



LIVE WELL



Start by assessing your current lifestyle by taking the Global Assessment Tool 2.0., then use follow-on custom programs, access to expert answers, and a whole suite of tools within ArmyFit™



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Learn more about the Performance TRIAD at
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



TOOLS FOR THE
PERFORMANCE TRIAD

**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE



The Performance Triad represents Sleep, Activity, and Nutrition – the three key components that can impact the cognitive and physical performance of Soldiers, Army Civilians, and their Families. While each component is important, optimal performance is achieved when all three are addressed simultaneously. By increasing awareness in these three areas – Sleep, Activity, and Nutrition – it is expected that performance and resilience will improve, thus improving individual and Unit Readiness.

The Performance Triad complements the **Army's Ready and Resilient Campaign (R2C)** and **Comprehensive Soldier and Family Fitness (CSF2)**.

The CSF2 ArmyFit™ platform is a technologically savvy resource that can help you meet your Performance Triad goals of improved performance through optimal sleep, activity, and nutrition.

ArmyFit™ provides the keys to living a healthy lifestyle. Start with the Global Assessment Tool 2.0 and leverage a whole suite of follow-on tools available at your fingertips.

Features Available in ArmyFit™

Global Assessment Tool 2.0

Access the new and improved Global Assessment Tool 2.0 (GAT). Learn how you score in social, family, spiritual, emotional and physical dimensions, and how young or old your body thinks you are.

Connect with others

Based on your GAT 2.0 results, experts, organizations, and topics are made available and recommended for you to connect with. Have conversations with people who share your interests and ask questions of experts.

Learn more about healthy living

Access content across thousands of topics to learn more about healthy living. Get access to articles, reference materials, action plans, videos, Q & As, and topic pages. Content is recommended to you based upon your needs and interests.

Get Your RealAge® Score

The RealAge® score is a measure of the user's actual physiological — not chronological — age based on lifestyle, health and fitness, and risk-taking behaviors.

Meet your health goals

With guided support, easy-to-implement action plans and expert advice, you'll achieve your health aspirations. The programs in ArmyFit™ are tailored to your needs.

Log your activity and track your progress

Stay on top of your comprehensive fitness by managing your progress over time. Track your weight, enter how many calories you consume daily, and see how active you've been every week, month or year. Monitor these important activities and how they affect your energy, vitality, and overall health.

Challenge yourself and compete with others

For every healthy action you take with ArmyFit™, you gain points and earn badges you can show off within the ArmyFit™ community. Proudly earn and display your badges by completing healthy challenges like logging food intake, following expert advice, and cheering on other members of the community.



Connect with others with similar interests, whether they are Soldiers, Family members, or Army Civilians. You can also connect with a wide range of experts, including doctors, trainers, and dietitians to get answers to your questions.



Double your chances of success by using ArmyFit's™ custom programs, including those on weight loss and sleep.

» <http://csf2.army.mil>