



Performance TRIAD
Plan for Nutrition
Diet Rich in Nutrients



EAT RIGHT AND GET RESULTS

with the Performance TRIAD



U.S.ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION,
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME

