

Comprehensive Transition Plan (CTP) Worksheet - DOE, JOHN, SGT

☐ Scrimmage

☐ FTR

Run on: 5/3/2019 1:13:13 PM

MOS:	91X	MAINTENANCE SUPERVISOR	Track:	Remain in the Army	Target Transition Date:	31 Jul 2019				
Transition Goal:	to reach my 20 years of service active duty and obtain a federal employment position				Next CTP Scrimmage:	15 May 2019				
Domains	Challenges (*End States)	Action Statements	Assigned				May 2019	Jun 2019	Jul 2019	Aug 2019
CAREER	medical condition that prevents proper bloodflow and heart rate decrease that causes all of a sudden faint.	be actively participating in an internship from a federal agency by 31MAY2019		X						
	* get a new job., Hello, Secure federal employment prior to retirement from active duty.	finalized corrections by having at least 2 mentors and 2 fellow leaders to proofread of federal resume and turned in to proper federal agency by 29JUN2019			X	X				
EMOTIONAL	Stressors related to the possible Army decision of a medical board and family stressors	attend behavioral health classes for sleeping habits and maintain daily stressors for the DOD Warrior Games competition and complete by 28 MAY 2019		X						
	* cope with stressors appropriately throughout training for warrior games, Cope with stressors appropriately throughout transition., cope with stressors related to my sleeping habits, cope with stressors with the holidays, cope with the Army decision of a Medical Board	balance daily schedules between Army Warrior Games Trials competition and my health goals by only conducting a maximum of 60 minutes of Army Trials training and spend quality time with family and complete by the end of june 2019			X	X				
FAMILY	financial savings	conduct small family vacay in hawaii and save extra 500 dollars towards wedding to re wed my wife in a catholic church by 31 MAY 2019		X						
	* establish a good christmas holidays, re wed my wife in a catholic church with immediate families, take a family vacation to Hawaii and attend a family wedding, well deserve daughter birthday celebration	Have a 1 month emergency fund by the end of July				X				
PHYSICAL	medical condition that prevents proper bloodflow and heart rate decrease that causes all of a sudden faint. Chronic severe back pain, constant gout flare ups, right knee aches	conduct a minimum of 60 minutes of cardiovascular exercises to loose a minimum of 5 pounds and continue to actively participate in individual event training for the DOD warrior games in Tampa, FL and complete it by 31 MAY 2019		X						
	* compete in the DoD warrior games JUN 2019 in Tampa, FL, lose 15 pounds and improve health	participate and compete in the All Army Warrior Games Trials in FT Bliss, TX and loose at least a minimum of 5 pounds of body weight by conducting a daily routine of physical exercise and complete by June 2019		X	X					
SOCIAL	No challenge	Attend Army Trials in Ft Bliss, TX and conduct networking opportunities with other regions for possible employment opportunity after military career and complete by June 2019		X	X					
	* Maintain social support system throughout transition.	maintain social support from friends and family to prepare for the DOD Warrior Games Competition in Tampa, FL and complete by 31 May 2019		X						
SPIRITUAL	No challenge	continue to conduct Yoga to maintain a healthy spiritual life style 2x week for a minimum of 15 minutes a day in preparations for the upcoming DOD Warrior Games competition by 31 MAY 2019		X						
	* Maintain peace of mind and personal beliefs with God and maintain a healthy spiritual life style in preparation for the DOD warrior Games	improve a healthier life style by introducing a minimum of 30 minutes of yoga into my daily routines by attending classes through my focus rehabilitation program 2x week from the pain management clinic and complete by July 2019		X	X	X				

----- Name and Signature -----	Soldier's Signature:
Squad Leader:	
Nurse Case Manager:	Notes:
Social Worker:	