



C-Note #13

A MESSAGE TO THE FLEET FROM THE CHIEF OF NAVAL OPERATIONS



TOTAL SAILOR: FIT TO FIGHT

Our profession is combat. We exist to fight and win at sea. That demands a Navy capable of out-thinking, out-maneuvering, and out-fighting any adversary. Our decisive advantage is our people. Every day, around the world, Sailors operate complex systems, solve difficult problems, make consequential decisions, and execute demanding missions. Sustaining that advantage requires deliberate investment in our Sailors and the development of cohesive, resilient, and lethal teams. That is why we are launching the Total Sailor: Fit to Fight Playbook.

\\ Leadership Action is the Solution

Leaders have an obligation to know their Sailors, develop their potential, and foster environments where they can excel. Leadership action is the solution. Know your Sailors. Challenge your Sailors. Develop your Sailors. Enforce the standards. Lead by example.

\\ The Goal is to Increase Warfighting Capability

This is not another program, inspection, or checklist. It is a leadership commitment to continuous improvement at every level of command. Our objective is not simply to mitigate risk but to increase warfighting resiliency and capability. Stronger Sailors build stronger teams. Stronger teams generate combat power. Combat power wins wars.

\\ Fit to Fight Playbook

The Total Sailor: Fit to Fight Playbook provides practical tools for Sailors and leaders to turn this commitment into action. Integrate these principles into daily routines, training, qualifications, and command culture. Make developing our Sailors an enduring leadership responsibility.



TOTAL SAILOR

DEVELOPING WARFIGHTERS THROUGH MIND, BODY, AND SPIRIT



BUILDING THE MIND

A STRONG MIND BUILDS RELIABLE WARFIGHTERS

DEVELOPING THE MIND



COGNITIVE FITNESS



PSYCHOLOGICAL FITNESS



SOCIAL FITNESS



WARRIOR TOUGHNESS



BUILDING THE BODY

PHYSICAL READINESS IS WARFIGHTING READINESS

DEVELOPING THE BODY



PHYSICAL FITNESS



SLEEP AND RECOVERY



NUTRITION



BUILDING THE SPIRIT

PURPOSE CREATES PERSEVERANCE

DEVELOPING THE SPIRIT



CHARACTER



VALUES



BELIEFS



ACCOUNTABILITY

Total Sailor: Fit to Fight provides a framework for developing the whole Sailor across Mind, Body, and Spirit. We need warfighters who think critically, maintain physical readiness, demonstrate moral courage, adapt to uncertainty, and perform under pressure. Readiness demands strength across all three dimensions.



WHAT IS A TOTAL SAILOR?

A Total Sailor is a warfighter prepared to perform, adapt, and lead.

A Total Sailor is anchored in Honor, Courage, and Commitment. They understand that wearing the uniform carries a responsibility to themselves, their teammates, and the mission. They continuously develop their knowledge, skills, and abilities because personal readiness requires excellence on a daily basis.

A Total Sailor is strong in Mind, Body, and Spirit. These three elements form the foundation of a Sailor who can operate in uncertainty, overcome challenges, and perform when the nation calls.



STRONG IN MIND

A strong mind enables Sailors to think clearly, learn continuously, make sound decisions under pressure, adapt to changing conditions, and recover from setbacks.

The demands of Naval service require more than technical expertise. Sailors must be able to process information, solve complex problems, and make decisions when the situation is uncertain and the consequences are significant.

A strong mind is the ability to manage stress, maintain focus, and continue performing despite adversity. A strong mind is not the absence of stress. It is the ability to recognize stress, respond to it effectively, and keep it from compromising judgment or performance. Stress is an inherent part of military service.

Developing a strong mind requires discipline, reflection, learning, and the willingness to improve. Sailors with strong minds are better prepared to face challenges, support their teammates, and execute the mission.



STRONG IN BODY

A strong body enables Sailors to maintain physical readiness, recover from demanding operations, sustain performance over time, and remain ready for the fight.

Physical readiness is not simply a personal goal or an administrative requirement. It is a warfighting requirement. The Navy relies on Sailors who can operate in demanding environments, endure hardship, and maintain effectiveness throughout prolonged operations.

Maintaining the body requires discipline in fitness, nutrition, recovery, and overall health. Just as Sailors maintain the ships and systems they operate, they must maintain themselves as critical components of the Navy's warfighting capability.

Physical readiness is warfighting readiness.



STRONG IN SPIRIT

A strong spirit enables Sailors to deal with the challenging operations and missions encountered in the Navy. This strong spirit is built through values, relationships, purpose, and a commitment to something greater than themselves. A strong spirit is grounded in purpose, values, relationships, character, faith or belief, and commitment to something greater than oneself.

Naval service requires sacrifice. Sailors operate far from home, endure hardship, and accept responsibilities that few Americans ever experience. A strong spirit provides the foundation to persevere through those challenges and continue serving with honor. It shapes how Sailors make decisions, treat others, and respond when conditions are difficult.

A strong spirit allows Sailors to endure hardship, remain grounded in their purpose, and continue moving forward together.

CALL TO ACTION

Here is my charge to every Sailor: Build yourself. Build your shipmates. Build your team. Strengthen your Mind, Body, and Spirit. Take ownership of your readiness, look after one another, and never lose sight of the mission.

Great People become Great Leaders. Great Leaders build Great Teams. Great Teams win. Be a Total Sailor. Be Fit to Fight.

EVERY SAILOR MUST UNDERSTAND:

**MY ACTIONS
MATTER**

**MY TEAMMATES
MATTER**

**OUR MISSIONS
MATTER**

BUILT IN THE FOUNDRY - TEMPERED IN THE FLEET - FORGED TO FIGHT.

Daryl L. Caudle
Admiral, United States Navy
34th Chief of Naval Operations