THE FORCE FOR HEALTH | PROTECT THE GIFT

MISSION HANDBOOK · 2026

MARSTRONAUT®

A PROGRAM OF THE FORCE FOR HEALTH® NETWORK

in Training™

The Mission Handbook · Trainee & Ambassador Edition

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

PRE-FLIGHT

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 a box for you:

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

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.

MARSTRONAUT®

MISSION HANDBOOK

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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.

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.

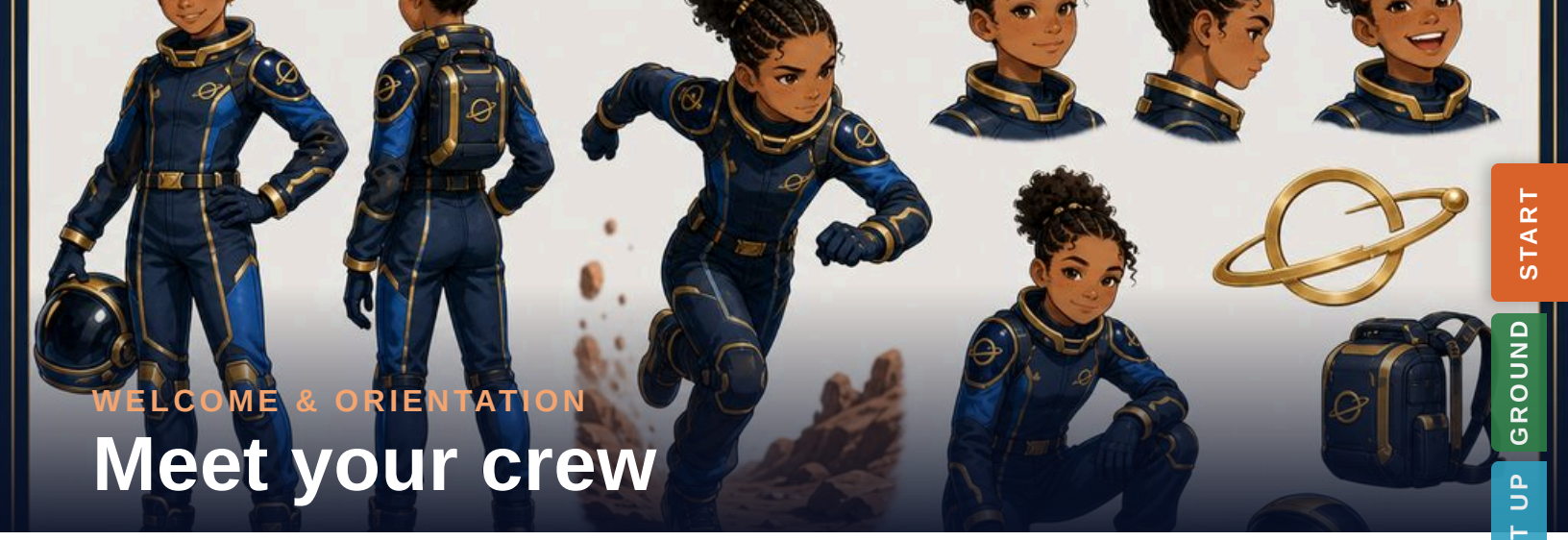
What a trainee earns: badges and certificates aligned to ten standards frameworks, lifelong skills in health, STEM, leadership and civics — and eligibility for real-world experiences, including enrollment for a trip to an actual rocket launch.

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

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."

Marcus Johnson
Companion · Aerospace & Engineering. "Good with machines. The humanities stuff is new to me."

Coach Lucy
Motivation & navigation · AI twin of Lucy Howell, CEO

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

Cmdr. Sarah Kim
Aerospace, navigation, physics

Dr. Aisha Patel
Planetary science, One Health, climate

Prof. Kwame Osei
History, cultures, governance, ethics

Chaplain Tanya Mitchell
Meaning, grief, multi-faith support

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

TRAINEE

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

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.

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.

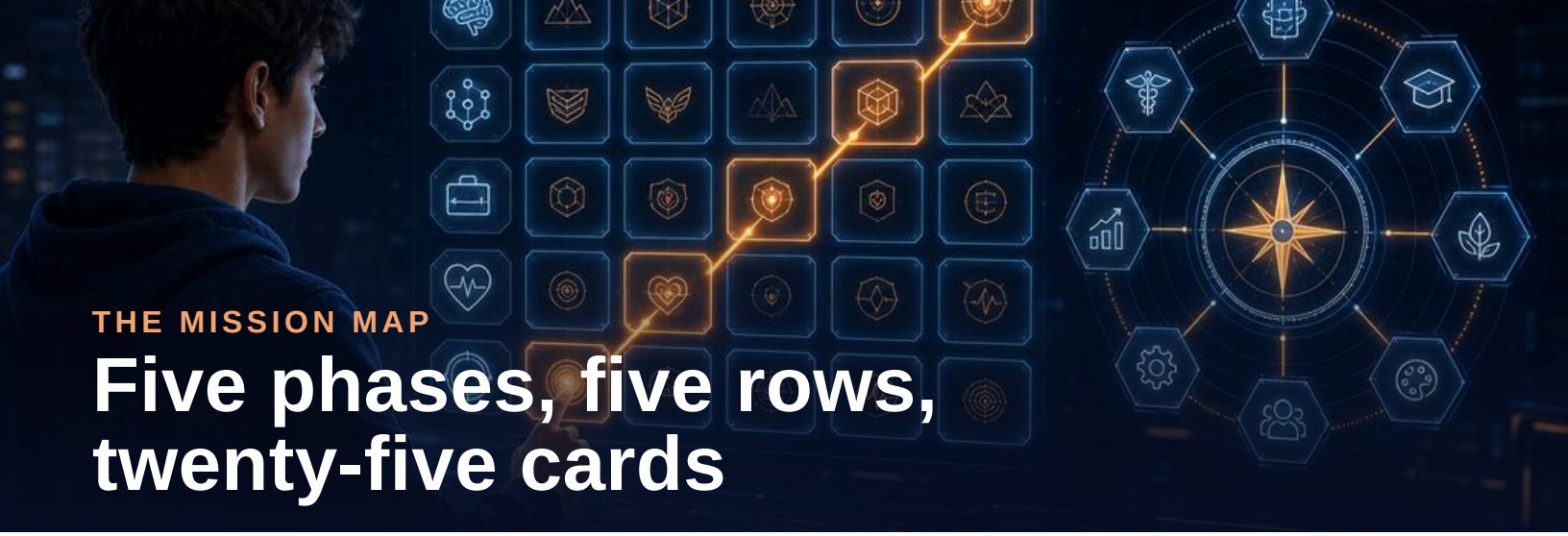
- 🏥 Health & Human Performance
- 🚀 Aerospace & Engineering
- 🔧 Skilled Trades & Workforce
- 📦 Supply Chain & Logistics
- 💻 Technology & Data
- 🔬 Science & Research
- 🎯 Mission Operations
- 📚 Education & Community

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.

OPEN THE TOOL
Career Compass



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.

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.

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

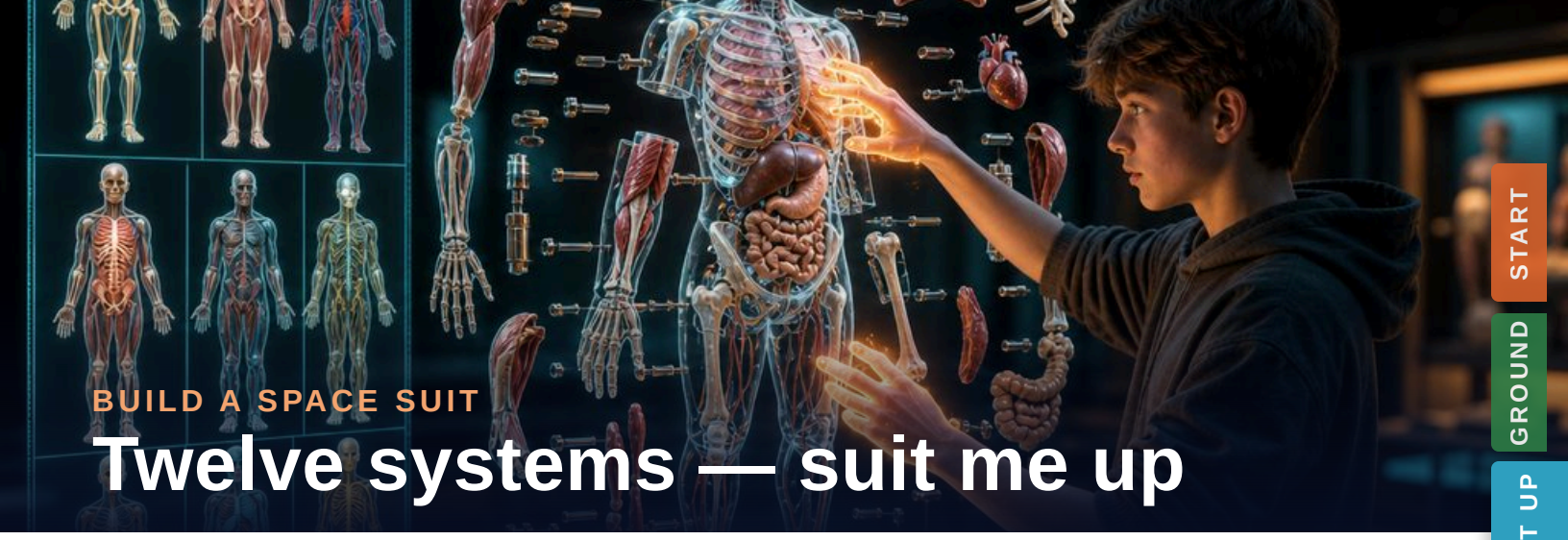
Fill your Mission Log as you go. Six cards, each with a Learn It, a Live It and a Share It — the Share It is where the coins turn into Drops.

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.

OPEN THE TOOL
Vehicle Assembly Building

OPEN THE TOOL
Spacesuit Bingo

OPEN THE TOOL
Astronaut ID Preview

PHASE 2

Flight School — earn your wings

> *"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, Improvise, 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.

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.

OPEN THE TOOL
Career Ambassador

OPEN THE TOOL
Pre-Apprentice Pathway

OPEN THE TOOL
Health Careers Bingo

OPEN THE TOOL
Self-Reliance Skills Bingo

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.

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

Laceration emergency
First aid at sports events, schools, workplaces

Solar radiation storm
UV exposure, skin cancer prevention

Psychological crisis
Depression signs in a friend, mental health first aid

Equipment malfunction
Apollo 13 resourcefulness, improvised problem-solving

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?

OPEN THE TOOL
Mission 2 — The Journey

OPEN THE TOOL
Mission Control — Live

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

Grief and loss
Supporting a friend through bereavement

Isolation and loneliness
Recognizing withdrawal

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.

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

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

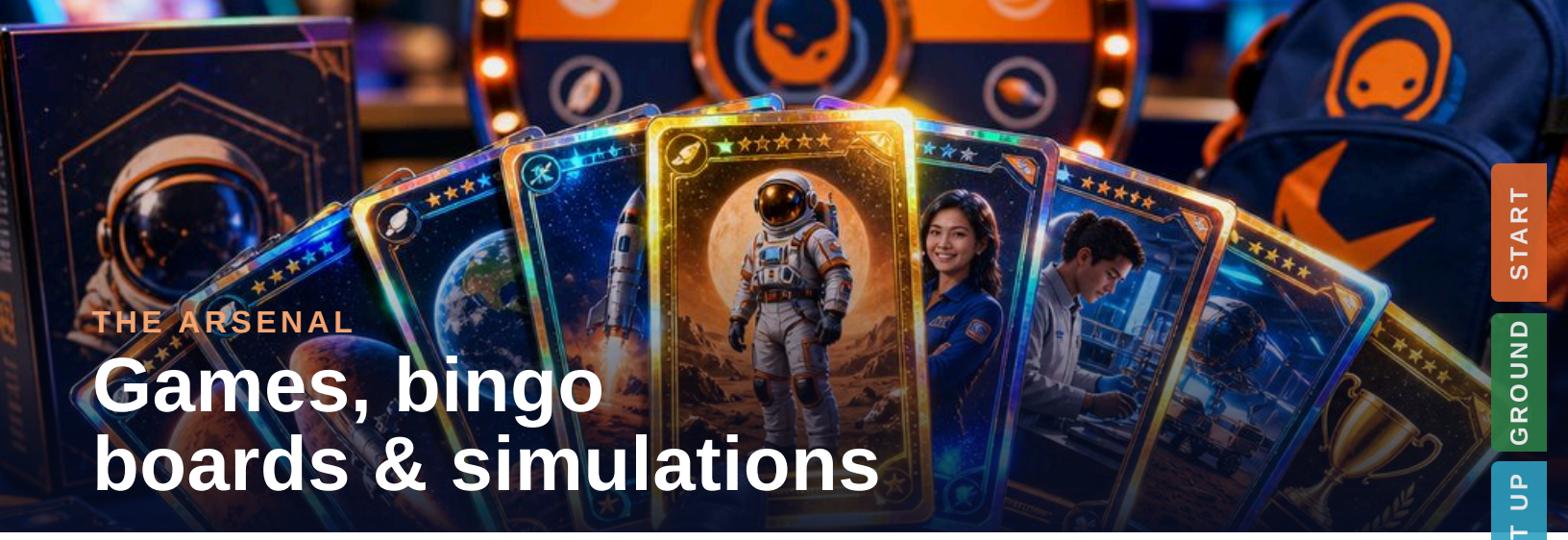
They live on the **Faith, Culture & Health Bingo** board — a 4×4 card with a One Health center square: kosher and halal meals, Ramadan and the Bahá'í fast, gelatin capsules and ahimsa, herbs that interact with prescriptions, sacred items never moved without permission. Cultural competency is the One 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.

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

GAMES

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

SIMULATION GATES

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

COLLECT

- Card Collection — 60 cards
- Spin4Rewards wheel

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

TRAINEE

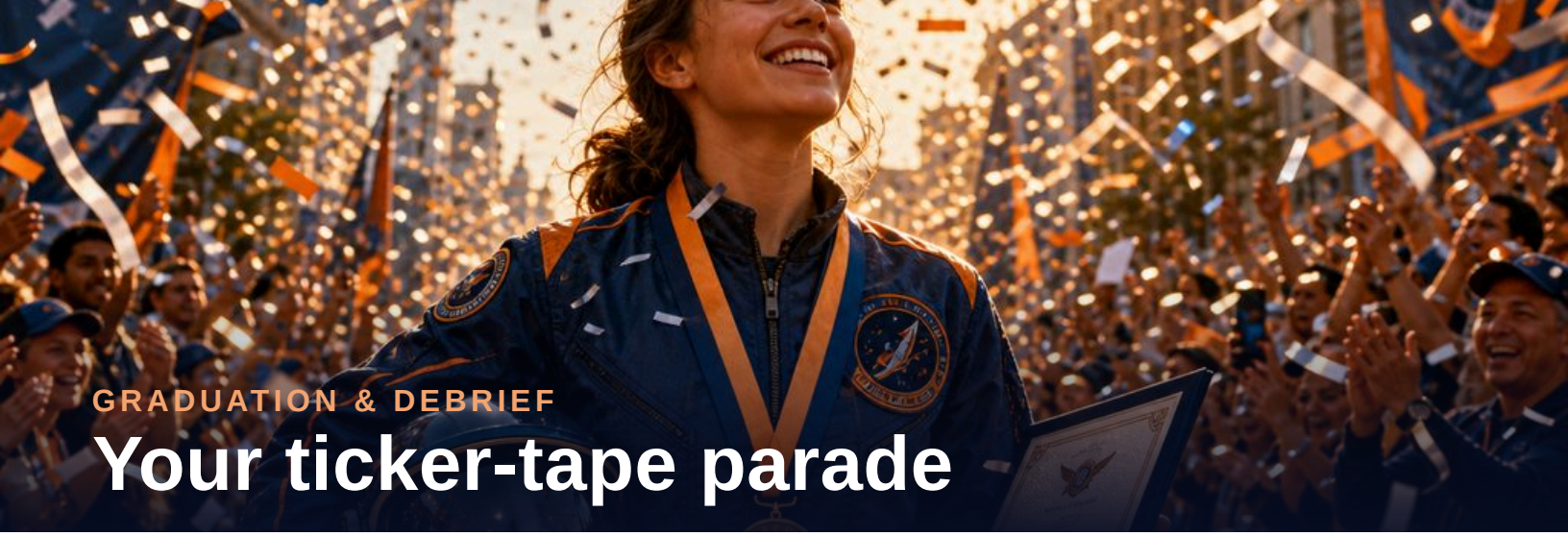
Every bingo square has a Learn It, Live It and Share It depth card behind it. The square is the door; the coins are behind it.

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.

OPEN THE TOOL
Graduation Debrief

OPEN THE TOOL
Astronaut ID

MISSION CONTROL

Tool directory

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

START HERE

- Welcome Center
- Orientation
- Career Compass
- Learner Portal

PHASE HUBS

- Ground School
- Flight School
- Mission 1 — Build the Rocket
- Mission 2 — The Journey
- Mission 3 — Survive on Mars
- Graduation Debrief

HEALTH & BODY

- Vehicle Assembly Building
- LIVE It Trackers
- Daily Quality
- 26 Qualities Explorer

CAREERS

- Career Ambassador
- Pre-Apprentice Pathway
- Mars Career Thread

BINGO & GAMES

- BASICS
- Spacesuit
- Space
- Health Careers
- STEM Careers
- Self-Reliance Skills
- Ambassadors
- Faith, Culture & Health
- Card Collection

COACHES & LEADERS

- Mission Control — Interior
- Program Dashboard
- Standards Map
- Recruitment page

YOUR MISSION LOG

Log entry

“Today I begin my training as a Marstronaut. What I hope to learn or become…”

SOL ____ CALL SIGN _____ QUALITY OF THE DAY _____

NOTES

Notes & next steps

Who to call · what to bring · which tool to open first…

SOL ____ CALL SIGN _____ QUALITY OF THE DAY _____

Two planets. One mission.

Your health is Earth's health.

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