

COMPREHENSIVE AIRMAN FITNESS (CAF)

4 Pillars of Resilience



MENTAL

The ability to effectively cope with unique mental stressors and challenges.

Awareness
Adaptability
Decision Making
Positive Thinking



PHYSICAL

The ability to adopt and sustain healthy behaviors needed to enhance health and well-being.

Endurance
Recovery
Nutrition
Strength



SOCIAL

The ability to engage in healthy social networks that promote overall well-being and optimal performance.

Communication
Connectedness
Social Support
Teamwork



SPIRITUAL

The ability to adhere to beliefs, principles, or values needed to persevere and prevail in accomplishing missions.

Core Values
Perseverance
Perspective
Purpose

CAF is a holistic, strength-based, and integrated framework that plays a role in sustaining a fit, resilient, and ready force. CAF is not a standalone program – it is multiagency programs and activities across the Air Force.