



Leader's Overview: An Introduction to the Performance Triad

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



I AM A PROFESSIONAL SOLDIER ATHLETE

My optimal performance game plan is getting quality sleep, being active, and eating well

“READINESS IS #1, AND THERE IS NO OTHER #1.”

General Mark A. Milley, 39th Chief of Staff of the United States Army

“ALL ARMY LEADERS ARE RESPONSIBLE TO SET CONDITIONS FOR A CULTURE ENCOURAGING HELP-SEEKING BEHAVIORS.”

General Daniel Allyn, Vice Chief of Staff of the United States Army

“OUR CHALLENGE IS TO OPTIMIZE THE PERFORMANCE OF EVERY SOLDIER AND CIVILIAN THROUGH INNOVATION AND INVESTMENT IN EDUCATION, TRAINING, PROFESSIONALISM, LEADER DEVELOPMENT, HOLISTIC HEALTH AND TOTAL FITNESS, TALENT ACQUISITION AND PRECISION TALENT MANAGEMENT OF OUR HUMAN CAPITAL.”

Lieutenant General Robert B. Brown, Commanding General, Combined Arms Center, Ft Leavenworth, Kansas



“NO NATION HAS EVER SURVIVED, AND NO NATION EVER WILL SURVIVE, WHOSE PEOPLE ARE NOT PHYSICALLY, MENTALLY, AND MORALLY FIT FOR SURVIVAL.”

United States Army Training Manual No. 1, Studies in Citizenship For Recruits (1922)

“A HEALTHY LIFESTYLE CAN LEAD TO A BETTER LIFE WITH MORE ENGAGEMENT, ENERGY, AND FULFILLMENT.”

Lieutenant General Patricia D. Horoho, United States Army Surgeon General and Commanding General, United States Army Medical Command

Professional
SOLDIER ATHLETE
HERE IT'S NOT A GAME



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Top 10 P3 Quick Wins For Brigade and Battalion Leaders

I AM AN UNSTOPPABLE FORCE

My optimal performance game plan
is getting quality sleep, being active, and eating well



**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE



Ready. Resilient. Responsible. Healthy.

Improving Readiness, Performance, and Resilience in the Army

The Professional Soldier Athlete is an unstoppable force and in the Army, our mission is not a game. Being ready, resilient and healthy are hallmarks of the Profession of Arms and characteristics of the Professional Soldier Athlete. We also remain indebted to the Army Family for all they do and for their vital influence on the health and readiness of Soldiers.

The intention of the Army Ready and Resilient campaign is to integrate and synchronize multiple Army-wide programs aimed at improving physical, psychological and emotional health. The P3 is a key enabler of the campaign that promotes healthy lifestyle choices that combine the right amounts of Sleep, Activity, and Nutrition to reach optimal performance.

We count on Army leaders to be the example of readiness and resilience to successfully accomplish the mission, every time. The P3 requires leaders at all levels to be engaged both professionally and personally in health, and the health conversation. We know we are the greatest Army in the world; the challenge now is to be the healthiest Army as well. Army Strong!



Call to Action!

Improving Readiness, Performance, and Resilience in the Army

The strength of our Army is our Soldiers. Soldiers are the most sophisticated and complex Army weapon system. As members of the Profession of Arms, Soldiers must be ready to defend our nation with optimal performance. Soldiers must be ready physically, cognitively, and emotionally. Soldiers, like professional athletes, must perform at very high levels every day. For Soldiers, more is on the line than winning or losing a game. The safety and security of an entire nation is at stake.

In addition to the obligation to lead, develop, train, and equip Soldiers, leaders need to inspire Soldiers to view themselves as tactical athletes. Soldiers who achieve the status of a Professional Soldier Athlete exude optimal personal readiness through physical, emotional, and cognitive prowess; optimal performance during sustained operations, have strong and healthy social, family, and spiritual support networks. Leaders that develop these tactical athletes make the greatest contribution to a Ready and Resilient Force!

Sleep, activity, and nutrition provide a foundation for a fit and ready force. Further, the strength and resilience of the Total Army Family- Soldiers, DA Civilians, Retirees, and their Families- is vital to the success of the Army. Their influence on the health and readiness of the Soldiers should not be underestimated. The Performance Triad (P3) provides leaders, Soldiers, and the Total Army Family with the tools and knowledge to achieve high levels of performance to optimize Soldier and unit readiness.

This guide arms leaders with the necessary information and tools to help Soldiers, their Families, and our Total Army Family move towards a healthier state that promotes unit readiness and optimal performance.



Performance Triad

As a member of the Profession of Arms you are expected to be ready to defend our nation. The P3 is all about YOU, your mission, and your readiness. It outlines how Sleep, Activity, and Nutrition can improve your physical, mental, and cognitive dominance.

While each component of the P3 is important, your performance is optimized when you focus on all three areas together.

The need to optimize human performance is even more important in the future as we push towards the squad as the foundation of the decisive force. You will be operating in more physically demanding environments, where physical, mental, or cognitive overmatch can serve as a single point of failure or success for military missions.

OPTIMIZE YOUR PERFORMANCE:

 **SLEEP—your secret weapon**

 **ACTIVITY—stronger, faster, fitter**

 **NUTRITION—the right fuel at the right time**

“We must ensure the overall readiness and resilience of the Total Army Family through optimal sleep, activity, and nutrition - the P3.”

— The Army Posture Statement
11 March 2015

SLEEP—Your Secret Weapon

Did you know that sleeping less than 5 hours for 5 days (or 1 day without sleep) correlate with a 20% decrease in cognitive ability; the equivalent decrease in decision making and memory loss associated with being legally drunk? Also, about 25% of all motor vehicle accidents are fatigue-related! Soldiers who got 33 more minutes of sleep improved marksmanship and mood. Short sleep duration (< 6 hours) is associated with new onset of mental health disorders, decrease physical endurance, and increase in work-related injuries.

OPTIMAL SLEEP



DID YOU KNOW?

SLEEP

- More sleep leads to quicker reaction times, improvements in decision making and better targeting (9% improvement in free-throw and 3-point shooting accuracy).

- Fewer than 4 hours of sleep increases the chance of feeling depressed and linked with making poor choices.
- Poor sleep and sleep loss can lead to accidents and injuries on the job.

ACTIVITY

- After 4 days of poor sleep, your max bench press decreases by 20 lbs.
- Sleep loss can lead to laziness, less stamina, and binge drinking.

NUTRITION

- Good sleep is linked with greater weight loss.
- Poor sleep is linked with eating more desserts and sweets.

HEALTH

- Poor sleep is linked with increased mental distress, obesity, heart disease, high blood pressure, asthma, stroke and arthritis.

ACTIVITY—Stronger, Faster, Fitter

Did you know that only 30% of Soldiers are meeting activity goals that support the development of a tactical athlete? Also, on any given day about 43,000 Soldiers (or about 12 BCTs) are non-deployable due to medical profiles?

OPTIMAL ACTIVITY



DID YOU KNOW?

SLEEP

- Routine physical activity is linked with improved sleep.
- Watching too much television and excessive computer use is linked with poor sleep.

ACTIVITY

- Inactivity, smoking, being overweight and a history of injury decrease Soldier performance by ~10%.
- Regular physical activity helps improve depression and anxiety. It can be as effective as medications for some people.

NUTRITION

- Physical inactivity is linked to eating fewer fruits and vegetables, drinking more sodas, and eating unhealthy snacks.
- A small amount of caffeine can improve short-term muscular strength and make exercise seem less strenuous.

HEALTH

- Sitting more than 10 hours per day results in a 34% higher chance of dying. This is true even if you exercise regularly.

NUTRITION—Right Fuel at the Right Time

Did you know less than 25% of Soldiers know to refuel 30-60 minutes after exercise and less than 15% of Soldiers diets meet the requirements to be considered a healthy diet?

OPTIMAL NUTRITION



DID YOU KNOW?

SLEEP

- Poor nutrition and obesity are linked with poor sleep quality.
- Caffeine within 6 hours of bedtime can impair sleep.

ACTIVITY

- Optimal nutrition improves performance and exercise recovery.
- Carbohydrates and proteins replace energy stores and help muscles heal.

NUTRITION

- Eating healthy foods lowers the chance of depression.
- Unhealthy, processed foods are linked with increased rates of depression and anxiety.

HEALTH

- Being overweight has been related to increases in musculoskeletal injury, illness and healthcare costs versus those with normal weight in the military.

What is the Performance Triad

The cornerstone of Landpower's historical and future success hinges around the human dimension. Yet, daily over 43,000 Soldiers (12 BCT equivalents) are non-deployable and 10 million duty days are limited or lost annually due to injuries (80% preventable). P3 enhances readiness by promoting sleep, physical activity, and nutrition; which optimizes physical fitness, cognitive dominance, and emotional resilience of the Total Army Family. The P3 is one of the top 8 Ready and Resilient Campaign priority programs per VCSA (29 July 2014). P3 is aligned with the Army Warfighting Challenges, the Human Dimension, and CSA's Soldier optimization efforts. Improving sleep, activity and nutrition behaviors will optimize human performance through individual and unit health readiness, performance, mental and physical well-being, and resilience of the Total Army Family.

Q1. What are the components of the P3?

A1. The Army P3 represents Sleep, Activity and Nutrition - three key components that influence the physical, cognitive and emotional dominance of Soldiers, their Families, and our Retirees. While each component is independently important, optimal performance is achieved when all three are addressed simultaneously. The P3 encourages healthy behaviors that support individual Soldier performance and overall unit readiness, as well as a lifestyle of healthy behaviors for Soldiers and their Families. By increasing Soldiers' awareness in these three areas— Sleep, Activity and Nutrition —performance is optimized and resilience improves, thus improving health readiness of the Total Army Family.

Q2. How does P3 enhance personal and unit readiness?

A2. The P3 supports and enables the responsibility of command teams to develop Soldiers with healthy minds and bodies which are essential to individual and unit readiness. To maximize or enhance the resilience of our Soldiers requires a combination of mental, emotional, and physical skills to generate optimal performance (i.e., readiness) not only during combat, but also during healing after an injury, preventing injuries and in managing work and home life. The tenets of the P3 build resilience in all the ways one can be resilient by leveraging cognitive, emotional, and behavioral skills.

WE ARE
**PROFESSIONAL
SOLDIER ATHLETES**



What is the Performance Triad Continued

Q3. What are the objectives of the P3?

A3. Within military units, the overarching objectives of the P3 are (1) Develop a sustainable, unit-driven P3 health promotion and health readiness ethic that meets the needs of leaders, Soldiers and Families, retirees, and DA Civilians; This initiative promotes and fosters healthy Sleep, Activity, and Nutrition through a multi-pronged and community approach; (2) Increase awareness and application of the P3; empower leaders to promote healthy behavior within their formations; (3) Embed healthy Sleep, Activity and Nutrition behaviors into the Army's DNA to improve personal readiness, optimize performance, and enhance health and wellness.

Q4. How is the P3 curriculum taught in a military setting?

A4. For military units, P3 is a squad-leader led program that provides first line supervisors easy-to-use tools required to coach, teach, and mentor the tenets of human performance optimization (HPO). Using "under-the-oak-tree" counseling techniques, weekly competitions, and technology, the P3 curriculum focuses on how sleep, activity, and nutrition can enhance physical, emotional, cognitive, spiritual, family, and social fitness. By ensuring unit-leaders have the tools required for HPO, the P3 initiative serves as a forcing function to synchronize efforts across installations and operationalize policies and programs; while empowering tenets of mission command.

Q5. Are there other components to the P3 outside of the curriculum?

A5. Yes, This initiative encompasses messaging, outreach, education, and collaborative partnerships that will maintain, restore, and improve the stamina, resiliency, and health of the Total Army Family. To affect and sustain behavioral change, the P3 is a comprehensive, multi-component campaign that includes strategies such as risk factor screening, social support, and educational activities for Family members, retirees, and soldiers. Please see the information sheet titled "Optimizing Human Performance and Promotion Personal Readiness". The P3 utilizes the McKinsey Global Institutes' model to create a holistic approach for behavior change that promotes personal health readiness.

Q6. Is the P3 for the Total Army Family.

A6. Yes. The P3 has programs to influence Soldiers, Families and our beneficiary populations to increase their daily activity and improve their sleep, and enhance their nutrition behaviors – three key components that directly impact cognitive and physical performance and influence overall health. Healthy Sleep, Activity, and Nutrition should be reinforced at home within each Army Family, where Soldiers and beneficiaries spend the majority of their time. The P3 not only supports improved strength, endurance, power and physical performance, it seeks to support emotional and mental health and well-being. Families can benefit from improved performance – at school, at home, at work, and across the lifespan while also serving as a critical support system for Soldiers.

Q7. What partnerships will help ensure that the P3 becomes part of the Army's DNA?

A7. Although the Office of the Surgeon General (OTSG) is the proponent for the Army P3, the P3 is a synergistic initiative that brings together the depth and breadth of the US Army Public Health Command (PHC), US Army Medical Research and Materiel Command (MRMC), US Army Ready and Resilient Campaign HQDA-G1, Army Forces Command (FORSCOM), Army Medical Department Center and School, US Army Training and Doctrine Command (TRADOC), and the US Army Installation Management Command (IMCOM). The people who have the greatest impact on Soldier behaviors do not reside in military hospitals and clinics – they are the unit leaders, mentors, and Family in the Lifespace. The goal is to embed the P3 in the DNA of the Army – sleep discipline, daily activity, and good nutritional decisions.

FOR PEAK PERFORMANCE, REACH ALL TARGETS AND + GOALS

GET **8** HOURS OF QUALITY **SLEEP** PER **24** HOUR PERIOD

AIM FOR **10,000** STEPS PER DAY + **5,000** ADDITIONAL STEPS (SPREAD THROUGHOUT THE DAY)

EAT AT **8** SERVINGS OF **FRUITS & VEGETABLES** PER DAY

INCLUDE AT LEAST **2** DAYS OR MORE RESISTANCE TRAINING PER WEEK + **1** DAY **AGILITY TRAINING**

GO CAFFEINE **FREE** **6** HOURS (BEFORE BEDTIME TO RESET SLEEP)

RE-FUEL **30-60** MINUTES AFTER STRENUOUS EXERCISE

INCORPORATE AT LEAST **150** MINUTES MODERATE + **75** MINUTES VIGOROUS INTENSITY **AEROBIC EXERCISE** (PER WEEK)



Leadership is the Cornerstone of the Performance Triad

- To succeed in the Human Dimension, the Army requires that Soldiers and leaders have physical, cognitive, and emotional dominance to ensure squad overmatch
- Leaders create the command climate, physical environment, and provide the resources to enhance physical, emotional, and cognitive fitness
- Leaders must coach, teach, mentor, and model optimal personal readiness
- Proper facilities, policies, and procedures can operationalize personal readiness
- Choice architecture, built environment, and behavioral economics can help make the healthy choice the easy choice
- Like professional athletes, realistic training requires that units leverage the latest science in Sleep, Activity, and Nutrition to optimize performance in austere environments
- Soldiers must maintain a high degree of personal readiness

QUESTIONS

Q1. How does leadership help to optimize human performance and personal readiness?

A1. Leader engagement is fundamental to driving the cultural changes required to achieve Human Dimension's goals. In addition to ensuring adequate resourcing for the Human Dimension, leaders need to model the appropriate behaviors in a deliberate effort to influence unit and Army culture. Leaders influence Soldiers' knowledge, attitudes, and behaviors by developing and shaping perception, judgment, and decision-making. The P3 provides leaders a framework and developmental counseling tools to effectively coach, mentor, and teach those they lead.

Q2. How does realistic training help to optimize human performance and personal readiness?

A2. Operational assignments and institutional training remain the backbone of how Soldiers receive and retain information and skills. Training encompasses not only the material being learned but the delivery model that includes an active and participative process, as well as material that are tailored as much as possible to the learner and the environment. This training curriculum must leverage technology, tools, and leading practices in the form of training support packages that facilitate the teaching, learning, retention, and demonstration of knowledge, skills, and abilities.

Q3. How does institutional agility help to optimize human performance and personal readiness?

A3. Proper environments (e.g., the "Go for Green" initiative in Army DFACs)

can enable action or inaction through availability or convenience. Facilities and policies that leverage behavioral economics and what public health experts refer to as the 'built environment' can facilitate behavior change. Infrastructure is traditionally thought of as physical structure such as the location/accessibility of dining facilities and gyms, public spaces for exercise and physical activity such as trails and parks, and availability of healthy food such as grocery stores. Infrastructure also includes processes and policies in place such as menu standards and labeling in dining facilities, density and composition of vending machine products, and other resources that make use of the built environment.

Q4. How does development of cognitive dominance help to optimize human performance and personal readiness?

A4. As a member of the Profession of Arms, Soldiers must be motivated to change their behaviors and set goals that align with the Soldier's Creed and the Profession's standards. They must learn how to internalize incentives and personal motivation. Cognitive dominance facilitates goal setting, incentives for change, and commitment to self-development to ensure personal readiness. The professionalism and self-development of each Soldier is modeled and developed through leader engagement, taught and reinforced through training processes supported by evidence-based tools, and facilitated by local infrastructure, facilities, and programs to provide a comprehensive strategy towards readiness.

Q5. How does this apply to the P3?

A5. P3 provides and leverages a systematic portfolio of initiatives that reinforce existing efforts and can be delivered to scale to optimize human performance. Success of the P3 is linked to leader buy-in, training of the curriculum, infrastructure support, prioritization of resources, and the personal commitment of Soldiers. Together these will provide the cultural changes required to achieve the vision outlined in Force 2025 and Beyond. Recognizing these requirements, one of the fundamental goals of the P3 is to synchronize existing efforts to optimize human performance while improving health readiness of the Total Army Family.

REFERENCE: Dobbs R, Sawers C, Thompson F, Manyika J, Woestzel J, Child P, McKenna S, Spatarou A, "Overcoming Obesity: An Initial Economic Analysis", Nov 2014; McKinsey Global Institute, McKinsey & Company.

Based on existing evidence of public health initiatives, any single intervention is likely to have only a small impact on creating and sustaining the behavioral changes required to both optimize human performance and enhance personal readiness. A comprehensive strategy that includes a range of interventions, that can be delivered to scale, will be required to make the health choice the easy and desired choice.



State of Health Readiness

The Army Surgeon General is focused on transitioning Army Medicine from a healthcare system to a system for health. At the heart of this transformation is the Army's P3 (P3) initiative. The P3 is a Total Army Family initiative to improve performance, health, and readiness. P3 is a holistic health and fitness program that supports the Human Dimension, the Ready and Resilient Campaign, and helps address the Army Warfighting Challenges. P3 improves unit productivity and readiness through optimizing Soldier performance in the realms of physical, emotional, and cognitive dominance through leveraging the leading evidence in sleep, physical activity, and nutrition.

QUESTIONS

Q1. What are the main challenges to personal health readiness?

A1. Poor sleep, activity, and nutrition behaviors are associated with the top challenges to readiness. These include: 1) medically non-deployable Soldiers, 2) first term attrition, 3) obesity and nutrition, 4) musculoskeletal injury (MSKI), and 5) fatigue.

Q2. How does personal health readiness impact Army readiness?

A2.

- 43K active duty Soldiers (~12 BCTs combat power) are non-deployable due to profiles.
- 20K (36%) of Soldiers do not complete their first term of enlistment.
- 78K active duty Soldiers are considered clinically obese (Body Mass Index > 30) and are 36-86% less likely to be medically ready to deploy.
- 1 in 20 active duty Soldiers annually fail the APFT; they are 279% less likely to be medically ready to deploy.
- 180K active duty Soldiers have at least one MSKI per year; resulting in over 10 million limited duty days. MSKI account for 76% of the medical non-deployable population. Soldiers with MSKI are 81-348% less likely to be medically ready to deploy; based on number of MSKI.
- Under seven hours of sleep for more than three days correlates to a 20% decrease in cognitive ability (memory and decision-making). 1 in 20 active duty Soldiers are prescribed sleep medications, these Soldiers are 16% less likely to be medically ready to deploy. Fatigue is a leading cause of near misses, accidents, and 25% of all motor vehicle accidents.

Q3. How is personal health readiness related to sleep, physical activity, and nutrition?

A3.

- Despite the strong evidence that links appropriate sleep, activity, and

nutrition to personal readiness; Soldiers are not leveraging these simple behaviors to optimize their performance.

- In a survey of 176K Soldiers, 55.2%, 34.2% and 57.5% had such poor behaviors in the areas of sleep, physical activity, and nutrition that they were considered high risk (i.e., red) for readiness problems; while only 15.0%, 38.1%, and 13.1% were following optimal practices and were considered green.
- Among high risk Soldiers with low emotional fitness, 90% get poor sleep, 51% have poor physical activity habits, and 83% do not follow dietary standards or fuel for performance.

Q4. What are the recurring costs to the Army that may be reduced by implementation of P3?

A4.

- \$3B annually in salary costs for Soldiers who cannot deploy.
- \$1B annually to replace Soldiers that fail to complete their first term of enlistment.
- \$137M to replace the 1,800 Soldiers discharged in FY13 due to failure to maintain body composition standards per AR 600-9.
- \$350M annually in salary costs for the 41% of Soldiers discharged for MSKI.
- \$40M in loss personnel/equipment costs from 146 Ground Class A accidents in FY14.
- \$5M in costs for lost duty days from injuries and accidents associated with fatigue.

Q5. What are the associated medical costs that may be reduced by implementation of P3?

A5.

- \$1.1B spent annually by MHS to treat medical conditions associated with obesity.
- \$443M spent annually in physical therapy costs for Soldier related injuries.
- \$47M spent annually on top five medications prescribed for sleep disorders.

Q6. What are some of the FY14 Pilot results suggestive of P3 effectiveness?

A6.

- The FY14 pilot goals were to develop and test the P3 curriculum and delivery mechanisms, rather than change readiness indicators; initial measures of effectiveness are encouraging.

State of Health Readiness Continued

- Soldiers' viewed their first line supervisor as more competent in coaching, mentoring, and teaching at the end of the pilot.
- Overall, 26 to 40% of the Soldiers improved on each of the seven P3 target behaviors.
- Overall, the average number of hours of sleep increased to seven hours on weekends with 13% more Soldiers meeting the sleep targets on the weekends after the pilot program.
- Refueling after exercise and fish consumption statistically increased during the pilot.
- Changes observed in the "most improved" group included:
 - An increase in 2.1 hours of sleep/night during week and an increase of 1.4 hours of sleep/night during weekend
 - An increase of 4,550 steps/day, an increase of 400 minutes of moderate/vigorous activity/week, and an increase of 2.6 days of resistance training/week.
 - Improved fruits/vegetables consumption by two points on a 1-5 Likert Scale, and an improved refueling after exercise by 1.5 on the Likert Scale.
- Lessons learned from the FY14 pilot have been applied to improve curriculum, the reach, adoption, implementation, and maintenance of the P3 program and will be tested in the FY15 pilot program.

Q7. What is the potential Return on Investment (ROI) from implementation of P3?

A7.

- Although the P3 is a developing program, published evidence endorsed by the U.S. National Prevention Strategy suggests the ROI for every dollar spent could reduce limited and lost duty costs by \$2.73 and medical costs by \$3.27.
- Based on the selected costs provided, a reduction of only 1% would result in a combination of cost savings/avoidance to the Army of \$62M per year.
- Investing in Soldiers through the P3 enables the Army to reach its vision set by the Army Warfighting Challenges, the Human Dimension, and the Ready and Resilient Campaign. This requires an Army culture in which being a member of the Profession of Arms requires Soldiers to view themselves as Professional Soldier Athletes with the physical, emotional, and cognitive dominance required to achieve squad overmatch. The tenets of proper sleep, physical activity, and nutrition are the building blocks that enable the improvements in Soldier, leader, and team performance required for F2025B.



Top 10 Performance Triad Quick Wins for Soldiers

10. Get 150 minutes of Moderate Exercise + 75 minutes of Vigorous Exercise per week!

Does this one sound easy? Check again – only about 60% of Soldiers meet this goal weekly! 75 minutes of vigorous exercise includes those heart pumping intense full body workouts that get your heart beating and gives a metabolic “after burn” while 150 minutes of moderate exercise is the foundation for sustained performance and personal health and can include a brisk walk, jogging, or light cycling! Turn it up with 75 minutes of vigorous exercise per week – running, fast cycling, swimming, and high intensity training. Check out the P3 Guide Module 9 for more information on what counts as “Moderate” vs. “Vigorous” exercise. *Are you meeting your exercise targets?*

9. Re-Fuel 30-60 minutes after strenuous exercise like a tactical athlete!

Always re-fuel 30-60 minutes after exercise! Sound easy? Only 25% of Soldiers re-fuel after exercise! Top athletes think about fueling before and during exercise and use top quality fuel for peak performance! You wouldn't put 87 Octane fuel in your high performance sports car, so why would you fuel your body with junk food after a tough workout? Use the simple formula of 4:1 grams of a “high octane” carbohydrate to protein to refuel after your next strenuous workout. A hot dog in a white bread bun is NOT an optimal choice – it has 22 grams of carbohydrates & 5 grams of protein. A better option would be a banana and 2 tablespoons of peanut butter – 27 grams of carbs & 7 grams of protein! How about chocolate milk – 26 grams of carbs & 8 grams of protein! For more great info read Module 5A.

8. Sleep is ammunition for your brain! Your brain needs 7-8 hours of sleep EVERY night to perform at your best!

Although Soldiers crave more sleep they struggle with sleep more than the average American. Only 37% of Soldiers get optimal sleep to perform at their best! You wouldn't go to war without ammo, so why do so many of us start the day with a half-empty “sleep magazine”? Many Soldiers don't realize that caffeine can stay active in your body for up to 6 hours and can disrupt your sleep by keeping your brain stimulated. Set a regular bedtime and *Go Caffeine Free* 6 hours before bed – you'll be glad you did! Read more about sleep in modules 8 and 16.

7. Aim for 10,000 to 15,000 steps per day!

Have you heard that sitting is the new smoking? That is because our body is meant to *MOVE!* If you work-out in the morning and have 5,000 steps by 0900, you still need to get 10,000 steps during the rest of the day = try to reach *15,000+ steps/day!* And did you know that spending over

10 hours sitting each day is associated with a 34% increased risk of dying early? That's even despite doing daily physical training. This is important to do but your performance will suffer if you sit at a desk and pound away at online training, memos, and monitor your email account for the rest of the day! To combat the sitting disease, get up and take a walk – 10 minutes every hour is best. Other tips include parking at the back of a parking lot, stand-up meetings, or if need to talk with someone - walk and talk! Also, try this great higher octane work break during the day - 10 minutes of pushups, squats and calisthenics to keep your performance at its peak!

6. Include 2 or more days of resistance training and 1 agility training session per week!

Strength training is essential to being a tactical athlete, yet only 60-70% of Soldiers properly strength train! Build strength and toughness by focusing on the Essential Seven movements. Module 4 of the P3 Challenge will give you the seven foundational movements to strengthen all your major muscle groups. As an extra challenge throw in an agility workout to tax your neuromuscular system like box jumps, Burpees, Olympic lifts, cleans, jerks, snatches, sprints, shuttle runs. Trying these explosive agility workouts can release powerful hormones to amplify your gains and train your muscles and nervous system to work more effectively.

5. Fuel for Performance - Eat at LEAST 8 servings of fruits and vegetables PER DAY!

“8 is great!” Making ½ your plate fruits and vegetables can go a long way in reaching this goal. Why should you do this? For your performance and health, of course! Fruits and vegetables are nutritional powerhouses and studies continue to show the fruits and vegetables help you build physical, cognitive, and emotional strength! Love fruits but can't stand the taste of green stuff? Spice it up – you'll be surprised how delicious vegetables can be if they are prepared the way you like them. Read more with modules 5, 10, and 13. Even better – did you know that after eating something for 6 weeks you will naturally start to crave it?

4. Sleep-for more Brains, Brawn and Beauty!

The majority of adults require 7-8 hours of sleep per 24 hour period. There is no “badge of honor” for operating on less sleep. Did you know that you are mentally sharper, can lift heavier weights, and even look better to other people if you get good sleep? Brains, brawn and beauty—you can't buy that in a supplement! Try it out, sleep longer, and get an average of 8 hours a night for the next 2 weeks and see if you have more energy and feel better! Read more about sleep in module 6.

Top 10 Performance Triad Quick Wins for Soldiers Continued

3. Set a S.M.A.R.T. goal and do it!

Just because you want to get stronger, faster and fitter, doesn't mean you can do this by will alone. Did you know that you will complete your goal 75% of the time if you make a S.M.A.R.T. goal (Module 3), tell someone about it and then give them weekly updates? The P3 Challenge modules have numerous weekly challenges to help motivate you to perform at your peak. Challenge yourself to pick one target a week and if the going gets tough, don't quit—seek out other resources! Army Wellness Center personnel have certified health coaches to help determine your baseline fitness, your metabolic rate, and how to incorporate P3 goals into your daily life. Also, your unit Master Resiliency Trainer has tools to help you set and achieve your goals. Leverage technology and social media to assist you in meeting your goals. Posting your progress on Facebook and/or Twitter and using the P3 App can help you monitor and track your progress and motivate you to success. So, what are you waiting for? Make a S.M.A.R.T. P3 goal, download the app, and go tell your battle buddy!

2. Challenge and Motivate your Friends and Family!

What do you and your Family and friends do for fun? Is it screen-time with popcorn, potato chips and soda? As you get your P3 on, why not involve the Family or friends? Being social is more fun and as the going gets tough, having someone to keep you on track of your goals can be the motivation you need to keep on going! Use the P3 Challenge and work on some Challenges in the guide together. Or if you have your Family use the P3 Family Guide and work through some target goals together. It's always better with friends and Family! See modules 19-22 to learn more.

1. Be a Professional Soldier Athlete!

As a Soldier, you are a member of the Profession of Arms. This means when you sign on the dotted line you became part of an elite group—less than 1% of the US population earns the privilege of military service. And, as a Professional Soldier Athlete, you must always maintain your arms, your equipment and **YOURSELF!** Do this not only to optimize your performance and improve your health, but because you are called to serve your country in defense of our nation, our constitution and our people. Be a Professional Soldier Athlete! See Module 1 for more information.

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Top 10 Performance Triad Quick Wins for the Company & Platoon Leaders

10. Hang it up! Get the word out!

Free [P3](#) materials are available and can be sent to your installation and unit. Posters, tip cards and other material can be utilized to promote the P3—all at no cost. Customize the P3 social media messages for your unit. Posting and tweeting the daily social media message can help promote performance! This is the easiest way to get the message out.

And, did you know that there's even 'An App for That'? While Soldiers may not have access to a computer at work, nearly every Soldier has a smartphone. Encourage your Soldiers to download the free P3 App and other Apps that help enhance performance! The technology section of your P3 guide provides Apps that can help optimize performance.

9. Leverage downtimes and training briefs with the P3!

Soldiers complain about our "hurry up and wait" culture – use that time to focus on performance! Have a [P3 Challenge guide](#) module ready from hip-pocket training. Discuss a module with your Soldiers and present a weekly challenge. For example, while you are waiting, talk through Module 4: Build Strength and Toughness and do an "Essential Seven" Workout – It only takes 10 minutes! Work through all 24 modules in the next 6 months by using these available downtimes.

Looking for a quick OPD or NCOPD? How about P3, Sleep, Activity and Nutrition topics? Contact your local subject matter experts in P3 or reach out to your CHPC and HPO to ask for P3 topics. Do you have an upcoming safety brief to deliver for an upcoming holiday weekend? Do a two-fer. Get your mandatory message out, while infusing strategic messaging on appropriate Sleep, Activity and Nutrition. Fatigue related accidents are serious business, but the first step is education on the appropriate need for sleep and fatigue management.

8. Integrate Sleep Science into Mission Planning!

Fatigue, confusion, and decreased vigor are common during sustained operations. Did you know that just 72 hours of sustained operations can lead to 220% increase in missed targets, 22% decrease in reaction time, and 86% increase in decision-making errors? If you want Soldiers to perform at their peak in war, they need to learn fighter management skills during training. Realistic training is a key component of making Soldiers effective in combat.

Exciting research on sleep banking and sleep planning can be incorporated into your missions. Sleep banking can help Soldiers prepare for sustained operations or longer training events like National Training Center or Joint Readiness Training Center. Does your unit know how to use caffeine to optimize performance during sustained

operations? Track the performance and accidents. Did you see a difference?

7. Physical Fitness - Just do it!

Did you know that PRT FM 7-22 is a validated program that improves APFT pass rates, reduces injury, and improves Soldier performance on WTBDs? Your Master Fitness Trainers can help you design an *exciting* fitness program built upon the scientific basics provided in FM 7-22! Ensure your fitness program matches your METL and encourages your Soldiers to become stronger! Want to learn about the "Essential Seven" exercises to build strength and toughness? Use Module 4 to build an exciting fresh workout incorporating the "Essential Seven!"

Athletes who are injured use the best science to ensure they can "return to play" to maximize reintegration without increasing risk for re-injury. Don't your Soldiers deserve the same? Preventing re-injury with a formal reconditioning program is scientifically proven. Did you know the Brigade or installation physical therapist can help ensure your PRT program is optimal for those returning from injury? Did you know that FM 7-22 includes reconditioning standards for Soldiers coming off Profiles? Instead of dumping them back in unit PT and asking them to walk during unit PT, establish a higher standard—rehabilitation and reconditioning. FM 7-22 chapter 6 has a fully developed program that is ready to execute. Your Master Fitness Trainer (MFT), physical therapist, and the Army Wellness Center can help keep your tactical athletes at their top performance!

6. Sleep is Ammunition for the Brain! Police the Barracks!

Enforce optimal sleeping and living environments. Lights off at 2200 will help Soldiers get the ammunition for their brain that they need—sleep! Enforcing quiet times and lights out can help Soldiers increase sleep time. Athletes' dorms are finely tuned for optimal performance – are yours? Dark, quiet and cool barracks with noise and light discipline not only helps Soldiers sleep, but also trains the Soldiers on managing sleep for training and for sustained operations.

Staff duty-24hour shiftwork is not conducive for alertness and safety. While staff duty is a necessary part of any unit, consider innovative ways of avoiding 24-hr shifts. Can you break it up to two 12 hour shifts? If not, you can provide a mandatory day off after staff duty and consider providing transportation to Soldiers for Staff Duty responsibilities so they are not driving home sleep deprived at an elevated risk for an accident. We wouldn't let people drive drunk on duty, but after a 24-hr shift, you are performing at a level similar to a 0.08 blood alcohol level.

Top 10 Performance Triad Quick Wins for the Company & Platoon Leaders Continued

5. Fuel Your Soldiers Like Athletes!

Does your DFAC just promote burgers, fries and desserts? Did you know that there is a program to help your DFAC move towards providing healthy food choices? The [GoForGreen](#) program promotes DFAC choices that can help your Soldiers fuel for optimal performance. Also, learn how well your DFAC complies with nutrition standards. Ask your installation dietitian to evaluate the food options for your Soldiers using the m-NEAT (Military-Nutrition Environment Assessment Tool).

4. Optimize your Soldiers' Goals!

Did you know that Soldiers that set goals, write them down and tell a friend are 75% more likely to complete them? Goals that are "[S.M.A.R.T.](#)" will make it easier to action and complete. Enlist the help from Master Resiliency Trainers to help Soldiers achieve those challenging but attainable goals!

The Soldier Performance Optimization & Readiness Tool (SPORT) can be used to open the discussion with Soldiers who are at risk for issues with body composition, APFT failure and fighter management. This tool, will give you tips and corrective strategies and effective ways to coach, teach and mentor your Soldiers for success. Tons of resources, links to electronic resources and smartphone apps are found in the SPORT.

3. Involve the Total Army Family

Want to empower the Family Readiness Group? Have them be active participants in the P3! Changes and improvement in Sleep, Activity and Nutrition will always be harder if the Total Army Family is not involved. Friends and Family provide support when the going gets tough. Provide your friends and family a way to perform at peak performance using the P3 Family Guide!

2. Think outside the box

Do your policies promote building Professional Soldier Athletes? Science tells us that Soldiers physical performance is optimal in the afternoon. So, why is Army PRT always in the morning? Well, there's nothing in regulation that mandates "ZeroDarkThirty" workouts. Don't be stuck in the status quo. [Fort Carson innovated](#) and moved their PRT times to 1600. And, if you live in a really hot environment that has triple digit temperatures in the afternoons, how about starting PRT at 0700, or move it indoors?

And the #1 Quick Win for the P3...

1. Lead from the Front

Leaders should exemplify the tenets of P3. Not just being knowledgeable, but believing and striving to reach the P3 targets will naturally make you the example that the Soldiers need and desire to be like. Professional Soldier Athletes are committed to the mission, and always seek ways to improve themselves to be a better Soldier – and that starts with the leader. A leader that lives P3 and exudes passion about it will naturally lead other Soldiers to higher performance. That doesn't mean if you don't hit all the 7 targets that you can't be a great role model. A dose of humility and showing Soldiers what you are working on changing can make you a credible and real leader.



PERFORMANCE TRIAD

**COACH
& MENTOR**

LEADER ACTIONS

**IDENTIFY
RISK**

**HEALTH
READINESS**

**SMARTPHONE
APPS**

SPORT

**WEB
RESOURCES**

SOLDIER PERFORMANCE OPTIMIZATION & READINESS TOOL

**HEALTH
& MEDICAL
RESOURCES**

**UNIT &
INSTALLATION
RESOURCES**

**ARMY
REGULATIONS
& POLICY**

**COUNSELING
TOOLS**

**ARMY WELLNESS
CENTERS**

Top 10-Quick Wins for the Performance Triad-Battalion and Brigade Commanders

10. Command Messaging

Free [P3](#) materials are free and readily available to be sent to your installation and units. Utilize the posters, tip cards and other materials to promote the P3—all at no cost. Leverage unit Facebook and Twitter accounts through the standard messaging provided to your PAO to promote performance and to reach tech savvy Soldiers and Family members. This is one of the easiest ways to get the message out. You can also tailor unit specific information and share on [Facebook](#) site and [Twitter](#) to motivate your unit and the FRGs!

Other ideas include working with local MWR, USO, or other installation resources to bring motivational speakers to your unit – such as collegiate or professional athletes, chefs, or celebrities. These speakers can help motivate your Soldiers and their Families to optimize their health readiness and performance.

There's even an app for the P3! While Soldiers may not have ready access to a computer at work, nearly every Soldier has a smartphone. Encourage your Soldiers to download the free P3 App and reference the technology section of the P3 guide for other apps that can help optimize performance!

9. Integrate, Incentivize P3 to Promote Personal Readiness

Look for ways to incorporate the science of P3 within existing events on the training calendar to optimize Soldier performance. For example, P3 instruction at PRT cool down or end-of-day unit formation. Do you have an upcoming holiday? Fatigue related accidents are serious business, and including P3 information can help with emphasis on the appropriate need for sleep and fatigue management. Incorporating P3 concepts in leader professional development forums is useful and you can also reinforce your mandatory Safety Briefing with P3 strategic messaging!

Providing incentives can maximize individual participation and increase motivation! Contests for the best P3 YouTube video or cadence call could increase buy-in and enhance personal readiness within a unit. Provide time-off awards for Soldiers that lead the way and are helping others optimize or improve their personal performance and readiness. One unit developed P3 “punch cards” to recognize personal completion of P3 related events and rewarded 3 or 4 day passes.

8. Integrate P3 Science into Mission Planning

The Army excels at training in less than optimal conditions and Soldiers still perform with sleep deprivation, calorie deficits, and limited opportunities for activity. But, what if the Army takes the best sleep, activity and nutrition science and applies these concepts during training? Sleep is ammunition for the brain! Exciting research on sleep banking and

sleep planning can be incorporated into your missions and sleep banking helps Soldiers prepare for sustained operations or longer training events like at the National Training Center or Joint Readiness Training Center. Applying these recommendations can conserve Soldiers' cognitive energy and translate directly to safety awareness, tactical decision making, and even correct 'shoot/no shoot' snap judgments. Fuel for performance with the best sports nutrition science and incorporate the evidence of cross training in field environments. Execute the “Sustained Operations” modules in the P3 Challenge book and track the performance of your Soldiers. Did you see a difference? We predict you will!

7. Execute a Unit Level Warrior Challenge

Capitalize on the Army's, and a Soldier's love of competition. Having a unit wide challenge builds esprit-de-corps and moves your Soldiers toward better readiness. The P3 Warrior Challenges provide 26 challenges that can be adapted and executed for unit competition. The Warrior Challenges also provide ideas for scoring and ways to involve the Total Army Family! The FT Campbell [Eagle Fitness Challenge Tour](#) is a great example and integrates Warrior Challenges, the Total Army Family, and the entire Fort Campbell and surrounding community. Other ideas include unit recognition with a P3 streamer for the unit's guidon, or time-off awards to incentivize personal readiness and the Warrior Ethos. Creative challenges can also improve Soldier motivation. How about a competition that encourages Soldiers to submit videos about their dedication to being a Tactical Athlete that values sleep, activity, and nutrition?

Leadership makes a difference in healthy options in the DFAC! Rethinking the DFAC can also help improve food choices for your unit. A FT Campbell DFAC used choice architecture, behavioral economics, and food labeling, and improved sales of fruits and vegetables by 24.6% and decreased dessert sales by 16.3% just by relocating these items! These improvements in health did not cost the organization any money! They also limited sugar-sweetened beverages which resulted in 600 lbs less sugar consumed – or about 1 million less calories in a 6 week period!

6. Have a P3 Town Hall

Town Halls can facilitate understanding barriers, discussing policies and processes, and what is important to change from a Soldier and Family perspective regarding readiness and resilience. A P3 Town Hall can help drive the ways leadership is promoting readiness and resilience and for example, reinforce that optimal sleep and living environments help your Soldiers get the rest they need to perform their best. Remember, sleep is ammunition for the brain! You can also set barracks policy for lights off at 2200, enforced quiet times, and ensuring barracks are quiet, cool

Top 10-Quick Wins for the Performance Triad-Battalion and Brigade Commanders Continued

and dark. These simple steps can help Soldiers increase sleep time for optimal performance. The Town Halls provides a forum for unit leaders to demonstrate commitment to the Profession of Arms and the tenets of the P3.

5. Healthier Installation, Healthier Unit

Is your installation supporting healthy and ready Soldiers and Families? Did you know that there are tools to assess the quality of nutrition and the health environment at your installation? Your unit has a big stake on the health of the community. Engage your Brigade Health Promotion Team and use your voice to engage your installation's Community Health Promotion Council (CHPC) and Health Promotion Officer (HPO) to engage to ensure your post provides Soldiers & Families with a healthy nutrition environment. The Creating Active Communities & Healthy Environments (CACHE) toolkit includes tools such as the m-NEAT (nutrition environment), QITS (tobacco free living), and PAC (Promoting Active Communities) and provides valuable information to optimize personal readiness in your community. Initiatives such as Operation BeFit (PX), FitPick vending machines, and the DFAC GoforGreen are designed to improve the built environment of your installation. Take a look at what Korea did with their [Soldier Fueling Initiative](#) – that's how you fuel athletic performance!

4. Maximize your PRT for Performance

Have you seen the new military physical readiness training guidance, FM7-22? It is chock full of evidence-based training for performance and reconditioning. PRT has been completely re-designed to add concepts such as strength training progressions, functional movement drills, mobility and agility skills, and reconditioning concepts. Elite athletes who are injured are slowly "returned to play" to maximize reintegration without increasing risk for re-injury. Does your Brigade or Battalion have a formal reconditioning program? Enforcing PRT and proper reconditioning at the unit level can help you get your Soldiers fit and back quicker when they are injured. Preventing re-injury with a formal reconditioning program is scientifically proven and FM 7-22 includes reconditioning standards for Soldiers coming off profiles or injuries. Incorporate the Pregnancy and Post-Partum Physical Training Program to maximize your Soldiers' readiness. Maximize your MFTs – they can help recondition Soldiers. Have MRTs and MFTs meet quarterly to share best practices and leverage your Brigade medical assets to track injuries, profiles, and apply risk mitigation strategies to preserve your unit's combat power.

3. Track and Measure

Do you have ways to determine if certain initiatives improve readiness

and health? A new tool, called the Medical Readiness Assessment Tool (MRAT) can help identify Soldiers who are at high-risk for medical non-availability. The MRAT supports command teams by identifying and synchronizing actionable items to help coach, teach, and mentor Soldiers to readiness, holistic health and Fitness. The right metrics support leaders to have a better view of the overall readiness and mitigate risk. The experts in your Brigade Health Promotion Team (BHPT) help you connect solutions to minimize risk and improve the personal health readiness of your command. The Community Health Promotion Council (CHPC), run by the Senior Mission Commander, can help connect your BHPT with community and installation resources to support your Soldiers and their Families.

2. Think outside the box

Is there a better way? Is there a better way to leverage existing resources and support elements? What assumptions should be challenged? For example, hosting a Farmer's Market on your installation improves food options and fruits/vegetable consumption. Hosting cooking demonstration or classes can help young families learn how to eat healthy on a budget. Science tells us that Soldiers' need more sleep to optimize performance. So, why is Army PRT always in the morning? Well, there's nothing in the regulation that mandates "ZeroDarkThirty" workouts. Don't be stuck in the status quo. Fort Carson innovated and moved their PRT times to 1600. <http://1.usa.gov/1diWWt2>

And the #1 Quick Win for the P3...

1. Lead from the Front

Soldiers are always watching their leaders and leaders should exemplify readiness and the tenets of P3. Being knowledgeable is good, but believing and striving to reach the P3 targets will support your ability to be the best example that the Soldiers desire to be like their leadership. A leader that lives P3 and exudes passion about it will naturally lead other Soldiers to higher performance. You don't have to be perfect, but being dedicated to constantly improving your performance as a Soldier goes a long way to set the right example. The P3 helps keep units on an azimuth towards personal readiness and Soldier optimization to achieve squad overmatch!

Top 10-Quick Wins for the Performance Triad Total Army Family

10. SLEEP is your Silver Bullet! To perform at your best – you and your brain need 7-8 hours of sleep EVERY night!

Only 40% of Americans get the optimal sleep of 7-8 hours each night. In order for your brain to process what you have learned, read, seen, or experienced during the day the body needs to SLEEP not just rest because sleep improves the way your brain processes information. Students who get 30 minutes more sleep each night earn a letter grade higher score than their peers who sleep less. Create an optimal sleep environment – dark, quiet, and cool!

IDEAS:

- Set a bedtime - backwards plan so you get at least 8 hours
- Go caffeine free 6 hours before bedtime
- Turn off all the lights in the bedroom and remove electronics – this includes cell phones, TVs, and computers

9. Get MOVING! Aim for 150 minutes of Moderate Exercise + 75 minutes of Vigorous Exercise per week

80% of adult Americans do not get even the minimum of 150 minutes of moderate exercise much less the 75 minutes of vigorous exercise that includes those heart pumping intense full body workouts that get your heart beating and gives a metabolic “after burn.” Check out the P3 Family Guide for information on what counts as “Moderate” vs. “Vigorous” exercise. Set goals to meet your targets to achieve 150 minutes of moderate exercise. Include a brisk walk and as the foundation for sustained performance and personal health! Moving a little each hour, about 10 minutes, adds up quickly and will keep your energy up and your mind focused all day!

IDEAS:

- Challenge the kids to a quick game of soccer/basketball/freeze-tag when they get home from school
- Gather friends and family for a walk around your neighborhood or park, or plan a hike near a lake – make this your next FRG meeting
- Take your kids and the dog out for a walk around the block after dinner

8. Get your GREENS! Eat at LEAST 8 servings of fruits and vegetables PER DAY!

“8 is great!” Making ½ your plate fruits and vegetables can go a long way in reaching this goal. Why should you do this? For your performance and health, of course! Fruits and vegetables are nutritional powerhouses and studies continue to show they help you build physical, cognitive, and emotional strength! Love fruits but can't stand the taste of green stuff? Spice it up – you'll be surprised how delicious vegetables can be if they are prepared with fresh herbs and spices.

IDEAS:

- Add a handful of green to your morning smoothie- spinach is a nutritional powerhouse and the taste is easily hidden when blended with frozen fruit and 2% milk or almond milk
- Have Meatless Mondays – follow us on Pinterest and check out our page for fantastic vegetable-based meals and other recipes the whole family will love
- Visit the local farmers market for seasonal, fresh, and tasty local produce

7. Be INFORMED! P3 Material for FREE!

Free P3 materials are available and can be sent to your unit, workplace, or FRG from this site: P3 . There is so much material to choose from for Soldiers, Spouses, DA Civilians, and kids – all at no cost! Utilize posters, tip cards and other material to promote the P3 – download the monthly calendar of the 24-week challenge instantly, and order the refrigerator magnets on sleep requirements for all ages and the P3 targets.

IDEAS:

- Follow us on Facebook
- Follow us on Twitter 
- Follow us on Pinterest 
- Subscribe to our YouTube Channel 

6. Don't fear the GYM! Include 2 or more days of resistance training and 1 agility training session per week!

Build strength and toughness by focusing on the Essential Seven movements. Strength training is essential to being optimally fit! The P3 Family Challenge shows you the seven foundational movements to work all your major muscle groups and most exercises can be done at home without the need for equipment! Also take advantage of all the resources on your post or base like the gym or the Army Wellness Center. The Army Wellness Center can evaluate your fitness level and coach you through your individualized plan. It doesn't matter if you are a Soldier, DA Civilian, or Family Member – they are there to support your health and fitness!

IDEAS:

- Schedule a visit with the Army Wellness Center
- Make an appointment with the trainer at the Gym on post – learn how to lift properly
- Bring a friend – having a workout partner is essential to success

Top 10-Quick Wins for the Performance Triad Total Army Family Continued

5. Do the 24-week P3 Challenge – no matter where you work or live!

Are you on-post or off-post? Do you work at home or in an office setting? How connected are you to your community? Health happens where we live, work, and play so create a network of support and encouragement around you to optimize your chance for success!

Want to empower the Family Readiness Group? Your co-workers? Get a group together and share the P3 24-week Challenge! Create competitions between different groups at your office or in your community using the P3 Total Army Family Challenge guide. Friends and Family provide support when the going gets tough, but together your community can perform at their best!

IDEAS:

- Use the P3 Total Army Family Challenge to create a healthy competition in the FRG, your office, a club or coffee group, or within your own Family
- Connect with a local running group or join a yoga class – find a group that works for you
- Create a Facebook page for YOUR community where you can record successes or post these on the P3 Facebook page

4. Think outside the BOX and inside your ENVIRONMENT

Take a look around you – the environment that surrounds you influences the choices you make each day. Change it up to create new habits so you can stick with them. Place your sneakers in a visible place to remind you to go for a walk when you first get home. Replace the box of crackers or bag of chips with a big bowl of fresh fruit and vegetables for easy grabbing in your kitchen. Keep your counters clear, have pre-cut fruit or veggies on the middle fridge shelf, and locate snack foods in an inconvenient cupboard.

3. Food is Fuel! Don't work out on an empty stomach and re-fuel 30-60 minutes after your workout!

Your body is a machine that requires high-quality fuel to perform optimally. Plan out what you will eat for the week, make a shopping list, and be prepared! You need to eat a healthy snack with carbohydrates and fat about an hour before you plan on working out. Good examples are a banana, apple or yogurt. Replenish yourself, build strength and muscle by eating a healthy snack 30-60 minutes after your workout. Chocolate milk or apples and cheese are great and easy examples!

IDEAS:

- Buy nuts and dried fruit, package into single serving baggies, stash in your gym bag or desk for great pre-workout snacks
- Save some leftovers from dinner, pack up some protein and vegetables for a post-workout snack
- Forgot to pack food? Grab a banana, peanut butter crackers, and some chocolate milk from the shoppette or convenient store

2. Share your GOALS! Set a S.M.A.R.T. goal and start today!

Set a goal and be SMART about it! S – Specific M – Measurable A – Attainable R – Realistic T – Time-bound. Did you know you will complete your goal 75% of the time if you make a S.M.A.R.T. goal, tell someone about, and give them weekly updates? The P3 Army Family Challenge has a number of easy, weekly challenges to help motivate you to perform at your best. Challenge yourself each week and pick one – if the going gets tough, don't quit—seek out the help of Family and friends or other resources!

IDEAS:

- Set your GOAL and share it with a friend
- Get the P3 App to track your progress
- Reach out to professionals if you get discouraged – try the gym, Army Wellness Center, or MWR

1. Take Care of Yourself so you have the energy to take care of EVERYTHING else! You are the Total Army Family and your HEALTH is essential to the success of the mission!

As a Family member, Retiree, or DA Civilian you are an essential part of the Total Army Family. Life as part of the Total Army Family has its triumphs and stresses. But the strength of the nation is the Soldier and the strength of the Soldier is the Family! The Total Army Family can live healthier, more balanced lives with proper Sleep, Activity, and Nutrition. Feel better and reduce stress by being a leader in your community – inspire yourself and others around you by reaching your P3 goals!

Training Tools

A major component of the P3 pilot is the dissemination of awareness and educational materials to include: posters, tip cards, pocket guides, and digital media.



Technology Tools

ArmyFit: ArmyFit is a technologically savvy resource that can help you meet your P3 goals of improved performance through optimal activity, nutrition, and sleep. ArmyFit provides the keys to living a healthy lifestyle. Start with the Global Assessment Tool 2.0 and access the custom programs, experts, and a whole suite of tools. Did you know that your family members can also use this site? You can also sync your activity monitor's data and other fitness websites with ArmyFit™ to chart your progress and compete with others or manually input your sleep, steps/miles, and caloric intake. You can also access financial fitness assessments and training. <https://armyfit.army.mil>

P3 App: P3 App: Sleep, Activity, and Nutrition strategies for the Total Army Family. Use the app for tips and resources and track your sleep, activity, and nutrition targets and earn badges! Download from app store on your android or iPhone today! <https://itunes.apple.com/us/app/performance-triad/id894719291?mt=8>

Human Performance Resource Center (HPRC): HPRC is an online, one-stop clearinghouse for evidence-based information and key resources to help Warfighters and their Families in all aspects of performance to achieve total fitness and, ultimately, human performance optimization. <http://hprc-online.org>

The Operation Supplement Safety (OPSS) App: OPSS provides extensive information about dietary supplements and how to choose them wisely. OPSS is available on the web or as an App. Sign up on the website first for free subscription to access information on the app. <http://hprc-online.org/dietary-supplements/opss>

Sleep: CBT-I Coach: The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia. <http://apple.co/1cV1pCT>

Activity: Tactical Breather or Breathe2Relax: Hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. <http://apple.co/19XFKaG>

Nutrition: ChooseMyPlate.gov: Get your personalized nutrition and physical activity plan. Track your foods and physical activities to see how they stack up. Get tips and support to help you make healthier choices and plan ahead. <http://choosemyplate.gov/>



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Subscribe to the P3 and Delivery of Health Flipboard Magazines to see the latest news on Sleep, Activity, and Nutrition!

<https://flipboard.com/@dteyhen/performance-triad-n6h7j1nby>

<https://flipboard.com/@roboh/delivery-of-health-uk9hrh4sz>



Interested in P3 Research material? Follow us on the Mendeley site where we post cutting edge articles on Sleep, Activity, and Nutrition.

<https://www.mendeley.com/groups/2914031/performance-triad>



Download This!

Want free posters, tip cards and guidebooks? Did you know that the Public Health Command website has all these available for download?

P3 posters, cards, and media messaging:

<http://1.usa.gov/1tMeg0P>

P3 Challenge for Soldiers (Modules and Challenges):

<http://1.usa.gov/1Hvy8KH>

P3 Guide Book for Soldiers – Learn more About Sleep, Activity, and Nutrition:

<http://1.usa.gov/1KsIBss>

P3 Challenge (Modules and Challenges) for the Total

Army Family: <http://1.usa.gov/1GA5MQf>

P3 Guide Book for the Total Army Family – Learn more about Sleep, Activity, and Nutrition: <http://1.usa.gov/1GA5YiH>



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