The questions in the ARMS:
Please answer the following questions in relation to how ready you feel for any upcoming task or challenge.

| #  | Factor                  | Item wording                                                   | Response right now | Reverse code |
|----|-------------------------|---------------------------------------------------------------|--------------------|--------------|
| 1  | Overall Readiness       | I feel ready to deal with serious threats                     | 0---1---2---3---4---5---6 |              |
| 2  | Overall Readiness       | My skills and experience make me capable of meeting any challenge | 0---1---2---3---4---5---6 |              |
| 3  | Overall Readiness       | I feel ready to deal with uncertainty                         | 0---1---2---3---4---5---6 |              |
| 4  | Overall Readiness       | I feel confident in taking control of situations              | 0---1---2---3---4---5---6 |              |
| 5  | Physical Readiness      | I am physically fit                                            | 0---1---2---3---4---5---6 |              |
| 6  | Physical Readiness      | I am physically prepared                                      | 0---1---2---3---4---5---6 |              |
| 7  | Physical Readiness      | I am physically fresh                                          | 0---1---2---3---4---5---6 |              |
| 8  | Physical Fatigue         | I am physically tired                                          | 0---1---2---3---4---5---6 | R            |
| 9  | Physical Fatigue         | My muscles are sore                                           | 0---1---2---3---4---5---6 | R            |
| 10 | Physical Fatigue         | I am fatigued                                                  | 0---1---2---3---4---5---6 | R            |
| 11 | Physical Fatigue         | I am physically spent                                          | 0---1---2---3---4---5---6 | R            |
| 12 | Cognitive Readiness     | I can focus well                                               | 0---1---2---3---4---5---6 |              |
| 13 | Cognitive Readiness     | I am mentally prepared                                         | 0---1---2---3---4---5---6 |              |
| 14 | Cognitive Readiness     | I am thinking clearly                                          | 0---1---2---3---4---5---6 |              |
| 15 | Cognitive Fatigue        | I am mentally tired                                            | 0---1---2---3---4---5---6 | R            |
| 16 | Cognitive Fatigue        | My mind is fuzzy today                                         | 0---1---2---3---4---5---6 | R            |
| 17 | Cognitive Fatigue        | I cannot focus today                                           | 0---1---2---3---4---5---6 | R            |
| 18 | Threat-Challenge Readiness | I am ready to process significant problems                   | 0---1---2---3---4---5---6 |              |
| 19 | Threat-Challenge Readiness | No matter the challenge, I am ready for it                     | 0---1---2---3---4---5---6 |              |
| 20 | Threat-Challenge Readiness | I have things under control today                             | 0---1---2---3---4---5---6 |              |
| 21 | Threat-Challenge Readiness | I can handle unpleasant feelings                               | 0---1---2---3---4---5---6 |              |
| 22 | Group-Team Readiness    | My team is ready                                               | 0---1---2---3---4---5---6 |              |
| 23 | Group-Team Readiness    | My team has strong systems and processes                       | 0---1---2---3---4---5---6 |              |
| 24 | Group-Team Readiness    | My team works well together                                    | 0---1---2---3---4---5---6 |              |
| 25 | Group-Team Readiness    | I have confidence in my team                                   | 0---1---2---3---4---5---6 |              |
| 26 | Skills-Training Readiness | I offer significant value to my role/Unit                    | 0---1---2---3---4---5---6 |              |
| 27 | Skills-Training Readiness | I am capable of delivering my role                            | 0---1---2---3---4---5---6 |              |
| 28 | Skills-Training Readiness | I feel confident in my abilities to perform my role          | 0---1---2---3---4---5---6 |              |
| 29 | Equipment Readiness     | I have all the equipment I need                                | 0---1---2---3---4---5---6 |              |
| 30 | Equipment Readiness     | My equipment is well-maintained                                 | 0---1---2---3---4---5---6 |              |
| 31 | Equipment Readiness     | My equipment is fit-for-purpose                                | 0---1---2---3---4---5---6 |              |
| 32 | Equipment Readiness     | My equipment is world-leading                                  | 0---1---2---3---4---5---6 |              |