

# Phase Up Guide Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

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

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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. For female soldiers, nail length must not extend beyond how far from the finger?**
  - A. 1/2 inch**
  - B. 3/8 inch**
  - C. 1/4 inch from the finger**
  - D. 1/8 inch**
  
- 2. The Army's Birthday is celebrated on which date?**
  - A. June 14th, 1775**
  - B. January 1st, 1776**
  - C. June 14th, 1776**
  - D. December 13th, 1780**
  
- 3. Must the Laundry Rooms and Day Rooms be swept/mopped daily?**
  - A. Yes, and free of trash**
  - B. No, only weekly**
  - C. Yes, but trash may be left**
  - D. No, never**
  
- 4. Are civilian water sources authorized?**
  - A. Not allowed for any phase**
  - B. Only for Phase V**
  - C. Allowed for all phases**
  - D. Only for Phase VI+**
  
- 5. What is the maximum bulk allowed for a female soldier's hair?**
  - A. 2 inches**
  - B. 1 inch**
  - C. 3 inches**
  - D. 4 inches**

- 6. If vapes are found unsecured, what likely happens?**
- A. They are ignored**
  - B. The wall locker is inspected**
  - C. It will be turned into CID Office**
  - D. The item is confiscated with no further action**
- 7. What is DA Form 4986?**
- A. Equipment Log**
  - B. Inventory Sheet**
  - C. High-Value Item List**
  - D. High-Value Item Record**
- 8. What is the only authorized color of nail polish that male soldiers may wear?**
- A. Black**
  - B. Red**
  - C. Clear**
  - D. Blue**
- 9. Which of the following are the types of Article 15s?**
- A. Company grade, field grade, and summarized**
  - B. Administrative action**
  - C. Non-judicial actions**
  - D. Summary courts-martial**
- 10. Which nail polish is authorized for female soldiers?**
- A. Solid colors that aren't extreme**
  - B. Glittery metallics**
  - C. Pastels only**
  - D. French manicure**

## Answers

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

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## **Explanations**

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**1. For female soldiers, nail length must not extend beyond how far from the finger?**

- A. 1/2 inch**
- B. 3/8 inch**
- C. 1/4 inch from the finger**
- D. 1/8 inch**

Grooming standards emphasize safety and practicality in daily duties. Keeping nails very short helps prevent snagging on gear, gloves, or weapon components and reduces the chance of accidental scratches during hands-on tasks or patient care. The limit used here is that nails must not extend beyond the fingertip by more than 1/8 inch. This tiny allowance keeps nails neat while minimizing interference with duties and equipment. Nails longer would be more prone to snagging, compromising safety and performance, which is why the 1/8 inch rule is used.

**2. The Army's Birthday is celebrated on which date?**

- A. June 14th, 1775**
- B. January 1st, 1776**
- C. June 14th, 1776**
- D. December 13th, 1780**

The Army's Birthday honors the founding of the Continental Army in the Revolutionary War. On June 14, 1775, the Continental Congress authorized raising the Continental Army and appointed George Washington as its Commander-in-Chief, establishing the professional military force that would become the U.S. Army. This date is celebrated to mark the birth of that unified fighting force. The other dates don't correspond to the army's founding.

**3. Must the Laundry Rooms and Day Rooms be swept/mopped daily?**

- A. Yes, and free of trash**
- B. No, only weekly**
- C. Yes, but trash may be left**
- D. No, never**

Keeping Laundry Rooms and Day Rooms clean daily is about safety and hygiene in spaces that see frequent use. These areas can accumulate lint, spills, dust, and trash quickly, so sweeping helps remove debris and dry spills, while mopping takes care of wet residues and keeps floors sanitary and less slippery. It also helps control odors and pests, and it presents a welcoming environment for everyone who uses the rooms. If trash is left behind or cleaning is only done weekly, buildup happens, creating slip hazards and unsanitary conditions. The best option reflects the standard practice: daily sweeping and mopping with the area kept free of trash.

#### 4. Are civilian water sources authorized?

- A. Not allowed for any phase
- B. Only for Phase V
- C. Allowed for all phases
- D. Only for Phase VI+**

Access to civilian water sources is restricted until the area is stabilized and secure enough to manage risks. In Phase VI+, conditions are considered safe enough to coordinate with local authorities, test water quality, and ensure proper treatment and governance, reducing the chance of contamination, harm, or disruption to operations. Earlier phases involve ongoing security concerns and infrastructure damage, so relying on civilian sources would be unsafe and inappropriate. Therefore, civilian water sources are authorized only for Phase VI+.

#### 5. What is the maximum bulk allowed for a female soldier's hair?

- A. 2 inches**
- B. 1 inch
- C. 3 inches
- D. 4 inches

The limit on hair bulk is set to keep a neat, professional appearance while ensuring headgear and protective equipment fit properly. For female soldiers, the bulk of the hair must not exceed two inches, so hairstyles stay compact enough to sit cleanly under helmets, gas masks, and other gear, and to maintain a uniform silhouette. If hair were any bulkier, it could interfere with equipment fit or snag on gear, which raises safety concerns. A smaller limit like one inch would be unnecessarily restrictive, while larger options such as three or four inches would create practical and safety issues.

#### 6. If vapes are found unsecured, what likely happens?

- A. They are ignored
- B. The wall locker is inspected
- C. It will be turned into CID Office**
- D. The item is confiscated with no further action

Escalation and proper reporting when unsecured contraband is found. In security settings, items like vapes found unsecured are treated as potential policy violations or evidence. The best action is to turn the item in to the Criminal Investigation Division so they can take custody, document the incident, identify ownership, and determine any further disciplinary or legal steps. This approach preserves chain of custody and ensures an official follow-up, rather than ignoring the item, handling it informally, or confiscating it without any formal action.

## 7. What is DA Form 4986?

- A. Equipment Log
- B. Inventory Sheet
- C. High-Value Item List
- D. High-Value Item Record**

Tracking high-value property in Army supply accountability is what this question emphasizes. DA Form 4986 is the formal record used to document each high-value item, capturing essential details such as item description, serial or model number, value, location, custodian, and transaction history. This dedicated form creates a traceable footprint for audits, loss prevention, and proper chain-of-custody, ensuring that valuable assets are precisely accounted for. General records like an Equipment Log or an Inventory Sheet cover broader tracking, but they don't provide the specific, item-by-item accountability and fields required for high-value property. A High-Value Item List is simply a compiled list, whereas the form itself serves as the official record for individual high-value items.

## 8. What is the only authorized color of nail polish that male soldiers may wear?

- A. Black
- B. Red
- C. Clear**
- D. Blue

Grooming standards require a uniform, professional appearance. For male soldiers, the only authorized nail polish is clear because it preserves a natural, non-distracting look while keeping nails clean and protected. Clear meets the intent of the policy by staying essentially invisible, so it doesn't alter the hand's appearance or draw attention. Colored options like black, red, or blue introduce noticeable color and self-expression that can violate uniform standards, making them inappropriate for male personnel.

## 9. Which of the following are the types of Article 15s?

- A. Company grade, field grade, and summarized**
- B. Administrative action
- C. Non-judicial actions
- D. Summary courts-martial

Non-judicial punishment under Article 15 is categorized by who imposes it, giving three forms: company-grade, field-grade, and summarized. A company-grade Article 15 is handled at the unit level by a company-grade officer for less serious offenses, offering a straightforward process and milder penalties. A field-grade Article 15 is handled by a field-grade officer for more serious offenses, allowing a higher level of punishment and a more formal process. A summarized Article 15 is a quick, simplified form used for minor offenses at the unit level, with fewer procedures and a more limited set of penalties. The other options don't describe forms of Article 15 punishment themselves; they refer to different administrative actions or to separate military justice processes.

**10. Which nail polish is authorized for female soldiers?**

**A. Solid colors that aren't extreme**

**B. Glittery metallics**

**C. Pastels only**

**D. French manicure**

The main idea here is maintaining a professional, uniform appearance through grooming standards. Nail polish should be conservative and unobtrusive. Solid colors that aren't extreme achieve this best because they present a neat, unified look across all soldiers, minimize distractions, and stay easy to maintain in various conditions and with protective gear. Glittery metallics or ornate finishes tend to stand out and can interfere with a uniform appearance or safety tasks, while French manicures or pastel shades can introduce noticeable contrast or maintenance issues in some environments. So, the guideline prioritizes a simple, neutral look that keeps the focus on readiness and cohesion, which is why solid, non-extreme colors are the authorized choice.

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

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

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

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

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