the context of H2F, that broader approach to nutrition aligns with training diversity and long-term performance goals.

8. What is periodization in H2F training design?

- A. A systematic approach to planning training loads and recovery to maximize adaptation and prevent overtraining.**
- B. Randomly varying workouts without a schedule.
- C. Focusing solely on long-duration cardio.
- D. Reducing rest to increase adaptation.

Periodization in H2F training design is a planned, systematic way to organize training into phases that gradually change load, intensity, and recovery to stimulate specific adaptations while avoiding overtraining. In practice you map out cycles—long-range planning (macrocycle) built from blocks (mesocycles) that each target a particular goal, with weekly sessions (microcycles) that progressively increase stress and include planned rest or deload periods. This structure lets you develop a solid base, build strength and power, and then taper to peak for a test or event, all while balancing different fitness components and recovery. The main benefit is applying overload in a controlled way, managing fatigue, and reducing injury risk and stagnation. Randomly varying workouts, focusing only on long cardio, or constantly reducing rest don't provide the disciplined progression and planned recovery needed for sustained gains and optimal performance.

9. What best defines the 'recovery window' after a workout?

- A. A mandatory rest day with no training.
- B. A period where fueling and rest support repair and adaptation, typically within a few hours post-exercise.**
- C. A period before the workout when you plan nutrition.
- D. Time spent in cooldown alone.

After a workout, your muscles begin repair and growth, and your energy stores need replenishing. The recovery window is that post-exercise period when fueling and rest can most effectively support repair and adaptation. During this time, consuming protein provides amino acids for muscle-protein synthesis, carbohydrates restore glycogen, and fluids rehydrate. This supports stronger adaptations and faster recovery, especially when nutrients are timed in the hours after training. It's not about an entire rest day, nor is it a pre-workout planning phase or just the cooldown moment. So the best description is a period after exercise where fueling and rest promote repair and adaptation, typically within a few hours.

10. How does H2F align with Army readiness doctrine?

- A. By outsourcing all training to civilians.
- B. By integrating health, fitness, and resilience strategies to support mission-capable Soldiers.**
- C. By focusing solely on endurance running.
- D. By reducing sleep to allow more training hours.

H2F aligns with Army readiness doctrine by treating Soldier health and performance as an integrated system that directly supports mission capability. It combines physical training with nutrition, sleep, recovery, mental resilience, and injury prevention so Soldiers are prepared for real-world tasks, not just a single fitness measure. Readiness doctrine focuses on a unit's ability to execute missions under all conditions, and H2F provides a proactive, evidence-based framework to keep Soldiers ready, reduce injuries, and sustain high performance over time. Outsourcing training to civilians would undermine internal readiness and consistency. Focusing only on endurance or sacrificing sleep runs counter to a holistic approach that emphasizes recovery and multi-domain readiness.

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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://fm722h2f.examzify.com>

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

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