


UNIT: 528th SB (SO)(A) 1st Special Forces Command FT BRAGG, NC	DTG: 221500NOV2022
OPORD 22-XXX 528th SB (SO) (A) Human Performance and Wellness Assessment:	
1. Time Zone Used Throughout the Order: (U) Local	
TASK ORGANIZATION. No Change	
1. SITUATION. The 528th SB (SO) (A) Soldiers will complete a Human Performance and Wellness (HPW) assessment to meet USASOC and 1 st SFC directive. This will allow for a baseline of SMs within the organization to increase support from HPW pillars. Assessment will occur in four phases to ensure 100% assessment. Phase I (Planning and coordination) has already been completed. Phase II (Initial assessment workflow) will be conducted from 29NOV22 through 09JAN23. Phase III (Full assessment) will be conducted from 10JAN23 through 31MAR23. Phase IV (Data Analysis) will be conducted through April 2023. All assessments will be conducted at the BDE HPTC and BDE Classrooms.	
2. MISSION. 528 th SB (SO) (A) Soldiers will conduct HPW Assessment from 29NOV22 through 31MAR23 IOT meet USASOC and 1 st SFC directives.	
3. EXECUTION. <p>A. Commanders Intent: All Soldiers will participate in HPW assessment, including Strength and conditioning, briefings and surveys from each pillar of HPW IOT create a baseline assessment and meet USASOC and 1st SFC directives. Max participation will be achieved across all units to meet HPW requirements</p> <p>B. Concept of Operations: HPW Assessment will take place from 29NOV22 Through 31MAR23. Assessments will be conducted every Tuesday and Thursday from 0630 to 1130. Phase II will be primarily STB and BDE Staff IOT increase processes and efficiency during the assessment starting on 29NOV22. Phase III will consist of STB, 112th, and 389th starting O/A 10JAN23.</p> <ol style="list-style-type: none"> 1. Phase I: BDE Staff and STB will coordinate through the BN and BDE S3 to meet required numbers each date. The assessment will start in the HPW Human Performance Training Center at the BDE. <ul style="list-style-type: none"> 29NOV22 - x 10 PAX 01DEC22 - x 10 PAX 06DEC22 - x 20 PAX 08DEC22 - x 20 PAX 13DEC22 - x 30 PAX 15DEC22 - x 30 PAX 2. Phase II: This phase will encompass all BNs (STB, 112th, 389th) from 10JAN23 through 31MAR23 <ol style="list-style-type: none"> a. Conducting assessments every Tuesday and Thursday from 0630 until 1130. b. Each assessment day will include 35 SMs to complete the assessment. <ol style="list-style-type: none"> (1) STB will provide 11 SMs each day until complete, may be required to provide more depending on availability. (2) 112th will provide 13 SMs each day until complete, may be required to provide more depending on availability. (3) 389th will provide 11 SMs each day until complete, may be required to provide more depending on availability. c. Coordination will be managed through the BN S3's and BDE S3. d. Phase II will be completed once all 528th SB SMs have completed the assessment 3. Uniform: Assessment will be conducted in workout attire (Black on Black athletic apparel or APFU) 4. Feedback: During the assessment individual SMs will receive follow on appointments with individual pillars for follow up feedback concerning their assessments and SMs desiring more information (i.e. Strength and conditioning program, financial, Social and Family Programs) 	

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C. Task.	
<p>ALL</p>	<p>All 528 SB (SO) (A) service members will participate in HPW assessment from 29NOV22 through 31MAR23. BN S3 required submitting names with Civilian emails the Friday prior to assessment week. All service members required to have access to the Bridge Athletics / Bridge Tracker. Utilize below QR Code to download.</p>  <p>Bridge Tracker</p> <p>All SMs are required to start the initial assessment after fasting. This is a 10 hr fast, meaning that the SM does not eat or drink anything besides water after dinner. The SM should refrain from eating, drinking (other than water), tobacco prior to inbody assessment.</p>
<p>STB</p>	<ol style="list-style-type: none"> 1. Provide SMs for assessment on the following dates <ol style="list-style-type: none"> a. 29NOV22 - x 10 PAX b. 01DEC22 – x 10 PAX c. 06DEC22 – x 20 PAX d. 08DEC22 – x 20 PAX e. 13DEC22 – x 30 PAX f. 15DEC22 – x 30 PAX g. 10JAN23 through 31MAR23 <ul style="list-style-type: none"> • STB will provide 11 SMs each day until complete, may be required to provide more depending on availability. 2. Conducting assessments every Tuesday and Thursday from 0630 until 1130. <ol style="list-style-type: none"> a. Each assessment day will include 35 SMs to complete the assessment. b. Coordination will be managed through the BN S3’s and BDE S3. c. BN S3 will submit names for the following week NLT COB Friday the week before to BDE S3 IOT ensure full assessment classes. 3. Uniform: Assessment will be conducted in workout attire (Black on Black athletic apparel or APFU) 4. Feedback: During the assessment individual SMs will receive follow on appointments with individual pillars for follow up feedback concerning their assessments and SMs desiring more information (i.e. Strength and conditioning program, financial, Social and Family Programs)
<p>112th SIG</p>	<ol style="list-style-type: none"> 1. Provide SMs for assessment on the following dates <ol style="list-style-type: none"> a. 10JAN23 through 31MAR23 <ul style="list-style-type: none"> • 112th will provide 13 SMs each day until complete, may be required to provide more depending on availability. 2. Conducting assessments every Tuesday and Thursday from 0630 until 1130. <ol style="list-style-type: none"> a. Each assessment day will include 35 SMs to complete the assessment. b. Coordination will be managed through the BN S3’s and BDE S3. c. BN S3 will submit names for the following week NLT COB Friday the week before to BDE S3 IOT ensure full assessment classes. 3. Uniform: Assessment will be conducted in workout attire (Black on Black athletic apparel or APFU) 4. Feedback: During the assessment individual SMs will receive follow on appointments with individual pillars for follow up feedback concerning their assessments and SMs desiring more information (i.e. Strength and conditioning program, financial, Social and Family Programs)

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MI BN	<ol style="list-style-type: none"> 1. Provide SMs for assessment on the following dates <ol style="list-style-type: none"> a. 10JAN23 through 31MAR23 <ul style="list-style-type: none"> • 389th will provide 11 SMs each day until complete, may be required to provide more depending on availability. 2. Conducting assessments every Tuesday and Thursday from 0630 until 1130. <ol style="list-style-type: none"> a. Each assessment day will include 35 SMs to complete the assessment. b. Coordination will be managed through the BN S3's and BDE S3. c. BN S3 will submit names for the following week NLT COB Friday the week before to BDE S3 IOT ensure full assessment classes. 3. Uniform: Assessment will be conducted in workout attire (Black on Black athletic apparel or APFU) 4. Feedback: During the assessment individual SMs will receive follow on appointments with individual pillars for follow up feedback concerning their assessments and SMs desiring more information (i.e. Strength and conditioning program, financial, Social and Family Programs)
CMD	
S-1	1. Coordinate with STB S3 and BDE S3 for assessment slots
S-2	1. Coordinate with STB S3 and BDE S3 for assessment slots
S-3	<ol style="list-style-type: none"> 2. Provide coordination for roster 3. Manage and coordinate numbers and names for events.

S-4	1. Coordinate with STB S3 and BDE S3 for assessment slots
S-6	1. Coordinate with STB S3 and BDE S3 for assessment slots
SPO	1. Coordinate with STB S3 and BDE S3 for assessment slots
SPECIAL STAFF	1. Coordinate with STB S3 and BDE S3 for assessment slots

D. Coordinating Instructions.

4. SERVICE SUPPORT.

A. General: N/A

B. Material and Services:

1. N/A

- **5. COMMAND AND SIGNAL.** Action Officer for this event is BDE S3. Event Execution run through HPW / CPT Forte at joseph.forte@socom.mil or 908-5062

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ANNEXES/ATTACHMENTS.

A – N/A

DISTRIBUTION

STAFF

STB, 528th (SO)(A)

112th SIG BN (SO)(A)

389th MI BN (SO)(A)

ACKNOWLEDGE

BRUNSON

COL

OFFICIAL:

MAJ

Philbin

S3