

Comprehensive Soldier Fitness (CSF) Program Extended to Family Members

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Family members play a significant role in a Soldier's life by supporting their resilience and well-being. Family members now have the opportunity to participate in the Comprehensive Soldier Fitness (CSF) program by taking the Revised Family Global Assessment Tool (GAT) and self-development modules.

The GAT is available to family members registered in DEERS. They can log on from any computer with internet connection at the following site <https://www.sft.army.mil/SFTFamily> (<https://www.sft.army.mil/SFTFamily>). The 82 question survey will take approximately 20 minutes to complete. All component spouses are encouraged to take the GAT

As an incentive for taking the Family GAT, the Exchange will give a coupon valid at Exchange base Subway Restaurants ® for one six inch sandwich or salad, valid until 31 August. Guard and Reserve Families taking the GAT from the survey they follow the link <http://odin.aafes.com/newsletter/enewscoupon.htm> (<http://odin.aafes.com/newsletter/enewscoupon.htm>) they will sign up for the Exchange Weekly Online E-Commerce Newsletter. Once the sign up is completed they will receive a code for 10% off their next online purchase.

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