



SPIRITUAL FITNESS



"Today, Marine Corps Total Fitness requires us to be physically, mentally, socially, and spiritually fit. Marines and Sailors find greater strength from looking beyond themselves to higher, more enduring sources of meaning and purpose. "

-Eric M. Smith, General

MARINE CORPS TOTAL FITNESS

- (a) CJCSI 3405.01, Chairman's Total Force Fitness Framework
- (b) ALMAR 027/20, Resiliency and Spiritual Fitness
- (c) ALMAR 020/24, Spiritual Fitness
- (d) MCO 1500.61, Marine Leader Development



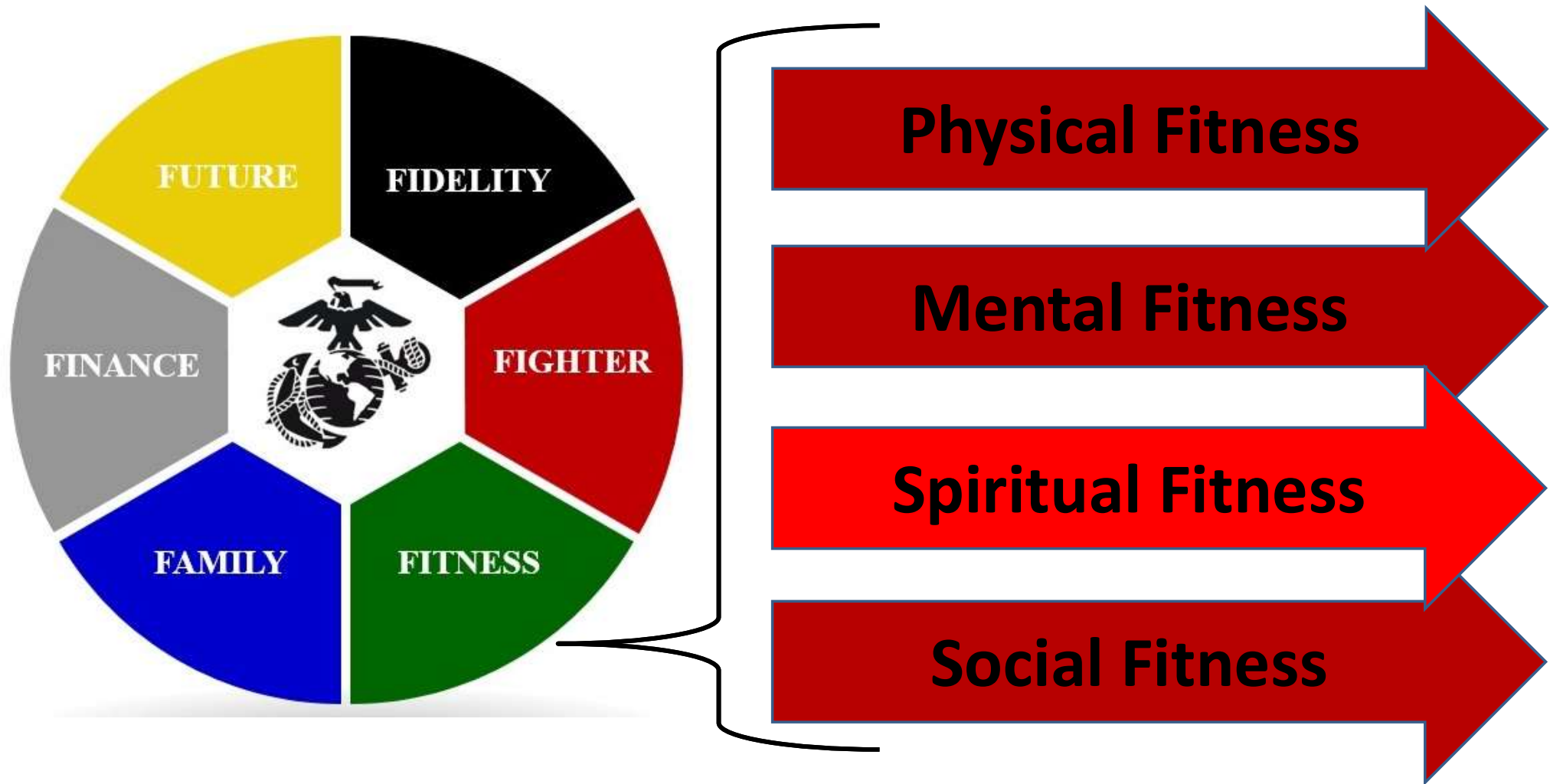
CJCSI 3405.01 Goals

- Resiliency Under Stress
- Living With Integrity
- Mission Readiness

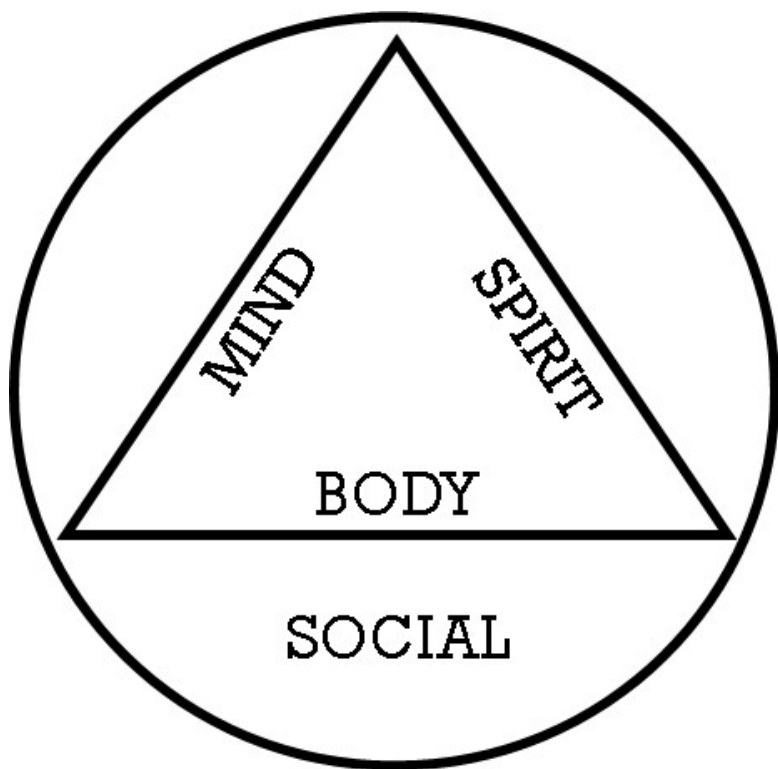
***“How we live
is how we will fight”***



MARINE LEADER DEVELOPMENT - MCO 1500.61



MARINE CORPS TOTAL FITNESS



“The concept of *Human Performance* combines the four domains of fitness into a synergistic approach that empowers warfighters, and optimizes their performance. While the importance of physical, mental, and social fitness are more recognizable, spiritual fitness is just as critical, - ALMAR 027/20David H. Berger, General, Commandant

“Marines develop strong mental, moral, spiritual, and ethical understanding because they are as important as physical skills when operating in the violence of combat.” – MCDP-7



MARINE CORPS TOTAL FITNESS

PHYSICAL

**Gym, Physical Therapy,
Sleep, Diet, Endurance**

SOCIAL

**Communication Skills, Family
Relationships, Emotional
Intelligence, Teamwork**

SPIRITUAL

**Purpose, Identity, Personal Values,
Faith, Morality, Connection**

MENTAL

**Stress Training, Time Management,
Training, Personal Discipline,
Education**



THE SPIRITUAL FITNESS MODEL

“INNER STRENGTH FROM HIGHER PURPOSE”

Spiritual Fitness Definition:

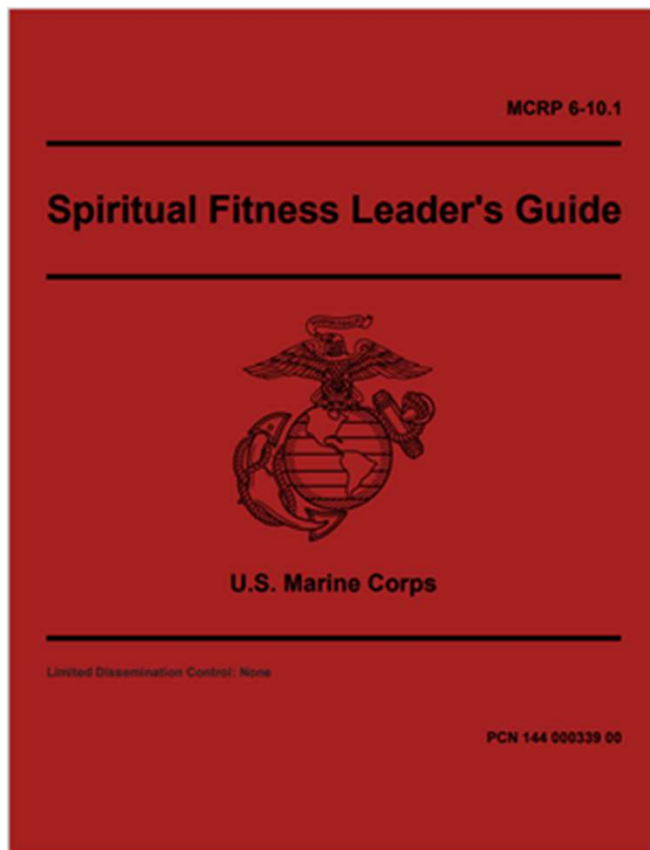
Spiritual Fitness is the identification of **personal faith, foundational values, and moral living** from a variety of sources and traditions that help Marines live out Core Values of Honor, Courage, and Commitment, live the warrior ethos, and exemplify the character expected of a United States Marine (Marine Corps Human Performance/Resilience website).

“There is no substitute for the spiritual in war.”
General John A. Lejeune



MCRP 6-10.1

SPIRITUAL FITNESS LEADER'S GUIDE



MCRP 6-10.1 SF LEADER'S GUIDE

4 STEPS

1 RECOGNIZE YOUR INFLUENCES

2 EXERCISE 3 ELEMENTS

A PERSONAL FAITH

B FOUNDATIONAL VALUES

C MORAL LIVING

3 ASSESS FITNESS LEVEL

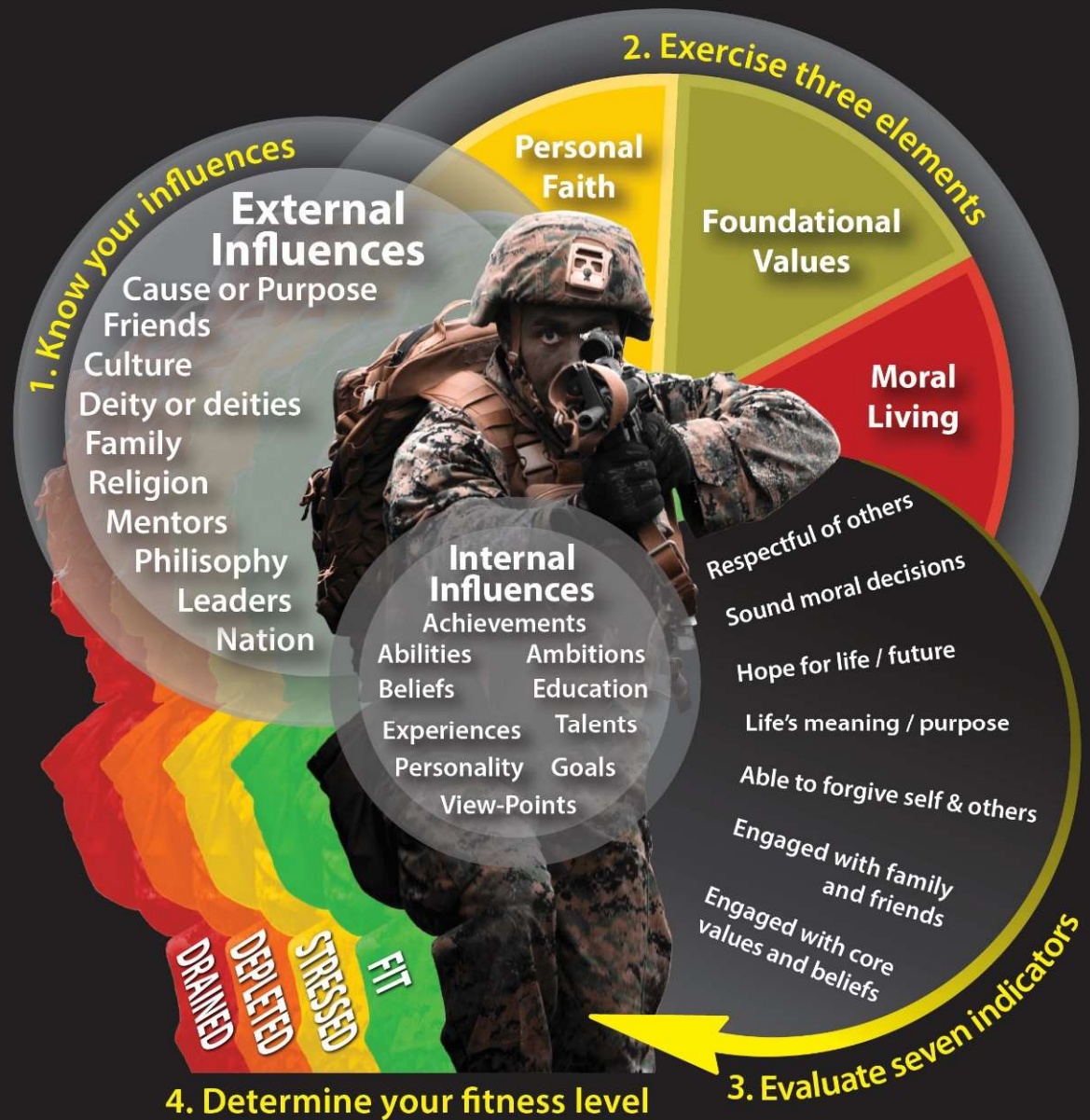
4 TAKE CORRECTIVE ACTION



Spiritual Fitness Infographic

Spiritual Fitness

Identification of personal faith, foundational values, and moral living from a variety of sources and traditions help Marines live out Core Values of Honor, Courage, and Commitment, live the warrior ethos, and exemplify the character expected of the United States Marine



1. Recognize My Influences

Every individual who earns the title United States Marine brings with them **a unique set of influences that impact daily decisions**. These influences generally fall into two categories: Internal and external.



2. Exercise Three Elements

Step 2 is to decide how I will exercise the three elements of spiritual fitness.



Personal Faith

Belief or trust in self and / or relationship with someone or something greater than one's self.

What do you place your trust in?

- Self (abilities)
- Higher Self (intrinsic worth)
- Family
- Friends
- Unit
- Marine Corps
- Country
- Human Spirit
- Faith Community
- God/ Higher Power

RESULTS:
Connection
Stability
Hope and
Confidence



Foundational Values

Values will guide choices, actions, and character displayed on and off duty.

- See the Big Picture
(Meaning)
- Understand the Terrain
(Values)
- Chart a Course
(Purpose/Mission)



Moral Living

The sources of moral living and decision making can impact daily decision making and actions.

- What do I need to do every day to get where I want to go?
- What do I need to avoid that might throw me off course?
- How do I live a good, honorable life?



3. Decide My Fitness Level

Review the seven indicators of Spiritual Fitness and determine my level of fitness for each one.



FIT	STRESSED	DEPLETED	DRAINED
<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes sound moral decisions ➤ Fully engaged with family, friends, and community ➤ Able to forgive self and others ➤ Respectful of others ➤ Engaged in core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Somewhat engaged with family, friends, and community ➤ Difficulty forgiving self or others ➤ Less respectful of others ➤ Straying from core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Weakly engaged with family, friends, and community ➤ Not likely to forgive self or others ➤ Strong disrespect for others ➤ Disregards core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Feels like life has no meaning/purpose ➤ Holds no hope about life/future ➤ Engaged in extreme immoral behavior ➤ Not engaged with family, friends or community ➤ Forgiveness is not an option ➤ Complete disrespect for others ➤ Abandoned core values/beliefs



Self-Assessment

***KNOW where you are
and where you need to go!***



MARINE TOTAL FITNESS SELF CHECK TOOL Human Performance Branch / Resilience

This is a private self-assessment tool that may help a Marine or Sailor identify a need for support. It is not designed for use by the chain of command to evaluate a Marine's fitness or readiness.

Physical Fitness RESOURCES: Gym/HTT/MCMAP/Personal Trainers/Nutritionist/Dietician

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. I have the physical fitness necessary to perform all of my duties with confidence (both deployed and in garrison).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. My duties are not affected by an unreported medical or dental condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. In the past 30 days, poor physical health did not keep me from my usual activities or from performing my duties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I have the necessary knowledge to make good choices regarding nutrition, alcohol use, tobacco use, and safe sex practices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I meet my body composition standards (height and weight or body fat).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Please indicate your most recent PFT/CTF classification.	1st Class	2nd Class	3rd Class	Partial	Relief

Physical Fitness Total: 0 19-24 13-18 7-12 0-6

Mental Fitness RESOURCES: Mental Health/MOCS/MFLC/Chaplain

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. I feel pride in my accomplishments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I look forward to beginning each day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I am making a real contribution toward mission accomplishment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I usually know what I can and cannot control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I am comfortable seeking assistance and asking for help in times of emotional challenge or crisis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I am currently engaged in activities (reading and education) that contribute to growth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental Fitness Total: 0 19-24 13-18 7-12 0-6

Spiritual Fitness RESOURCES: Chaplain, Civilian Clergy, Counselor, Mentor

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. My life has meaning/purpose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I am hopeful about life/the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. My decisions are always moral.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I have no problem forgiving myself or others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I am respectful of people of other beliefs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I am engaged in core values/beliefs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Spiritual Fitness Total: 0 19-24 13-18 7-12 0-6

Social Fitness RESOURCES: Single Marine Program, MOCS, Chaplain, CREDO Retreats

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. I am respectful of the members of my unit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I can depend on my spouse/significant other/friends for support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I get along well with members in my unit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I get involved in efforts to improve the community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I actively participate in base or community events and activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I effectively use USMC and/or local civilian community resources.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Social Fitness Total: 0 19-24 13-18 7-12 0-6

See Pages two and three for information and resources to increase your overall health and resiliency.

TOTAL FITNESS SCORE 0 73-96 49-72 25-48 0-24



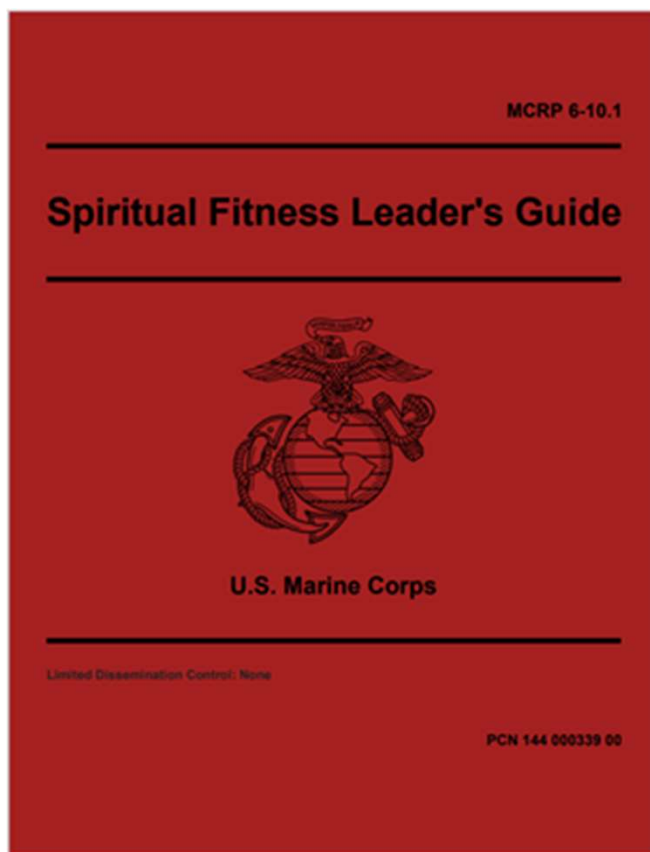
4. Take Corrective Action

After assessing your fitness deficiencies make an execute a plan to improve your Spiritual fitness by leveraging resources.



MCRP 6-10.1

SPIRITUAL FITNESS LEADER'S GUIDE



RESOURCES

MCBQ Memorial Chapel

Sundays

09:00 & 12:15- Roman Catholic Mass

10:30- Protestant Service

Mon, Wed-Fri

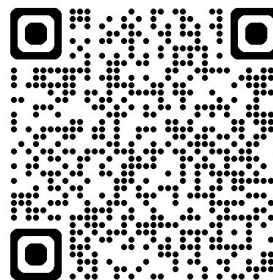
11:30- Roman Catholic Mass

<https://www.quantico.marines.mil/Offices-Staff/Chaplain/>

3019 Embry Loop, Quantico, VA 22134

mcbquanticochapel@usmc.mil

703-784-2518



Who We Are:

LCDR Paul Rodgers (Episcopal)

LT Weston Body (Full Gospel)

LT Patrick Costello (Roman Catholic)

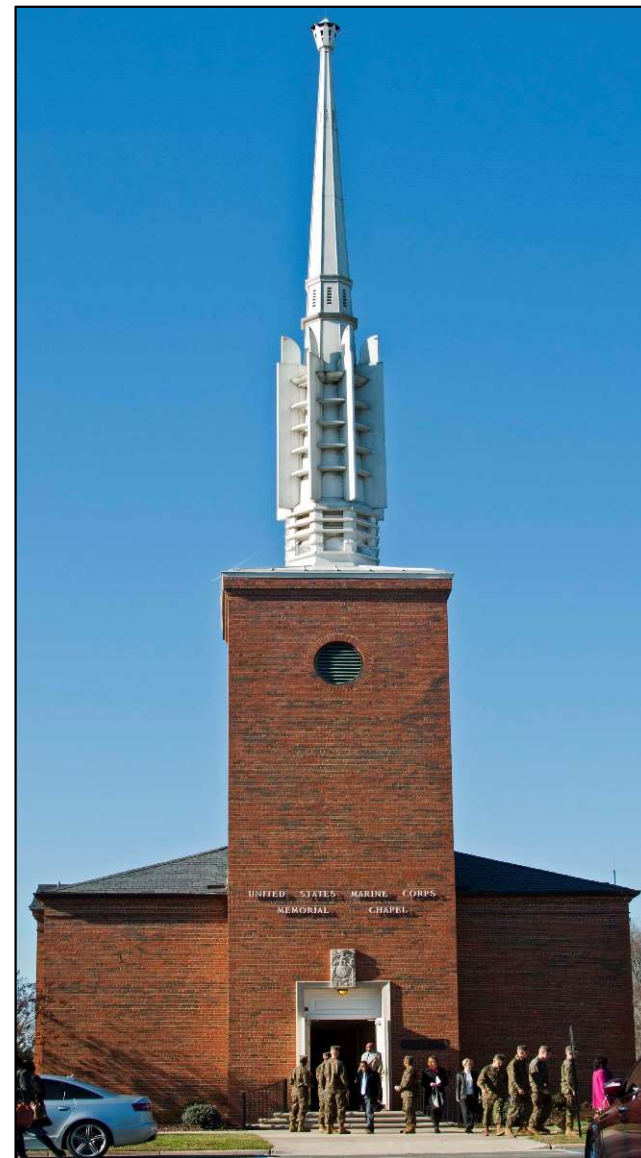
Mr. Robert Duquette

RP1 Joseph Wright

RP2 Elijah Smith

RPSN Ilvin Bing

Mr. Mitch Krauss



RESEARCH SHOWS

...that people who are religious/spiritual tend to enjoy these benefits:

Physical Health

- Longer Life
- Lower rates of vast array of diseases.
- Better coping with pain, death, disease and stress.
- Faster recovery from injury and illness.
- Lower rates of risky behavior.
- Health Behaviors (exercise, hygiene, safety, etc).

Social Health

- Greater marital satisfaction and adjustment.
- Less likely to engage in delinquent behavior.
- Lower levels of hostility
- Higher levels of prosocial behavior.
- Healthier attachments

Mental Health

- Higher levels of happiness, hope, satisfaction and wellbeing.
- Lower rates of depression and anxiety.
- Lower rates of suicide.
- Greater stress resilience.
- Greater level of self-control.
- Higher achievement in school and work.

-Richards, S. (2005). *A spiritual Strategy for Counseling and Psychotherapy*. American Psychological Association, pp. 19-26.

-Koenig, HG; King, D; Carson, VB. (2012) *Handbook of religion and health*.

-Pargament, K. I., Exline, J. J., & Jones, J. W. (2013). *APA handbook of psychology, religion, and spirituality (Vol 1): Context, theory, and research*. American Psychological Association.



Spiritual Fitness Infographic

Spiritual Fitness

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