



Performance TRIAD
Plan for Nutrition



EAT RIGHT AND GET RESULTS

- ➔ Plan your meals like you plan your workouts.
- ➔ Replenish fluids frequently, even when you are not thirsty.
- ➔ What you eat before, during, and after strenuous activity is essential to your performance.



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LEARN MORE ABOUT THE PERFORMANCE TRIAD:

SLEEP, ACTIVITY, AND NUTRITION AT ARMYMEDICINE.MIL