

ARMY NATIONAL GUARD STRIPES FOR SKILLS PROGRAM

Name and Rank:	Unit:	Date:
Required Task:		Initials/Date of Completion:
Administrative Prep		
<ul style="list-style-type: none"> • Established Bank Account and Started Direct Deposit • Set up MyPay Account 		
Military Time		
<ul style="list-style-type: none"> • Correctly read and respond using military time 		
Drill and Ceremonies		
<ul style="list-style-type: none"> • Execute the Position of Attention • Execute the Hand Salute • Know Who and When to Salute 		
* Execute Rest Position		
<ul style="list-style-type: none"> • Parade Rest • At Ease • Stand at Ease • Rest 		
* Execute Facing Movements at the Halt		
<ul style="list-style-type: none"> • Right Face • Left Face • About Face 		
* Marching		
<ul style="list-style-type: none"> • Forward March • Half Step • Change Step • Column Left • Column Right • Halt 		
Recite General Orders		
<ul style="list-style-type: none"> • First General Order • Second General Order • Third General Order 		
Identify Rank Structure		
<ul style="list-style-type: none"> • Enlisted • Officer 		
Phonetic Alphabet		
<ul style="list-style-type: none"> • Know/Recite Phonetic Alphabet 		
First Aid		
<ul style="list-style-type: none"> • Evaluate a Casualty • Perform First Aid and Practice Individual Preventative Medicine Countermeasures • Perform First Aid for Bleeding Extremity • Perform First Aid for Splinting a Fracture 		
Land Navigation		
<ul style="list-style-type: none"> • Identify Terrain Features on a Map • Determine Grid Coordinates on a Map • Measure Distance on a Map 		
Army Fitness Test (AFT) Must achieve 60 points or more in each event to pass (general standard)		
Event	Score	Points
• Repetition Maximum Deadlift		
• Hand-release Push-up		
• Sprint-Drag-Carry		
• Plank		
• Two-Mile Run		
Basic Lead Qualification Skills (APPLE-MD)		
<ul style="list-style-type: none"> • Can identify qualifications in all Seven Categories 		

- Score Warrior a **GO** if the task is performed successfully (Sustainment training should continue during all succeeding months)
- Score Warrior a **NO-GO** if the Warrior fails one or more areas and the instructor cannot correct the deficiency on the spot (Retraining required at next military formation)

Trainer/Graders Signature/Rank/Position

Commander's Signature/Rank for Verification