



PROTECT THE GIFT

MISSION HANDBOOK · 2026

MARSTRONAUT[®]

A PROGRAM OF THE FORCE FOR HEALTH[®] NETWORK

in Training[™]

*The Mission Handbook · Group
Leader & Trainer Edition*

The Force for Health[®] Network · Learn It · Live It · Share It[™] · 2026 Edition

How to read this handbook

You already live on a spaceship. This book is your training manual for flying it well.

Marstronaut™ in Training™ uses a mission to Mars as the through-line for something every trainee needs right now on Earth: health literacy, science and math, real careers, teamwork, and character. Every single thing learned for Mars has an immediate Earth application.

The handbook follows the same path a trainee walks on the platform — from Orientation through Ground School, Flight School, three Missions, and Graduation. Each chapter ends with two boxes:

Trainee — what you do, what you earn, and where to click.

Coach / Group Leader — pacing, prompts, gates, and what to watch for.

Every chapter also carries an **Open the tool** link. Tap it on a screen and the live Marstronaut page opens — this handbook is a guide to a working program, not a brochure about one.

Marstronaut™ delivers standards-aligned enrichment challenges. It runs alongside what a school, club, or family already does; it does not replace it. Sponsors fund seats, never content.

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Tabs on the right edge of every page jump to a section. The Field Manual edition carries the full content, badge cards, worksheets and QR codes.

START

GROUND

SUIT UP

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CAREERS

MISSION 1

MISSION 2

MISSION 3

ARSENAL

GRAD

COACH



WELCOME & ORIENTATION

You already live on a spaceship

“You already live on a spaceship. It's called Earth, it's flying through space, and that makes every one of us crew on the same mission. The question isn't whether you're on a mission — it's whether you're training to be the kind of crew this one deserves: fit, kind, informed, and ready to lead.”

— COACH LUCY

Orientation is a trainee's first day on campus. The core idea lands in the first minute: humanity is a crew on a lifeboat through space, and training is how you become the crew this mission deserves.

The challenge is scoped in seven rings — **Self · Family · Friends · Community · World · Ecosystem · Planet**. Mission-ready starts with your own body and reaches all the way out.

What a trainee earns: badges and certificates aligned to ten standards frameworks, lifelong skills in health, STEM, leadership and civics — and eligibility for real-world experiences, including enrollment for a trip to an actual rocket launch.

TRAINEE

Finish the four first steps: watch the Welcome video, meet your crew, take your Career Compass, enter Ground School. Then create your Training ID — every astronaut has a call sign.

[OPEN THE TOOL](#)
Orientation

COACH / GROUP LEADER

Open every session with the compass question: “What have I done today to make the world — or someone's world — a bit better than if I weren't here?” Ask it at the start and again at the end.

[OPEN THE TOOL](#)
Welcome Center



WELCOME & ORIENTATION

Meet your crew

“Hi, I’m Maria, and I’ll be with you every step. The moment you have an ID and a crew, you stop watching the mission and start being in it.”

— MARIA

Nobody trains alone. Two illustrated trainee companions walk beside every learner, and six expert guides are on call.

Maria Reyes

Companion · Health & Human Performance.
“Good with people, hard STEM scares me. We’ll figure this out together.”

Coach Lucy

Motivation & navigation · AI twin of Lucy Howell, CEO

Cmdr. Sarah Kim

Aerospace, navigation, physics

Prof. Kwame Osei

History, cultures, governance, ethics

All AI guides are clearly labeled as AI. Clinical questions route to Dr. Rob. Crisis indicators trigger emergency resources (911 · 988 · 741741).

Marcus Johnson

Companion · Aerospace & Engineering. “Good with machines. The humanities stuff is new to me.”

Dr. Rob

Health education · AI twin of Dr. Robert Gillio, Co-Founder

Dr. Aisha Patel

Planetary science, One Health, climate

Chaplain Tanya Mitchell

Meaning, grief, multi-faith support

TRAINEE

Pick the guide you’d ask first when you’re stuck — then notice, over the program, how that changes.

COACH / GROUP LEADER

Maria and Marcus model the emotional journey on purpose: one is STEM-anxious, one is humanities-anxious. Use them to normalize “I’m not sure yet” in your group.

[OPEN THE TOOL](#)

Maria — Character Sheet

[OPEN THE TOOL](#)

Learner Portal



THE OPERATING SYSTEM

Learn It · Live It · Share It™

“Learn It · Live It · Share It is not a tagline; it's a way of life. Students don't just learn about health and science — they practice it, and then they teach it to others.”

— DR. ROB

Every card, bingo square, and mission event in Marstronaut runs on the same three beats, and each beat pays in a different currency.

LEARN IT

Lessons, quizzes, knowledge badges.

⚙️ Healthy Coins

LIVE IT

Workouts, sleep, nutrition, service — logged in the trackers.

💧 Drops

SHARE IT

Teach someone. Transmit a lesson back to Earth.

💧 Drops

A Drop is a tear prevented — a life made a little better. Coins buy rocket systems; Drops buy crew and training components. And knowledge always gates spending: 2,000 coins and no Chemistry Badge still won't build a propulsion system.

The **LIVE It Trackers** hold eleven everyday-health trackers — workouts, nutrition, weight, BMI, sleep, screen time, challenges, pain, treatment, reactions, and Serve It — because on Earth your body is the only spacecraft you'll ever be issued.

TRAINEE

Real astronauts train 2.5 hours a day in orbit just to hold onto muscle and bone. Start where you are — log one workout and one night of sleep this week.

COACH / GROUP LEADER

Award Drops for physical activity, service, or demonstrated skill outside the simulation. The teacher console lets you grant badges directly — use it to recognize what the software can't see.

OPEN THE TOOL
LIVE It Trackers

OPEN THE TOOL
Daily Quality

BEFORE GROUND SCHOOL

Find your Career Compass

"Every BODY has a role to play. Let's find yours."

— COACH LUCY

A thirteen-question intake maps a trainee's interests onto an eight-point radar and names a Top 3. It takes about ten minutes, has no wrong answers, and travels with the trainee through every phase.



Health & Human Performance



Skilled Trades & Workforce



Technology & Data



Mission Operations



Aerospace & Engineering



Supply Chain & Logistics



Science & Research



Education & Community

The Compass also captures an **IDEAS seed** — one community concern the trainee cares about — and holds it until the first IDEAS project in Ground School.

TRAINEE

Retake the Compass at the end of each phase. Most Marstronauts discover new interests as they learn. It's a tool for exploration, not a label.

COACH / GROUP LEADER

Pull the group's Top-3 distribution before Career Training. Careers matching each trainee's affinities are highlighted in the Career Ambassador — plan your guest speakers around the clusters you see.

[OPEN THE TOOL](#)
Career Compass

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COACH

THE MISSION MAP

Five phases, five rows, twenty-five cards

“Think of it as your Gemini program — the bridge where skills get real.”

— MARCUS

The whole program fits on one board. Five phase columns run left to right; five rows run down each column. Every square is a card with its own Learn It · Live It · Share It, and the bottom row of each column is a simulation gate — you prove readiness before the next column unlocks.

	Ground School	Flight School	Build the Rocket	The Journey	Survive on Mars
Concepts	Body = Spacecraft	Space Physics	Rocket Engineering	Transit Science	Mars Environment
Skills	Health Skills	16 Systems	Systems Integration	Crew Systems	Habitat Systems
Careers	Career Compass	Career Spectrum	Launch Team	Mission Ops	Colony Ops
One Health + Humanities	Humanities	Innovation	Eng for Everyone	Human Factor	Earth Return
Simulation Gate	Jeopardy + Crisis	Navigation Crisis	Launch Control	Deep Space	Colony Crisis

TRAINEE

You can explore any square, but cards unlock in sequence — the gate at the bottom of a column is the only door to the next one.

COACH / GROUP LEADER

Use the board as your pacing chart. One column is roughly a unit; one row across all five columns is a thread (for example, follow the Careers row for a career-week).

[OPEN THE TOOL](#)
Program Dashboard

[OPEN THE TOOL](#)
Mission Control

WHAT YOU EARN ALONG THE WAY

Badges & microcredentials

"Badges are not participation trophies. You cannot buy your way past a badge."

— DR. ROB

BASIC

Training ID · Daily Quality · boards · Ground School.

AMBASSADOR

Ground + Flight School + one Mission. Mentors and presents.

GROUP LEADER

Leads a chapter of ~25 from Mission Control.

17 KNOWLEDGE BADGES

Physics

Chemistry

Engineering

Math & Calculus

Biology

Civics & Leadership

Health & Body

Psychology

First Aid

Nutrition

Anatomy

Mental Health

Communication

Empathy

Conflict Resolution

Sustainability & Earth Systems

Community Health & SDOH

PROGRAM MICROCREDENTIALS

Ground School Graduate + 12 micro-badges · Astronaut ID + EVA Certificate · Flight School Wings · Launch Clearance · Transit Complete · Marstronaut · Cultural Competency · Mission Specialist · Certificate of Completion.

TRAINEE

Badges accumulate and are never lost.

COACH / GROUP LEADER

Full badge cards — earn by, unlocks, Earth use — are in the Field Manual edition.

[OPEN THE TOOL](#)

Learner Portal — My Badges

[OPEN THE TOOL](#)

Mission Control — Interior



PHASE 1

Ground School — Are you ready?

“No astronaut launches before mastering the basics — you earn your readiness, you don't assume it. Watch ‘I'm not sure’ turn into ‘I've got this.’”

— MARIA

Column One, where every Marstronaut begins. Ground School builds the foundation: health literacy, your own body systems, mission math, careers, and the One Health idea that connects you to everything around you.

Five interactive cards (GS-01 → GS-05) unlock in order, ending at **Sim A1 — the Ground School Gate**: a Jeopardy-style round plus a health-crisis scenario that proves you're set for Flight School.

Two companion units sit here too. **Maria — Forces That Shape Everything** turns a hula hoop, a merry-go-round and an orbit into one physics lesson; **Sports & Rides — Your Body Is a Physics Lab** does the same with a roller coaster and a basketball.

BASICS Bingo is the health-readiness board: sixteen missions across nutrition, fitness, sleep, mental health, first aid and more.

TRAINEE

Fill your Mission Log as you go. Six cards, each with a Learn It, a Live It and a Share It — the Share It is where the coins turn into Drops.

COACH / GROUP LEADER

Ground School is the safest place to build the habit of the daily 60-second Quality. Start every session there before opening the card of the day.

OPEN THE TOOL
Ground School

OPEN THE TOOL
Maria — Forces Unit

OPEN THE TOOL
Sports & Rides Unit

OPEN THE TOOL
BASICS Bingo

BUILD A SPACE SUIT

Twelve systems — suit me up

“Your body is a spacecraft with twelve systems. Learn what each one does, and you'll know how to keep it flying.”

— DR. ROB

The **Vehicle Assembly Building** is where a trainee builds the body system by system — twelve EVA-style systems, each with a Dr. Rob video, a Learn It, a Live It, and a Share It. Completing the set unlocks the 360° Explorer and earns the **Astronaut ID + EVA certificate**.

Spacesuit Bingo runs the same twelve systems as a board game, and the goniometer range-of-motion fitting lab makes the biology physical: measure your own joints the way suit technicians measure an astronaut's.

🎵 Phase theme: “*Twelve Systems (Suit Me Up)*”

TRAINEE

Generate your Astronaut ID when the twelfth system is green. Screenshot it — it's the first credential of the program.

COACH / GROUP LEADER

This is the highest-yield health-education block in the program. If you only have two sessions with a group, run Orientation and the Vehicle Assembly Building.

[OPEN THE TOOL](#)

Vehicle Assembly Building

[OPEN THE TOOL](#)

Spacesuit Bingo

[OPEN THE TOOL](#)

Astronaut ID Preview



“Mercury got us off the ground, but Gemini taught the hard skills that made the Moon possible. Newton's laws, orbital mechanics, the Hohmann highway to Mars — it all clicks here.”

— MARCUS

Five cards (FS-01 → FS-05) with Pause & Reflect eras and a gate at the end: **Sim A2 — Navigation Crisis**. Pass it and Mission 1 unlocks.

Flight School's toolkit is the deepest in the program:

- **Flight Simulator** — four eras of flight physics: balloon, propeller, jet, rocket.
- **Instrumentation Bingo** — sixteen spacecraft systems (IMU, RCS, ECLSS, GN&C, EVA, TPS...).
- **History of Flight Bingo** — sixteen pioneers with collectible trading cards.
- **Critical Thinking Trainer** — four lenses and a SMART reality test.
- **Adapt, Improve, Overcome** — a resilience simulator.
- **Interview Coach** — STAR-method practice for the first real job interview.
- **Leave It Better** — a stewardship tracker.

🎵 Phase theme: “*Thrust, Lift, Drag*”

TRAINEE

Try the Flight Simulator's experiment claims — make a prediction, fly it, see if you were right. That's the scientific method in ninety seconds.

COACH / GROUP LEADER

Pair the Interview Coach with Career Training. A mock interview for a real health or aerospace role is a natural Share It artifact for the group.

[OPEN THE TOOL](#)

Flight School

[OPEN THE TOOL](#)

Flight Simulator

[OPEN THE TOOL](#)

Critical Thinking Trainer

[OPEN THE TOOL](#)

Interview Coach



CAREER TRAINING

Sixty careers — find your seat

“These aren't pretend jobs — they have real training steps, real salaries, and real first patients. Learn these pathways now, and the day someone needs you — on this planet or another — you'll already know how to step up.”

— DR. ROB

Every astronaut is carried by a crowd of people who never leave the ground. Career Training introduces them.

Career Ambassador — ten real careers with Dr. Rob videos and honest Q&A; careers matching your Compass Top 3 are highlighted. **Pre-Apprentice Healthcare Pathway** — sixteen actual entry careers (CNA, EMT, phlebotomy tech, medical assistant and more) with hands-on missions.

Three bingo boards round it out: **Health Careers for Mars** (12 career videos), **STEM Careers for Mars** (“Top 10 careers that will get us to Mars”) and **Self-Reliance Skills** (wound care, burns, fractures, psychological first aid, BLS — medicine when there is no 911).

🎵 Phase theme: “Sixty Careers (Find Your Seat)”

TRAINEE

Log three careers you'd never heard of before this week. Most students can name five careers; you're on your way to sixty.

COACH / GROUP LEADER

The AMBASSADORS Career Bingo ships with lesson plans and a Teacher's Guide. Local employers and health systems make ideal Group Leader guests here — this is where sponsors see their seats at work.

OPEN THE TOOL
Career Ambassador

OPEN THE TOOL
Pre-Apprentice Pathway

OPEN THE TOOL
Health Careers Bingo

OPEN THE TOOL
Self-Reliance Skills Bingo

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MISSION 1 · EARTH

Build the Rocket

“A rocket is just a very honest team: if one system fails, none of them fly. This is where knowledge becomes something that actually leaves the ground.”

— MARCUS

In the Vehicle Assembly Building the trainee assembles eight rocket systems. Each needs a knowledge badge first — and each badge has an Earth job attached.

System	Badge required	Earth application
Propulsion	Chemistry	Engines, energy systems
Navigation	Math & Calculus	GPS, forecasting, data science
Life Support	Biology	Clean air & water → community health
Crew Selection	Civics	Team building anywhere
Physical Training	Health & Body	Heart disease, osteoporosis prevention
Psychology	Psychology	Teamwork, mental health, communication
Mission Planning	Math	Project management, budgeting
Structure	Engineering	Architecture, materials, infrastructure

Launch gate: 500 Coins · 300 Drops · Physics, Engineering, Health & Body badges → clearance at **Sim A3 — Launch Control**.

TRAINEE

The Rocket Assembly Builder walks the six-stage Artemis SLS stack with flashcards and a launch-sequence reward. Build it once for fun, then once for the badge.

COACH / GROUP LEADER

Suggested pacing: 3–4 class periods. Badge-earning can happen as homework or inside lessons you already teach — Physics, Chemistry and Biology badges map straight onto existing units.

OPEN THE TOOL

Mission 1 — Build the Rocket

OPEN THE TOOL

Rocket Assembly Builder



MISSION 2 · DEEP SPACE

The Journey — 32 weeks to Mars

“Surviving the trip isn't just engineering, it's teamwork and patience, and the crew that communicates wins. Strap in, Marstronaut. Mars is seven months away.”

— MARCUS

Thirty-two virtual weeks of transit. Supplies deplete, events fire, and every event demands a two-level decision — fix the problem on the ship, then write the lesson home.

Food poisoning outbreak

Post-hurricane food safety, oral rehydration

Solar radiation storm

UV exposure, skin cancer prevention

Equipment malfunction

Apollo 13 resourcefulness, improvised problem-solving

Laceration emergency

First aid at sports events, schools, workplaces

Psychological crisis

Depression signs in a friend, mental health first aid

Supply rationing

Post-disaster resource management

Every resolved event generates an **Earth Dispatch** — the Share It moment, and a ready-made formative writing piece.

Unlock gate: 800 Healthy Coins · all 8 systems built · First Aid and Psychology badges.

TRAINEE

Your Earth Dispatch is read by someone on Earth — write it like it matters. What would you want your family to know after a solar storm?

COACH / GROUP LEADER

Suggested pacing: 5–6 periods, one or two virtual weeks per session. You can trigger any crisis manually as a whole-class prompt, and you review and approve every Dispatch.

[OPEN THE TOOL](#)

Mission 2 — The Journey

[OPEN THE TOOL](#)

Mission Control — Live

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MISSION 3 · MARS SURFACE

Survive on Mars

“Survival isn't just engineering — it's caring for people and place at the same time, the hardest and most human skill there is. Pass this, and you've earned the name Marstronaut.”

— DR. ROB

The ultimate One Health test: keep bodies, a crew, and a whole habitat alive together on a planet that is trying to stop you. Three colony build levels, consumable supplies, medical emergencies — and community stress scenarios that every classroom already knows:

Bullying and exclusion

Schoolyard and workplace dynamics

Isolation and loneliness

Recognizing withdrawal

Grief and loss

Supporting a friend through bereavement

Communication breakdown

Assumptions vs. intent, conflict resolution

Everything built on Mars comes back to help Earth: water conserved, energy budgeted, food not wasted. **Unlock gate:** 900 Drops · 3+ Earth Dispatches · Biology and Civics badges. Final gate: **Sim A5 — Colony Crisis.**

🎵 Phase theme: *“Mission Control (Reach the Red)”*

TRAINEE

The Mars Colony Builder game lets you run the colony free-play. Watch what fails first — it's almost never the machinery.

COACH / GROUP LEADER

Suggested pacing: 6–8 periods, one Sol per session. After community events ask: “Have you ever seen this happen in real life? What happened?”

[OPEN THE TOOL](#)

Mission 3 — Survive on Mars

[OPEN THE TOOL](#)

Mission Control — Dashboard



EVERY DAY · 60 SECONDS

The 26 Astronaut Qualities

"The daily sixty-second habit builds an astronaut one quality at a time."

— COACH LUCY

NASA selects for more than test scores. Marstronaut trains the twenty-six human qualities real astronauts are chosen for — scientific curiosity, collaboration under pressure, physical and psychological resilience, systems thinking, empathy, environmental stewardship, communication, ethical reasoning, health advocacy, creative expression, and more — each illustrated by real people who embody it.

The **Daily Quality** is a 60-second opt-in: read today's quote, see today's tip, take today's action. It pays an artifact for your Mission Log, ⚙️ 10 Healthy Coins, and 💧 5 Drops for sharing.

The **26 Qualities Explorer** shows the whole wheel; the Qualities Manager lets a Group Leader schedule the feed for a cohort.

TRAINEE

Pick one quality a week to work on deliberately. Twenty-six weeks later you have a half-year of character training in your Log.

[OPEN THE TOOL](#)
Today's Quality

[OPEN THE TOOL](#)
26 Qualities Explorer

COACH / GROUP LEADER

This is the SEL spine of the program and the easiest win with a new group — sixty seconds at the top of every meeting. Schedule the feed for your cohort in the Qualities Manager.

[OPEN THE TOOL](#)
Qualities Manager



ONE HEALTH + HUMANITIES

Faith, Culture & Health

“The crew will pray differently, eat differently, and grieve differently. The competency isn't knowing every rule. It's knowing to ask.”

— CHAPLAIN REV. TANYA MITCHELL

A Mars crew, like any clinic or classroom on Earth, carries many faiths and worldviews. Fifteen Dr. Rob lessons open each through the health lens — what it teaches, and one specific act of respect:

 Indigenous & Native American

 Hinduism

 Judaism

 Buddhism

 Christianity

 Islam

 Sikhism

 Jainism

 Taoism

 Confucianism

 Shinto

 Bahá'í Faith

 Rastafari

 African Traditional & Diaspora

 Secular & Humanist

They live on the **Faith, Culture & Health Bingo** board — a 4×4 card with a One Health center square: kosher and halal meals, Ramadan and the Bahá'í fast, gelatin capsules and ahimsa, herbs that interact with prescriptions, sacred items never moved without permission. Cultural competency is the One Health skill for people. **The Marstronaut rule holds on every square: ask, don't assume.**

TRAINEE

Start with the tradition you know least about. Teach one caregiver fact to someone this week.

COACH / GROUP LEADER

Companion to the GS-04 Humanities card. Pair a square with the question: “What gives you strength and comfort?”

[OPEN THE TOOL](#)

Faith, Culture & Health Bingo

[OPEN THE TOOL](#)

26 Qualities Explorer

THE ARSENAL

Games, bingo boards & simulations

“Sixty collectible cards, four rarity tiers, and a prize wheel. Learning should feel like winning.”

— MARCUS

Marstronaut is a game first. Alongside the phase hubs, trainees can play:

BINGO BOARDS

- BASICS · Spacesuit · Space
- Health Careers · STEM Careers
- Self-Reliance Skills · Ambassadors
- Faith, Culture & Health
- History of Flight · Instrumentation

SIMULATION GATES

- A1 Ground School · A2 Navigation
- A3 Launch Control · A4 Apollo 13
- A5 Colony Survival

GAMES

- Artemis Rocket Builder
- Mars Colony Builder
- Space History Gallery
- Category Quest

COLLECT

- Card Collection — 60 cards
- Spin4Rewards wheel

Also: **Mission Health Rescue**, the free arcade Reality Health Game™ at theforce.health/marstronaut.

TRAINEE

Every bingo square has a Learn It, Live It and Share It depth card behind it. The square is the door; the coins are behind it.

COACH / GROUP LEADER

Bingo boards are your drop-in activity when a period runs short or a sub is covering. Each one stands alone and needs no setup.

[OPEN THE TOOL](#)
Card Collection

[OPEN THE TOOL](#)
Space Bingo

[OPEN THE TOOL](#)
STEM Careers Bingo

[OPEN THE TOOL](#)
Mission Health Rescue



GRADUATION & DEBRIEF

Your ticker-tape parade

“Whether or not you ever go to Mars, you are already a Force for Health. Take your bow, Marstronaut. Then go make both worlds better.”

— COACH LUCY

When astronauts came home, New York threw shredded paper out of every window. John Glenn's parade in 1962 drew four million people. The Graduation Debrief is that parade for a trainee who has finished something most people never will.

The debrief prints the mission summary — phases completed, cards mastered, simulations survived, coins earned, Mission Log entries, days in training — and then says what the graduate now knows:

- You can explain how a rocket works — and build one.
- You can calculate orbital mechanics — and ask for help when stuck.
- You can manage a crew through 32 weeks of isolation.
- You can build and sustain a colony — water, power, food, and human conflict.
- You can identify 60+ real careers in space, health and STEM.
- You understand that **your health is Earth's health**.

🎵 Capstone theme: *“Force for Health (Mission Complete)”*

TRAINEE

Graduates are eligible for the Ambassador tier — and Ambassadors can become Group Leaders who mentor the next cohort. The ladder is real.

COACH / GROUP LEADER

Hold the debrief as an event. Invite families and sponsors; a graduate reading their own Earth Dispatch aloud is the best demonstration of the program there is.

[OPEN THE TOOL](#)

Graduation Debrief

[OPEN THE TOOL](#)

Astronaut ID



COACH'S CORNER · I

Running a cohort

Marstronaut is built for grades 6–12 with a workforce extension, and it runs online or in person. A chapter is about 25 trainees and one Group Leader.

SUGGESTED PACING

- **Orientation + Compass** — one session.
- **Ground School** — 3–5 sessions, one card per session, gate at the end.
- **Flight School** — 3–5 sessions plus the Navigation Crisis gate.
- **Mission 1** — 3–4 periods. **Mission 2** — 5–6 periods. **Mission 3** — 6–8 periods.
- **Daily Quality** — sixty seconds, every session, no exceptions.

GROUP LEADER POWERS

- Trigger any crisis event manually as a discussion prompt.
- Review and approve Earth Dispatches — the Share It writing assessment.
- Award badges for activity, service or demonstrated skills outside the simulation.
- See every trainee's progress, currency balance and active events at a glance in Mission Control.

DISCUSSION PROMPTS

After a Dispatch: “How would YOU apply this at school or at home?” · After a medical event: “Why does it matter to know first aid before an emergency?” · Every session: “What did you do today to make someone's world a little better?”

OPEN THE TOOL

Mission Control — Interior

OPEN THE TOOL

Program Dashboard



COACH'S CORNER · II

Badges & mission gates

Badges are the knowledge gate for every component and every crisis resolution. They are not participation trophies; each one is a defined body of knowledge or a demonstrated skill, earned through lessons, quizzes, activity logs and service verification. Badges accumulate and are never lost.

Gate	Currency	Badges (minimum)	Unlocks
Mission 1 Launch	500 Coins · 300 Drops	Physics, Engineering, Health & Body	VAB and 8 system cards
Mission 2 Depart	800 Coins · all 8 systems	First Aid, Psychology + all M1	32-week transit
Mission 3 Land	900 Drops · 3+ Dispatches	Biology, Civics + all M1 & M2	Colony builder, 3 levels

Seventeen badges span twelve discipline tracks at three proficiency levels. Five Mission-1 badges are STEM-focused and gate technical components paid in Coins; three are human-focused and gate crew components paid in Drops. Currency thresholds are minimums — more currency unlocks faster, but no one skips a badge.

Full detail: *Badge & Mission Gating Reference* and *Educator Guide* (Dr. Robert Gillio, March 2026), available from your Group Leader kit.

[OPEN THE TOOL](#)

Program Standards Map

STANDARDS

Aligned to ten frameworks

Every artifact in the program has been reviewed against ten national and state frameworks, so a CTE director, a health teacher, and a science department can each find their own standards in the same week of activity. Marstronaut is enrichment: it runs alongside adopted courses rather than replacing them.

NHES

SHAPE AMERICA

CTE

ARIZONA CTE

NGSS

ISTE

COMMON CORE MATH

COMMON CORE ELA

CASEL

NASA ACR

ONE FRAME, TEN SUBJECTS

A single mission narrative carries physiology, physics, math, ELA, SEL, civics and digital citizenship through the same week – without subject-switching whiplash. Science departments get NGSS life, physical and space science; math gets data analysis, ratios and resource management; health gets NHES and SHAPE; counselors get CASEL competencies and career development.

The full cross-walk lives in the **Program Standards Map**, with the companion **Cross-Disciplinary Positioning** brief for administrators.

[OPEN THE TOOL](#)

Program Standards Map

[OPEN THE TOOL](#)

Cross-Disciplinary Positioning

[OPEN THE TOOL](#)

Executive Summary

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MISSION CONTROL

Tool directory

All tools live at <https://theforce.health/marstronaut/>. Tap any name to open it.

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Career Compass

Learner Portal

HEALTH & BODY

Vehicle Assembly Building

LIVE It Trackers

Daily Quality

26 Qualities Explorer

BINGO & GAMES

BASICS

Spacesuit

Space

Health Careers

STEM Careers

Self-Reliance Skills

Ambassadors

Faith, Culture & Health

Card Collection

PHASE HUBS

Ground School

Flight School

Mission 1 — Build the Rocket

Mission 2 — The Journey

Mission 3 — Survive on Mars

Graduation Debrief

CAREERS

Career Ambassador

Pre-Apprentice Pathway

Mars Career Thread

COACHES & LEADERS

Mission Control — Interior

Program Dashboard

Standards Map

Recruitment page

Log entry

SOL _____ CALL SIGN _____ QUALITY OF THE DAY _____

COACH



JOIN THE MISSION

How to start a chapter

“Every BODY has a role to play – and every community has a launch pad.”

— COACH LUCY

Trainees — no sign-up is needed to try the games. Create a free Training ID at the Welcome Center to start earning coins, Drops and badges that follow you through the program.

Schools, clubs and families — Marstronaut runs as a chapter of roughly 25 trainees with one Group Leader, online or in person, with Group Leader training built into the same ladder trainees climb (Basic → Ambassador → Group Leader).

Sponsors and partners — sponsors fund seats, never content. Scholarship seats are administered through The Force for Health® Network's 501(c)(3) fiscal agent, and chapter sponsorships can be met partly in-kind or through scholarships.

Lucy Howell

CEO · The Force for Health® Network

Dr. Robert Gillio

Co-Founder · Chief Medical Officer

theforceforhealth.com

theforce.health/marstronaut

TRAINEE

Recruit a fellow Marstronaut — the Welcome Center makes an invite card you can send. Crews are built one invitation at a time.

OPEN THE TOOL

Recruitment page

COACH / GROUP LEADER

Bring this handbook and one live tool to your first pitch meeting. Ninety seconds in the Vehicle Assembly Building says more than any slide.

OPEN THE TOOL

Welcome Center

Notes & next steps

SOL _____ CALL SIGN _____ QUALITY OF THE DAY _____

COACH

Chapter roster

One chapter ≈ 25 trainees and one Group Leader. Keep this sheet with the gate sign-offs; it is the paper record behind Mission Control.

#	Trainee	Call sign	Training ID	Compass Top 3	Ambassador
1					☐
2					☐
3					☐
4					☐
5					☐
6					☐
7					☐
8					☐
9					☐
10					☐
11					☐
12					☐
13					☐
14					☐
15					☐
16					☐
17					☐
18					☐
19					☐
20					☐
21					☐
22					☐
23					☐
24					☐
25					☐

GROUP LEADER _____ • CHAPTER / SCHOOL _____
COHORT START ____ / ____ / _____

Ground School Gate

A1

Jeopardy + Crisis sim

Required to pass: Ground School badge

Run the gate as a live event — teams of four, one Group Leader as flight director. Initial each trainee who passes; record the date and any badge awarded outside the simulation.

#	Trainee	Badges in hand	Gate passed	Date	GL initials
1			☐		
2			☐		
3			☐		
4			☐		
5			☐		
6			☐		
7			☐		
8			☐		
9			☐		
10			☐		
11			☐		
12			☐		
13			☐		
14			☐		
15			☐		
16			☐		
17			☐		
18			☐		
19			☐		
20			☐		
21			☐		
22			☐		
23			☐		
24			☐		
25			☐		

TEAMS: A _____ B _____ C _____ D _____ E _____ F _____ · DEBRIEF PROMPT: “What did the crisis reveal about our team?”

START

GROUND

SUIT UP

FLIGHT

CAREERS

MISSION 1

MISSION 2

MISSION 3

ARSENAL

GRAD

COACH

Flight School Gate

A2

Navigation Crisis

Required to pass: Flight School wings

Run the gate as a live event — teams of four, one Group Leader as flight director. Initial each trainee who passes; record the date and any badge awarded outside the simulation.

#	Trainee	Badges in hand	Gate passed	Date	GL initials
1			☐		
2			☐		
3			☐		
4			☐		
5			☐		
6			☐		
7			☐		
8			☐		
9			☐		
10			☐		
11			☐		
12			☐		
13			☐		
14			☐		
15			☐		
16			☐		
17			☐		
18			☐		
19			☐		
20			☐		
21			☐		
22			☐		
23			☐		
24			☐		
25			☐		

TEAMS: A _____ B _____ C _____ D _____ E _____ F _____ · DEBRIEF PROMPT: “What did the crisis reveal about our team?”

Mission 1 Gate

A3

Launch Control

Required to pass: Physics · Chemistry · Engineering · Math

Run the gate as a live event — teams of four, one Group Leader as flight director. Initial each trainee who passes; record the date and any badge awarded outside the simulation.

#	Trainee	Badges in hand	Gate passed	Date	GL initials
1			☐		
2			☐		
3			☐		
4			☐		
5			☐		
6			☐		
7			☐		
8			☐		
9			☐		
10			☐		
11			☐		
12			☐		
13			☐		
14			☐		
15			☐		
16			☐		
17			☐		
18			☐		
19			☐		
20			☐		
21			☐		
22			☐		
23			☐		
24			☐		
25			☐		

TEAMS: A _____ B _____ C _____ D _____ E _____ F _____ · DEBRIEF PROMPT: “What did the crisis reveal about our team?”

START

GROUND

SUIT UP

FLIGHT

CAREERS

MISSION 1

MISSION 2

MISSION 3

ARSENAL

GRAD

COACH

Mission 2 Gate

A4 Deep Space Emergency (Apollo 13)

Required to pass: Nutrition · Anatomy · Communication · First Aid · Mental Health

Run the gate as a live event — teams of four, one Group Leader as flight director. Initial each trainee who passes; record the date and any badge awarded outside the simulation.

#	Trainee	Badges in hand	Gate passed	Date	GL initials
1			☐		
2			☐		
3			☐		
4			☐		
5			☐		
6			☐		
7			☐		
8			☐		
9			☐		
10			☐		
11			☐		
12			☐		
13			☐		
14			☐		
15			☐		
16			☐		
17			☐		
18			☐		
19			☐		
20			☐		
21			☐		
22			☐		
23			☐		
24			☐		
25			☐		

TEAMS: A _____ B _____ C _____ D _____ E _____ F _____ · DEBRIEF PROMPT: “What did the crisis reveal about our team?”

Mission 3 Gate

A5

Colony Crisis

Required to pass: Health & Body · Sustainability · Community Health · Civics

Run the gate as a live event — teams of four, one Group Leader as flight director. Initial each trainee who passes; record the date and any badge awarded outside the simulation.

#	Trainee	Badges in hand	Gate passed	Date	GL initials
1			☐		
2			☐		
3			☐		
4			☐		
5			☐		
6			☐		
7			☐		
8			☐		
9			☐		
10			☐		
11			☐		
12			☐		
13			☐		
14			☐		
15			☐		
16			☐		
17			☐		
18			☐		
19			☐		
20			☐		
21			☐		
22			☐		
23			☐		
24			☐		
25			☐		

TEAMS: A _____ B _____ C _____ D _____ E _____ F _____ · DEBRIEF PROMPT: “What did the crisis reveal about our team?”

START

GROUND

SUIT UP

FLIGHT

CAREERS

MISSION 1

MISSION 2

MISSION 3

ARSENAL

GRAD

COACH

Badge award log

Knowledge badges are awarded in Mission Control when the trainee passes the lesson quiz — or here, by the Group Leader, for demonstrated skill or service outside the simulation. Log every award; badges are never lost.

Badge	Track	Mission	Trainees awarded	Date(s)	Notes
● Physics	Physical Science	M1			
● Chemistry	Chemistry & Combustion	M1			
● Engineering	Structural Engineering & Materials	M1			
● Math & Calculus	Applied Mathematics	M1			
● Biology	Life Science & Systems Biology	M1			
● Civics & Leadership	Organizational Design & Civic Responsibility	M1			
● Health & Body	Exercise Science & Human Physiology	M1			
● Psychology	Human Psychology & Behavioral Science	M1			
● First Aid	Emergency First Response	M2			
● Nutrition	Applied Nutrition & Food Safety	M2			
● Anatomy	Human Anatomy & Musculoskeletal System	M2			
● Mental Health	Mental Health First Aid & Wellbeing	M2			
● Communication	Interpersonal Communication & Conflict Resolution	M2			
● Empathy	Social-Emotional Intelligence	M3			
● Conflict Resolution	Mediation & Restorative Practice	M3			
● Sustainability & Earth Systems	Environmental Science & Closed-Loop Systems	M3			
● Community Health & SDOH	Public Health & Social Determinants of Health	M3			

TIER PROMOTIONS THIS COHORT: BASIC → AMBASSADOR _____ · AMBASSADOR → GROUP LEADER _____

Notes

QUALITY OF THE DAY _____

COACH



Two planets. One mission.

Your health is Earth's health.

MARSTRONAUT

**THE
FORCE
FOR HEALTH**

PROTECT THE GIFT

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