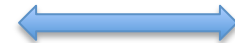


## Navy SEAL Inclination Survey (Abridged Version)

How sure are you that you want to become a SEAL?			↓		↓
100% sure (10 pts)	50/50% (5 pts)	Just curious (0 pts)	<input type="checkbox"/>	Shot a gun (15 pts)	<input type="checkbox"/>
How many books have you read about the SEALs?					
5 or more (10 pts)	2 books (5 points)	None (0 points)	<input type="checkbox"/>	Scuba Diving (15 pts)	<input type="checkbox"/>
Do you have a 4-year college degree?					
Yes (10 pts)	2-yr Associates (5 pts)	No (0 pts)	<input type="checkbox"/>	Boy Scouts (5 pts)	<input type="checkbox"/>
Do you have any military experience?					
Yes, I'm in (10 pts)	Family members (5 pts)	No (0 pts)	<input type="checkbox"/>	Adventure Racing (10 pts)	<input type="checkbox"/>
Do you know difference between Officer and Enlisted?					
Yes (10 pts)	Somewhat (5 pts)	No idea (0 pts)	<input type="checkbox"/>	Surfing (10 pts)	<input type="checkbox"/>
How long have you been thinking about pursuing this?					
My whole life (10 pts)	3 years (5 pts)	Less than 1 year (0 pts)	<input type="checkbox"/>	Varsity Athlete (10 pts)	<input type="checkbox"/>
How fit are you?					
Excellent (10 pts)	Decent (5 pts)	Below average (0 pts)	<input type="checkbox"/>	Water Polo (15 pts)	<input type="checkbox"/>
Can you run 10 miles tomorrow comfortably?					
Yes (10 pts)	Not comfortably (5 pts)	No way (0 pts)	<input type="checkbox"/>	Martial Arts (10 pts)	<input type="checkbox"/>
If you were left 2 miles out to sea, would you get back alive?					
Absolutely (10 pts)	I would try (5 pts)	No way (0 pts)	<input type="checkbox"/>	Weight lifting (5 pts)	<input type="checkbox"/>
What would you do if you didn't become a SEAL?					
Other military (10 pts)	Law enforce / fire (5 pts)	white collar job (0 pts)	<input type="checkbox"/>	Cross Country (5 pts)	<input type="checkbox"/>

Sum each column

**A**



**B**

Is Navy SEALs a good fit?	A + B
Highly inclined	140 - 200 points
Inclined	100 - 140 points
Not inclined	< 100 points

As you're working through Video #1, here's an exercise to help you begin to think about your current situation as it relates to a career in Naval Special Warfare.

This survey attempts to give you a quick gauge as to how "inclined" you might be to enjoy and be successful as a Navy SEAL. Don't take the results of this exercises literally. It's just a snapshot of where you are in your journey. Just because you don't score in the "Highly Inclined" or "Inclined" category does not mean you will not succeed in BUD/S.

When I first fully committed to train to become a Navy SEAL, my combined score on this survey was a **50**. We will discuss your scores on this survey and help you interpret the results in subsequent training modules.