

MIND • BODY
BATTLE READY



CHIEFS' READINESS CHALLENGE



A YEAR OF TACTICAL HEALTH



Disclaimer:

This book is intended as a tool to support and encourage healthy lifestyle behaviours, regardless of where you are on your health and wellness journey. The information provided is for educational and informational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. If you are currently under the care of a physician or other healthcare provider, have a medical condition, injury, or health limitation, please consult your healthcare provider before making significant changes to your physical activity, nutrition, or overall wellness routine. Always follow the guidance of your healthcare team regarding your individual health needs.

For a **French** version of the *Chiefs' Readiness Challenge* book, please visit:



Introduction



Teammates and fellow Warfighters,

Readiness is at the heart of our identity as members of the Profession of Arms.

Built upon our foundational imperative of being trusted to serve, being a professional in the Canadian Armed Forces demands we commit to efforts in the development of our character, wellness, and physical fitness equal to that of our technical and tactical proficiencies. We must perpetually strive to be the best version of ourselves for the sake of our teams, our families, and ourselves. But luckily, we joined an organization that is bigger than any one individual and we never have to go it alone.

Inspired by James Clear's *Atomic Habits*, this challenge aspires to help you articulate your identity as a Warfighter. It aims to foster mutual support and encouragement amongst teammates while infusing healthy daily, weekly, and monthly habits; habits selected to support readiness and the realization of your desired identity.

The Chiefs' Readiness Challenge was purposefully entitled to instill a sense of ownership from the top down; ownership in our own readiness, ownership in the example we set for others, ownership for our teams' collective readiness, and ownership of the conditions we co-create for others to excel. To that end, my progress will be shared throughout; the good months, the not-so-great months, and my progress to becoming my ideal self. I will rely on you, my teammates, to help hold me accountable and I encourage (i.e. challenge) all leaders to do the same.

This challenge came to fruition thanks to the collaborative work of select teammates and the CFB Borden PSP Health Promotion team. Thanks to them, we are able to offer you a challenge that is supported by subject matter expertise and reinforced with resources for your continued learning. I would also like to thank our strategic-level CWOs and CPO1s for offering their reaffirming messages on what readiness means to them and why it matters to all of us.

I am proud to serve alongside you, I am motivated by the opportunity we have to get after our readiness together, and I look forward to celebrating your accomplishments along the way.

BP

CWO R.H.J. Peldjak, MMM, CD
16 Wing Chief Warrant Officer
Royal Canadian Air Force

A Message from Your Chiefs

What does *Readiness* mean to you?



CWO Robert McCann
Canadian Armed Forces CWO

Readiness, from my perspective, means being capable, dependable, and prepared so that I am never the weakest link on the team when Canada calls. It is more than operational capability; it requires physical fitness, mental resilience, professional competence, and personal discipline. My readiness is a responsibility to my teammates because their effectiveness depends on mine. I maintain it through daily physical training, continuous learning, meaningful engagement with our members, and deliberate time for reflection, recovery, and self-improvement.

Book recommendation: *The Mission, The Men, and Me* by Pete Blaber. Blaber emphasizes preparation, disciplined execution, trust, and the responsibility individuals have to their teams. It supports the idea that readiness isn't simply being personally capable—it's being reliable when others are depending on you.

CPO1 Stanley Ryan
Vice Chief of the Defence Staff Group Chief

To me, readiness is being prepared as a fighting force to deliver effects for the Government of Canada. As members of the Profession of Arms, that means being physically fit, mentally resilient, proficient in the fundamentals, and supported by resilient families. Too often, we wait for someone else to tell us what readiness requires, when in reality much of it is our own personal responsibility. Competing demands as an L1 Chief can challenge my personal readiness, so I focus on "micro-readiness" opportunities—fitting in a workout, reading during travel, or finding time to connect with family while away from home. These small but deliberate actions help me maintain balance and remain ready to serve.

Book Recommendation: *Our Iceberg Is Melting* by John Kotter, insightful book on change management.



CPO1 Pascal Harel
Royal Canadian Navy Command CPO1

Readiness is about being prepared to generate and sustain naval capability whenever and wherever Canada needs it. Readiness isn't just about being "fit to fight." It's about being ready to respond mentally, physically, ethically, and collectively. In the Royal Canadian Navy, readiness is built through professionalism, competence, and trust, ensuring our sailors and teams can adapt and perform in demanding and often unpredictable environments. I maintain my readiness by investing in continuous learning, staying physically active, seeking candid feedback, and making time for reflection and personal growth.

Book Recommendation: *Drive* by Daniel Pink, it offers valuable lessons on performance, inner drive, autonomy, mastery, and purpose.



CWO Christopher Robin
Canadian Army Sergeant Major

Readiness, to me personally, begins with my commitment to the Profession of Arms, the military ethos, and the pursuit of professional excellence. As the Army Sergeant-Major, readiness means ensuring soldiers have the training, equipment, support, and trust required to operate effectively and succeed in any environment. I maintain readiness through disciplined physical and mental preparation, healthy habits, focused recovery, and by addressing issues within my control. These practices sustain my reliability, resilience, and ability to lead and serve whenever called upon.

Book Recommendation: *The Hamster Revolution* by Mike Song, it helps with becoming more efficient for others.



A Message from Your Chiefs

What does *Readiness* mean to you?



CWO Renee Hansen

Royal Canadian Air Force Command CWO

As the RCAF Command Chief Warrant Officer, readiness means ensuring I am prepared to lead, support, and serve whenever and wherever the mission demands. For me, readiness extends beyond operational capability; it includes maintaining my physical fitness, mental resilience, emotional well-being, social connections, spiritual health, and my family support network. I foster readiness through continuous learning, healthy habits, meaningful relationships, and regular engagement with our members from coast to coast to coast. I firmly believe that when we invest in the whole person, we build resilient teams, strengthen operational effectiveness, and ensure the RCAF remains ready to meet any challenge.

Book recommendation: *Mindset* by Carol Dweck, as well as anything by Brené Brown and Simon Sinek

CWO Jason Yermiy
Canadian Special Operations Forces Command CWO

From a SOF perspective, readiness is a lifestyle. It consists of two interconnected elements: organizational and individual readiness. Organizational readiness includes APRV requirements, training, and joint activities that ensure members and teams remain prepared to deploy and operate effectively. It must be sustained through daily and weekly activities, not annual events. Individual readiness goes beyond checklists and focuses on preparing the mind, body, spirit, and family for the demands of service. While organizational readiness follows a process, individual readiness requires self-awareness, discipline, and the ability to prepare for uncertainty at a moment's notice.

Book Recommendation: It's actually a boxed set...Ryan Holiday's *The Obstacle is the Way*, *Ego is the Enemy*, and *Stillness is the Key*, are the three books that help me maintain my individual readiness. With the right mindset you will always be ready for the next challenge.



CWO Pascal Gagné
Canadian Joint Operations Command CWO



Readiness means ensuring our people, processes, and capabilities are prepared to meet current and emerging operational demands. As a Command Chief, readiness is about maintaining situational awareness, anticipating challenges, and helping create the conditions for success across the team. I maintain my readiness by staying connected to our people, continuously learning, and understanding the evolving operational environment. For the soldier in me, readiness is built on a commitment to excellence, strong character, and mastery of the fundamental skills that make us professional sailors, soldiers, and aviators.

Book Recommendation: *The Hundred-Year Marathon* by Michael Pillsbury, which offers valuable insights into long-term strategic competition and global security dynamics.

CWO François Fleury
Military Personnel Command CWO

From the Command CWO perspective at Military Personnel Command, readiness means having the right people, policies, and capabilities to meet current and future operational demands. Personally, readiness is built through discipline and consistency. For years, I have maintained a routine focused on physical fitness, professional preparation, and family readiness. These habits enabled me to deploy to Haiti within 28 hours following the 2010 earthquake. My lesson learned: readiness is not built during a crisis; it is built daily through consistent actions and deliberate preparation.

Book Recommendation: *The Wisdom of the Bullfrog* by William H. McRaven.



A Message from Your Chiefs

What does *Readiness* mean to you?



CWO Phillippe Cousineau
Canadian Forces Intelligence Command CWO

Readiness in the Canadian Armed Forces is more than preparedness; it is a mindset that drives us to perform at our best and continuously improve. Rooted in resilience, it is the determination to overcome adversity, adapt to challenges, and remain focused on the mission. Readiness inspires discipline, initiative, and professional growth, motivating us to sharpen our skills and support our teammates. By embracing readiness every day, we build a stronger, more capable force, ready to serve Canada with confidence and excellence.

Book recommendation: *Atomic Habits* by James Clear.

CWO Sandra Bouchard
Chief Professional Conduct and Culture Command CWO

Readiness means being able to do the job when it matters, without confusion or delay. It requires the right people, skills, and systems to respond quickly and effectively. I view readiness through three lenses: people, who are trained and supported; operations, where processes are understood and work in practice; and culture, built on trust, accountability, communication, and shared expectations. Readiness is also about decision speed under pressure, the ability to understand, decide, and act. I maintain readiness by staying physically and mentally prepared, communicating clearly, and identifying friction early before it becomes a larger problem.

Book recommendation: *Atomic Habits* by James Clear.



CWO Donovan Crawford
Canadian Joint Forces Command CWO



Readiness is about people. Our decisive advantage remains trusted, empowered teams. Readiness is investing in our people, strengthening partnerships, and integrating joint capabilities to deliver credible effects at the speed of relevance in an increasingly complex security environment. At this stage of my career, readiness means staying healthy, continuing to learn, building trusted relationships, and developing future leaders. My role is no longer just to be ready myself—it is to ensure others are ready when Canada calls.

Book Recommendation: *The Utility of Force* by General Sir Rupert Smith.

CWO Jason Pickard
Digital Services Group CWO

Readiness is more than personnel, equipment, or training levels; it is the continuous state of being prepared, capable, and willing to act. It begins with competent, fit, resilient, and ethical people, strengthened through training, learning, and leadership development. Personal and family readiness are equally vital, providing the stability and support needed to meet operational demands. Built on trust, teamwork, discipline, and resilience, readiness enables individuals and organizations to adapt and succeed in complex environments. From a DSG perspective, readiness also includes digital literacy, adaptability, cyber awareness, and digital force protection.

I maintain this readiness daily and strive to “show what right looks like”.

Book Recommendation: *Surrounded by Idiots* by Erikson Thomas. I fully understand that the title sounds very negative, however the book explores why people think, communicate, and behave differently. It provides suggestions for adapting your communication style to better connect with others.



How the Challenge Works

Follow these simple steps each month to track your progress and earn points throughout the challenge. By participating, you'll build healthy habits that support your physical and mental well-being, strengthen personal resilience, and enhance overall readiness for both work and life.

Step 1 (Recommended): Complete Your Identity Statement

- Complete the Identity (ID) Statement Form to help define your goals and commitments.
- Participation in this step is encouraged but not mandatory.
- You may update your ID Statement each month if your goals or priorities change.

Step 2: Read the monthly introduction

- Visit the Chiefs' Readiness Challenge webpage for an introduction to the monthly wellness theme. Events, character reflection activities, and bonus challenges to earn bonus points will be found here.

Step 3: Track Your Daily/Weekly/Monthly Habits

- Use the monthly *Habit Tracker* to record your habits and activities throughout the month.
- Update your tracker regularly to ensure your points are accurately captured.

Step 4: Earn BONUS Points

- Use the QR Code to view the Monthly Chief's Bonus Challenge for an opportunity to earn more points.
- Track your total bonus points over the month.

Step 5: Calculate Your Monthly Points

- At the end of the month, review your Habit Tracker.
- Add up all the points you earned to determine your monthly total.

Step 6: Submit Your Points

- Enter your total monthly points into the online submission form.
- Be sure to submit your points before the monthly deadline provided.

Step 7: Repeat Each Month

Continue the process for the duration of the challenge:

- Update your Identity Statement if needed.
- Review the monthly theme.
- Track your habits.
- Calculate your points.
- Submit your total before the deadline.

Points Submission Form:

Each month, two participants will be recognized:

- One top performer
- One randomly selected participating Warfighter



Resources

Check out these resources to continue your personal and professional development.



[CAF Ethos: Trusted to Serve](#)



THE PROFESSION OF ARMS IN CANADA

[Fighting Spirit: The Profession of Arms in Canada](#)



[CAF Campus](#)



[NCM Leadership College](#)



[Canadian Forces Morale and Welfare Services \(CFMWS\)](#)



[CFMWS PSP Health Promotion](#)



[Canadian Armed Forces Virtual Library](#)



[The CAF Offer](#)



[CAF App](#)



[FORTIS App](#)



[Canada's Food Guide](#)



[24 Hour Movement Guidelines](#)

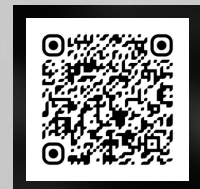


[CF Member Assistance Program \(CF MAP\)](#)



[CFB Borden Essential Resources - Aide Memoire](#)

Visit the MBBR website for a complete list of live links to all above resources and support services. Additional resources will be added and updated here throughout the challenge.





The "**Mind Body Battle Ready (MBBR) – A Focus on Tactical Health**" campaign is a base-wide effort that underscores the critical importance of tactical health for the military population, recognizing that true readiness extends beyond technical competence and physical prowess to encompass mental and emotional resilience.

Tactical health emphasizes a holistic approach, integrating physical fitness, mental fortitude, stress management, and healthy lifestyle choices as essential components of effectiveness and well-being.

The MBBR campaign reinforces the CAF's commitment to excellence within the Profession of Arms. By promoting physical fitness, mental resilience, and grit, the campaign seeks to operationalize the aim of Fighting Spirit: the need for perseverance, teamwork, adaptability, strength, and readiness, ultimately preparing CAF teams to thrive in dangerous and uncertain environments.

Maintaining a healthy, battle-ready force ensures CAF members can meet the demands of modern operations and remain mission-ready at all times, reflecting the core principle that readiness is not just a requirement—it is a way of life.

Upcoming Base Borden Events

CAF Sports Day

PSP-led Sports and Team Events



2 October 2026

Battle the Blues:

Spin-a-thon & Arctic Ops Challenge



18 January 2027

Rally Point: Total Wellness

Keynote Speaker and Exhibition Hall



22 April 2027

MBBR Challenge

5km Operational Obstacle Course



24 June 2027



cfmws.ca/borden/mind,-body,-battle-ready



Health Promotion

STRENGTHENING THE ENERGISE LES *FORCES*

PSP Health Promotion envisions a healthy, equitable, diverse, and operationally ready CAF where all members can thrive. We bring this vision to life by working collaboratively with the CAF community and other partners to take action on the determinants of health.

We empower the organization, its communities, and individuals within it to address barriers to health and wellness. We undertake policy, structural, and environmental changes to support a healthy culture.

Health Promotion takes a holistic approach to health and well-being, addressing a broad range of topics that reflect local needs and priorities. In general, this work can be categorized into four key areas:

Nutritional Wellness

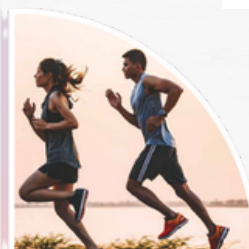
Injury Prevention and Active Living

Social and Mental Wellness

Addictions Awareness and Prevention

The Health Promotion team is dedicated to supporting the readiness of CAF members and their families by promoting health and well-being at the personal, community, unit, and Base/Wing levels. Through specialized knowledge, professional expertise, and practical support, the team empowers members to achieve, sustain, and exceed their health and wellness goals, contributing to overall operational readiness and quality of life.

For more information or to learn more, visit:
Or email: HealthPromotionBorden@cfmws.com



Character as a Force Multiplier

Readiness is more than fitness, skills, and equipment, it's having the character to make the right decisions and act when the situation demands it. Our character influences how we make decisions under pressure, respond to adversity, treat our teammates, and accomplish the mission.

For the Warfighter, operations are rarely executed in perfect conditions. We operate through uncertainty, fatigue, competing priorities, and incomplete information. Technical competence determines what we can do, character shapes what we choose to do. It gives us the courage to speak up, the humility to admit when we are wrong, the discipline to remain focused, and the integrity to take responsibility.

Ultimately, character helps us make sound decisions, earn the trust of our teammates, and put the mission and team ahead of ourselves.

Regardless of occupation or rank, character strengthens trust, judgment, and team effectiveness. Like every aspect of readiness, we build it before we need it.

What to expect:

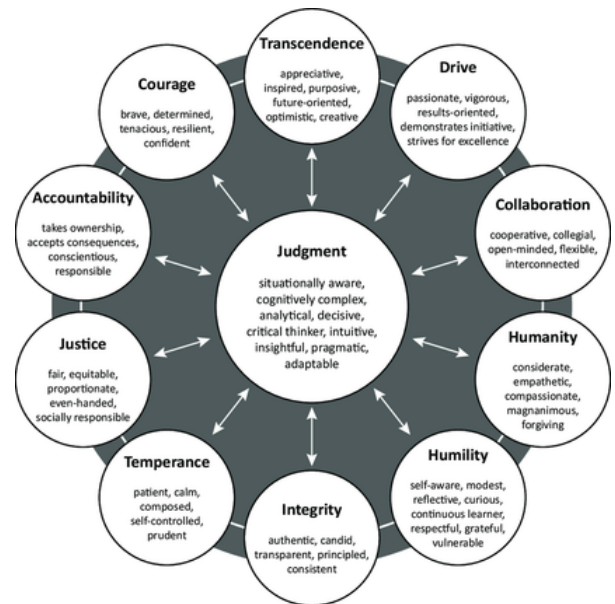
Over the coming months, the CFMWS PSP Borden Health Promotion page will feature monthly character offerings designed to explore these dimensions and connect them to everyday CAF service.

Developing the Warfighter means developing character along with competence and readiness.

Link to Health Promotion's page to access character based reflections and offerings:



Character Framework Dimensions



Citation: Crossan, M., Seijts, G., Gandz, J. (2016). Developing leadership character. New York, NY: Routledge Publishing.

Readiness prepares us for the fight...character prepares us for the moment.

Personal Goals & ID Statement

What Is an ID Statement?

Inspired by James Clear's *Atomic Habits*, an identity statement is a purposeful description of the person you want to be, rather than what you want to accomplish.

This statement can include all facets of your personal and professional life and should provide a clear vision from which you will design your daily, weekly, and monthly habits. Lasting behaviour change starts with identity change.

This statement can evolve over time as the vision you have for yourself grows.

Formula: Identity → Habits → Results

When you consistently act in alignment with your identity, your habits become easier to maintain and your desired results naturally follow.

How to Write an ID Statement

Step 1: Identify the Person You Want to Be

Ask yourself:

- What qualities do I want to demonstrate consistently?
- What values are most important to me?
- What type of professional, leader, parent, partner, or person do I want to become?

Examples:

- Healthy
- Organized
- Compassionate
- Reliable
- Lifelong learner
- Effective leader

Step 2: Write in the Present Tense

State the identity as if it is already true.

Instead of:

"I want to be more organized."

Write:

"I am an organized person who plans ahead and follows through."

Examples of Strong ID Statements

Health

"I am a healthy person who prioritizes movement, nutrition, and rest every day."

Leadership

"I am a supportive and accountable leader who helps others succeed through clear communication and trust."

Personal Growth

"I am a disciplined person who follows through on commitments and takes consistent action toward my goals."

Step 3: Focus on Behaviours, Not Outcomes

Your statement should describe ongoing actions and characteristics, not end results.

Less effective:

"I am someone who gets promoted."

More effective:

"I am a proactive professional who continuously learns and delivers high-quality work."

Step 4: Keep It Clear and Authentic

Use language that feels meaningful and believable. Aim for one to three sentences.

Template:

"I am a person who _____."

"I consistently _____ because I value _____."



Putting Your ID Statement into Action

Ask yourself daily:

"What would a person with this identity do today?"

Then choose one small behaviour that reinforces your identity.

Example:

Identity: I am a healthy person.

Habit: Take a 15-minute walk at lunch.

Evidence: Each walk is proof that you are becoming that person.

Personal Goals & ID Statement

Identity Statement

Challenges/Goals	Reinforcing Systems	Supporting Habit

Annual Readiness



100 points for every valid qualification and annual requirement!

Task	✓
FORCE Evaluation	☐
Medical	☐
Dental	☐
Immunization	☐
Annual Personal Readiness Verification (APRV) Forms	☐
Security Clearance	☐
C7A1 Handling	☐
C7/C8 Small Arms Trainer (SAT) Level I	☐
C7/C8 Small Arms Trainer (SAT) Level II	☐
C7/C8 – Live Level I	☐
C7/C8 – Live Level II	☐
9MM SAT	☐
9MM - Live	☐
Chemical, Biological, Radiological, and Nuclear (CBRN) Level I	☐
First Aid and Cardiopulmonary Resuscitation (CPR)	☐
Pre-service Firefighting Education and Training (PFET)	☐
Information Security (InfoSec) / DLN	☐
Law of Armed Conflict / DLN	☐
Media Awareness / DLN	☐
DND 404	☐
Provincial Drivers License	☐
ID Card (NDI 20)	☐
ID Disc	☐
Blue Passport	☐

Annual Readiness tracking form will be released during the challenge.

Why these habits ?

These daily, weekly, and monthly habits have been carefully selected to support overall health and well-being. Each habit is informed by current evidence and is intended to promote sustainable, healthy lifestyle behaviours.

Daily



Sleep 7-9 Hours

According to the *National Sleep Foundation* AND the *Canadian 24-Hour Movement Guidelines* for Adults aged 18-64 years, it is recommended that adults get 7 to 9 hours (sleep duration) of good-quality sleep on a regular basis, with consistent bed and wake-up times. Sleep is essential for our overall physical and mental health with both not enough sleep and too much sleep increasing one's risk of poor health and chronic disease.



Read 30+ mins

Daily reading activates multiple brain regions — language, visualization, and emotional processing, which enhances memory retention, attention, and mental agility. Reading can lead to slower rates of cognitive decline and decreased stress levels.



Drink 2-3 L of water

Fluid requirements depend on individual factors, including activity level, climate, and overall health. In general, daily fluid intake targets are approximately 2.2 to 3.0 L for women and 3.0 to 3.5 L for men.



Walk/jog/run 7000+ steps

All types of movement matter! Getting moving throughout the day and reducing extended periods of sedentary behaviour contributes to overall improved health. Taking small steps and making healthy movement choices throughout the day can make a big impact.



Maintain a well-balanced diet

Follow *Canada's Food Guide*, which promotes healthy food choices and identifies foods that may undermine healthy eating patterns. The guide reflects current evidence on chronic disease prevention, nutrient adequacy, and overall health and well-being.



Complete 5+ micro-workouts

Micro-workouts, or “exercise snacks” are short bursts of vigorous activity, often ≤ 1 minute, spaced at intervals of 1–4 hours throughout the day. Multiple studies suggest that these activities can improve cardiorespiratory fitness, metabolic health and overall health outcomes.



Abstain from consuming alcohol, nicotine, cannabis

The Canadian Centre on Substance Use and Addiction (CCSA) provides evidence-informed recommendations regarding alcohol, nicotine, and cannabis use. The use of these substances is associated with a range of negative health outcomes. While reducing consumption can help lower health risks, abstaining from use provides the greatest health benefit.

Weekly/Monthly



Stand up, Sit less, Move more, More often.

The Canadian 24-Hour Movement Guidelines recommend that adults 18–64 years accumulate at least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, plus muscle-strengthening activity on at least 2 days per week, and limit sedentary time to 8 hours or less, including no more than 3 hours of recreational screen time and break up long periods of sitting as often as possible. Health benefits include: improved cardiovascular fitness, strength, and metabolic health, reduced risk of chronic disease, better mental health and mood, and enhanced daily functioning and independence.



Embrace a sense of community

Volunteering and active community participation are consistently associated with improved social, mental, and physical health outcomes, including lower mortality risk, better functioning, and enhanced wellbeing. Engaging in the community, participating in social activities, and finding a sense of belonging can contribute to decreased rates of loneliness, depression and anxiety, while enhancing self-worth and life satisfaction.



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



OCTOBER 2026

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



NOVEMBER 2026

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
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Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



DECEMBER 2026

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
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Scan for monthly bonus challenges

Notes:

Bonus Points:

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BATTLE READY

Points Total:

Personal Goals & ID Statement Check-In

Have your goals or priorities changed?

As you move through the challenge, life may present unexpected opportunities, obstacles, or changes in circumstances. Goals that once felt important may evolve, and priorities may shift. A mid-challenge check-in provides space to acknowledge these changes, reflect on what matters most to you right now, and adjust your approach while remaining true to your core values and desired identity.

Your check-in statement could reflect what you have learned about yourself during the challenge thus far, what habits are supporting your growth, and where you may need to re-focus your efforts. Like your original identity statement, it can encompass all aspects of your personal and professional life.

This check-in is not about perfection. It is about acknowledging the evidence of who you are becoming and intentionally choosing the next steps that will continue to support your growth.

If things haven't changed, that's ok too!

Identity Statement

Challenges/Goals

Reinforcing Systems

Supporting Habit



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



JANUARY 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
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Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



FEBRUARY 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	TOTAL
Sleep 7+ hours (1 pt)																													
Read 30+ mins (1 pt)																													
Drink 2-3+ L of water (1 pt)																													
Walk/jog/run 7000+ steps (1 pt)																													
Maintain a well-balanced diet (1 pt)																													
Complete 5+ micro-workouts (1 pt)																													
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																													

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	TOTAL
Kms walked, jogged or run (1 pt per)					
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)					
3 + Muscle strengthening activities using major muscle groups (10 pts)					

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

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MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



MARCH 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

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**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



APRIL 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
Sleep 7+ hours (1 pt)																															
Read 30+ mins (1 pt)																															
Drink 2-3+ L of water (1 pt)																															
Walk/jog/run 7000+ steps (1 pt)																															
Maintain a well-balanced diet (1 pt)																															
Complete 5+ micro-workouts (1 pt)																															
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																															

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:
CHIEFS' READINESS CHALLENGE



MAY 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

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**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



JUNE 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
Sleep 7+ hours (1 pt)																															
Read 30+ mins (1 pt)																															
Drink 2-3+ L of water (1 pt)																															
Walk/jog/run 7000+ steps (1 pt)																															
Maintain a well-balanced diet (1 pt)																															
Complete 5+ micro-workouts (1 pt)																															
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																															

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:
CHIEFS' READINESS CHALLENGE



JULY 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



AUGUST 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



SEPTEMBER 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
Sleep 7+ hours (1 pt)																															
Read 30+ mins (1 pt)																															
Drink 2-3+ L of water (1 pt)																															
Walk/jog/run 7000+ steps (1 pt)																															
Maintain a well-balanced diet (1 pt)																															
Complete 5+ micro-workouts (1 pt)																															
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																															

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:

Photo: Cpl Braden Trudeau



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



OCTOBER 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavier, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



NOVEMBER 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
Sleep 7+ hours (1 pt)																															
Read 30+ mins (1 pt)																															
Drink 2-3+ L of water (1 pt)																															
Walk/jog/run 7000+ steps (1 pt)																															
Maintain a well-balanced diet (1 pt)																															
Complete 5+ micro-workouts (1 pt)																															
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																															

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



DECEMBER 2027

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total:

