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### Question type

Multiple Choice

### Answer type

- Single Answer
- Multiple Answers

### Choices

Number of choices: 4

[Edit Choices](#)

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## Virginia Unit Submissions

### Recent Summary



TOT. H2F AVG: 75



TOT. CPA AVG: 31.14



TOT. FMS AVG: 14.07

Unit	H2F	CPA	FMS	Date	Time	Submissions
WA4FA0	80.2	35.5	13.4	3/1/2023	21:09	<a href="#">View</a>
W35T08	76.6	34.1	10.5	3/1/2023	19:17	<a href="#">View</a>
FF1RC0	78.3	27.7	14.5	3/1/2023	17:45	<a href="#">View</a>
EE14101	67.8	32.9	16.4	2/28/2023	17:15	<a href="#">View</a>
M01010	72.1	25.5	15.5	2/28/2023	13:01	<a href="#">View</a>

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## National Summary



NAT. H2F AVG: 71.1



NAT. CPA AVG: 29.32



TOT. FMS AVG: 13.86

STATE	H2F	CPA	FMS	Date	Time	Submissions
VIRGINIA	75.5	32.1	13.4	3/1/2023	22:11	<a href="#">View</a>
D.C.	71.1	29.9	12.5	3/1/2023	21:09	<a href="#">View</a>
FLORIDA	78.7	27.2	17.5	3/1/2023	21:01	<a href="#">View</a>
TEXAS	69.1	30.9	13.4	3/1/2023	20:55	<a href="#">View</a>
GEORGIA	61.1	26.5	12.5	3/1/2023	20:51	<a href="#">View</a>

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## UNIT WA4FA0 Submissions

### Recent Summary



H2F AVG: 80.2



CPA AVG: 37.2



FMS AVG: 14.7

Name	H2F	CPA	FMS	Date	Time	Submission
Gutierrez E	91	45	21	3/1/2023	21:09	<a href="#">View</a>
Doe J	76	34	9.5	3/1/2023	20:11	<a href="#">View</a>
Goodman S	81	42	14.5	3/1/2023	15:38	<a href="#">View</a>
Kendricks H	65	27	17.5	2/28/2023	15:55	<a href="#">View</a>
Wilson D	88	38	11	2/28/2023	10:39	<a href="#">View</a>

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### Assessment Scores

H2F: 91  
[view H2F](#)

FMS: 21  
[view FMS](#)

CPA: 45  
[view CPA](#)

### Esteban Gutierrez Information:

**Unit:** WA4FA0  
**Age:** 32  
**Gender:** Male  
**Rank:** SSG  
**Occupation:** Combat Specialty  
**Email:** Esteban.Gutierrez@army.mil  
**Phone:** 123-456-7890

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### Assessments to Complete:

H2F Knowledge Check	Not Started
Functional Movement Screening	Completed
Cognitive Performance	Completed

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## Physical

**Q1** One should exercise moderately at least how many minutes per week?

- 30 min  200 min

- 75 min  150 min

**Q2** All of the following can be results of doing a proper cool down after exercise EXCEPT:

- Slowly reducing heart rate  Preventing blood pooling in the extremities

- Increase the body's ability to burn fat  Enhancing flexibility and range of motion

**Q3** Body composition and Body Mass Index (BMI) are the same thing.

- True  False

**Q4** Static stretching should be done before a workout.

- True  False

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## Cognitive Performance

For the following items, please enter in your self-assessed score for each item using the scale

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10  
(Low/Poor) (Moderate/Average) (High/Excellent)

**Q1** Motivation to live a healthy lifestyle in each category:

Physical Health:	7
Mental Health:	5
Nutritional Health:	7
Spiritual Health:	8
Sleep Health:	4

**Q2** Ability to live a healthy lifestyle in each category:

Physical Health:	10
Mental Health:	8
Nutritional Health:	3
Spiritual Health:	7
Sleep Health:	9

Total Motivation Score: 31 / 50

Total Ability Score: 37 / 50