



NATIONAL GUARD BUREAU
ARMY NATIONAL GUARD WARRIOR TRAINING BATTALLION (AIRBORNE)
HEADQUARTERS AND HEADQUARTERS COMPANY
6901 ROSELL ROAD, BLDG 4155
FORT BENNING, GEORGIA 31905-4500

ARNG-CSZ-WTB

10 March 2026

MEMORANDUM FOR Students Attending the Holistic Health & Fitness Integrator Course

SUBJECT: Class Holistic Health & Fitness Integrator Course 701-26 Welcome Letter

1. On behalf of the Army National Guard (ARNG) Warrior Training Battalion (Airborne) (WTBn) (A), congratulations. We would like to take this opportunity to welcome you to the Holistic Health & Fitness Integrator Course (H2F-IC). Your selection for attendance is indicative of your leadership performance and potential.

2. At the WTBn, we pride ourselves on educating the Army's future Holistic Health and Fitness Integrators, previously called Master Fitness Trainers in the fundamentals of sport and exercise science, movement, coaching skills, and the evaluation of tactical populations. By the end of the course, you will have the foundational knowledge to support your unit with tactical strength and conditioning focused program design. The H2F-IC goal is to prevent injuries and build a stronger and more knowledgeable athletic fighting force.

3. Phase 1 (Distributed Learning [DL]).

a. Prior to attending Phase 2 (Resident or Mobile Training Team), **all students must complete Phase 1 (Distributed Learning)**. Certificates will be collected prior to the Modified Tactical Athlete Performance Assessment (MTAP-A) on day one of the course.

b. **Students who have not completed Phase 1 will not be eligible to attend Phase 2. Once Phase 1 is completed and a certificate is obtained the students will be eligible to reserve a Phase 2 seat in ATRRS.**

4. Height and Weight Standards. All Students will arrive with a DA Form 5500 or 5501 (Body Fat Content Worksheet). If SM does not get tapped because they are either exempt or meet Ht/Wt standards they still will need the completed form. Students who fail to meet the standards IAW AR 600-9 or AD 2023-11 will not be placed in Phase 2 and released back to their unit as an unqualified arrival.

5. Physical Fitness. Students will arrive with a DA Form 705 (AFT Score Card). Students must have a passing FOR RECORD score.

6. Physical Health and Profiles.

a. Students who have a current permanent or temporary physical profile are NOT eligible for H2F-IC.

b. Students who are 40 years and older will provide proof of having passed a Medical Screening or Physical Health Assessment (PHA). This is a non-waiverable prerequisite.

c. Students will arrive with their Individual Medical Readiness (IMR) Status Report. All students must be in MRC1 and green status. IMRs must be dated within 30 days of arrival.

7. Appointment Orders. Students ranked E4 (SPC) will arrive with appointment orders signed by the Unit Commander, or delegate, as the Unit Holistic Health and Fitness Integrator (H2F-I) or Unit Alternate H2F-I.

8. Travel Orders: TDY Soldier only. Students who are not on travel orders do not need to provide a 1610 during in-processing.

9. Pre-Execution Checklist and Service School Worksheet: Active-Duty and AGR Soldiers must have a pre-execution checklist from their Readiness/CDR for in-processing. AD SMs must also arrive with a completed Service School Worksheet from their BN.

10. Soldier Record Brief. Students will arrive with an Enlisted Record Brief (ERB), Officer Record Brief (ORB) or Soldier Talent Profile (STP).

11. Individual Readiness. Students must bring a personal laptop or government computer to complete homework assignments and access the Microsoft Teams channels. A computer will not be provided.

12. In-processing Paperwork.

a. All in-processing paperwork requirements listed above **will be COLLECTED at in-processing and must be printed single sided**. Students will only have three days to submit any missing documents or will be removed from the course.

13. Equipment and Uniform Requirements.

a. The Army Physical Fitness Uniform (APFU) is the designated duty uniform (**NO UNIT SPECIFIC PT ATTIRE**). However, students must bring a serviceable ACUs for the Combat Fitness Assessment (CFA).

b. All students will follow appearance guidelines IAW AR 670-1 during POI.

14. Transportation.

a. A vehicle is required to get to and from class. Vehicle reservations can be made through DTS.

b. If driving a POV, you must have a driver's license, registration, and insurance card to gain access to the installation.

15. Meals.

a. Meals are not provided.

b. Full per diem is authorized for the entirety of the course.

16. Billeting.

a. **Lodging is not provided at the Warrior Training Center.** It is preferred for students to book lodging with Abrams Hall, Building 1670, 7350 Ingersoll Road Fort Benning, GA 31905 (706-689-0067). Do not book lodging in DTS. SMs should check in at the main desk at Abrams Hall.

b. Transportation from Abrams Hall to training location(s) is not provided.

c. Meals are NOT provided and there is no dining facility at the Warrior Training Battalion, Per Diem is authorized.

17. Day 0 Reporting/Travel.

a. All students must contact the NCOIC via cell (845) 978-0993 NLT 1700 EST on 06 APR 26, to confirm arrival to post, to include permanent party students.

18. Day 1 In-Processing.

a. In-processing will begin at 0700 on 07 APR 26.

b. The uniform is the APFU **(NO UNIT SPECIFIC PT ATTIRE).**

c. The location is H2F classroom **located at BLDG 4167, 6901 Rosell St, Fort Benning, GA 31905.**

d. Students will report with a complete packet including all previously mentioned items. **STUDENTS MUST BE PREPARED TO TAKE A PHYSICAL ASSESSMENT ON DAY 1 (EAT AND HYDRATE!!!)**

19. Daily Preparation.

a. Training days will begin as early as 0700 and end o/a 1700 (subject to change).

b. 1.5 – 2 hours is allotted for lunch upon schedule availability.

ARNG-CSZ-WTB

SUBJECT: Holistic Health & Fitness Integrator Course Welcome Letter

c. Eating is allowed in the classroom (location dependent), so students are authorized to bring coolers or lunch bags with meals/snacks and a water source.

d. It is highly recommended to bring extra sets of the APFU as most of the course will be conducted in this uniform.

e. It is also recommended to bring a copy of your unit Mission Essential Task List (METL) to be used for classroom instruction, homework, and part of the Unit Command Brief (UCB).

20. Graduation. On the last day of the course, graduation will end at 1000 hrs. **Do not schedule flights prior to 1500.**

21. Point of contact for this memorandum is SFC Praino, Christopher at christopher.d.praino.mil@army.mil or (845) 978-0993.

Encl

1. Points of Contact
2. Packing List
3. Course Information

//Original Signed//
JACOB M. BURT
CPT, EN
Commanding

ARNG-CSZ-WTB

SUBJECT: Holistic Health & Fitness Integrator Course Welcome Letter

NCOIC (Primary)

Phone

Email

SFC Praino, Christopher

(845) 978-0993

christopher.d.praino.mil@army.mil

Command Team (Alt.)

CPT Burt, Jacob

(248) 877-4188

jacob.m.burt.mil@army.mil

1SG Alvarez, Ramon

(413) 886-2792

ramon.j.alvarez6.mil@army.mil

ARNG-CSZ-WTB

SUBJECT: Holistic Health & Fitness Integrator Course Welcome Letter

1. PATROL CAP, OCP	1EA
2. COAT, OCP	1EA
3. TROUSERS, OCP	1EA
4. BOOTS, COMBAT (IAW AR 670-1)	1PR
5. T-SHIRT, COTTON, COYOTE	2EA
6. SOCKS, WOOL OR COTTON/NYLON BLEND (BLACK OR COYOTE)	2PR
7. NOTEBOOK & PEN	1EA
8. UNDERGARMENTS	7EA
9. SPORTS BRA*	4EA
10. BELT, RIGGERS	1EA
11. TAGS, IDENTIFICATION, WITH CHAIN	1PR
12. SHOES, ATHLETIC (No "high tops" or "5 Finger")	2PR
13. JACKET, BLACK, APFU (Seasonal November - April)	1EA
14. PANTS, BLACK, APFU (Seasonal November - April)	1EA
15. CAP, SYNTHETIC MICROFLEECE, BLACK (Seasonal November - April)	1EA
16. T-SHIRT, BLACK, SHORT SLEEVE, APFU	5EA
17. T-SHIRT, BLACK, LONG SLEEVE, APFU (Seasonal November - April)	2EA
18. SHORTS, BLACK, APFU	5EA
19. REFLECTIVE VEST/BELT	1EA
20. SOCKS, ATHLETIC, WHITE OR BLACK, ANKLE OR CALF LENGTH	7PR
21. PERSONAL HYGIENE	AS NEEDED
22. HYDRATION SOURCE (WATER BOTTLE/CANTEEN)	1EA
23. LINENS/BED SHEET/PILLOW/SLEEP SYSTEM (DOES NOT APPLY TO ABRAMS HALL/IHG)	1SET
24. LAUNDRY BAG & SOAP	1SET
25. SUNSCREEN (IF NEEDED)	1EA
26. UNIT METL	1EA
27. APPROPRIATE CIVILIAN ATTIRE (Optional, for Off-Hours)	AS NEEDED
28. EXTENSION CORD	AS NEEDED but not required

For students attending on TDY status.

* indicates female only

** indicates male only

NOTE: This clothing list is the minimum required for the course. 2 pairs of the APFU will be needed daily so bring more if you are able to. Cold weather items are as needed. You will be conducting PT in your ACU/OCP uniform.

If you have any questions, please contact the H2F-IC NCOIC

Modified Tactical Athlete Performance Assessment (MTAP-A):

On Day One, students will be administered the MTAP-A. The MTAP-A is an assessment that will be given in lieu of the AFT. The data collected will be used for training purposes throughout the course. It is highly recommended that students eat a good meal 2 hours prior and bring a snack/ beverage option. The MTAP-A is a physically demanding assessment that may take up to 2 hours to administer.

Tactical Strength and Conditioning – Facilitator (TSAC-F):

Certificate holders are widely recognized in the strength and conditioning industry as experts in the field. As a future tactical physical fitness trainer, we encourage you to certify as a TSAC-F professional. The Holistic Health and Fitness Integrator Course (H2F-IC) Phase 1 (Distributed Learning) and Phase 2 (Resident Course) will help prepare you for the TSAC- F exam. We highly encourage you to enroll for the TSAC-F exam now, utilizing your Credentialing Assistance (CA) benefits in preparation for certification at the conclusion of H2F-IC. For additional information and TSAC-F exam registration go to <https://www.nasca.com/certification/tsac-f/> or <https://www.cool.osd.mil/army/enlisted/p5.htm>

