

INFORMATION PAPER

DASG-PPM-NC
11 September 2014

SUBJECT: Army Wide Implementation of Performance Triad (P3)

1. Purpose: To provide information about Total Army implementation of the Performance Triad (P3)

2. Facts:

a. The cornerstone of Landpower's historical and future success hinges upon the human dimension. From that perspective, Army Medicine serves as a readiness platform that enables physical, cognitive, and emotional dominance through personal readiness, health, and wellness. The P3 program is one of the top 8 Readiness and Resilient Campaign priority programs per VCSA (29 July 2014). P3 is aligned with the Healthy Base Initiative, Human Dimension Division at TRADOC and CSA's Soldier Optimization Line of Effort. P3 leverages tools from Comprehensive Soldier and Family Fitness (CSF2) and is fully integrated with FM 7-22.

b. P3 is a squad-leader led program that provides first line supervisors easy-to-use tools required to coach, mentor, and teach 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. The P3 initiative empowers the tenets of Mission Command.

c. The P3 pilot programs began in fall of 2013 and concluded in June of 2014. The P3 curriculum and delivery mechanisms will be updated based on the feedback received 1st Quarter FY15 to ensure it is ready to scale across the Total Army. Army-wide implementation of the P3 is pending CSA approval 4th Quarter FY14.

f. In addition to the Soldier-focused P3 programs, P3 programs for Family members, Retirees, DA-civilians, and healthcare providers have been developed and are being implemented to create the cultural change required within the Total Army.

g. The goal is to start Total Army implementation in CY2015. Success will depend upon the collective execution with strategic partners across the Army. Key partners include the Army, Army Reserve, and National Guard staffs, TRADOC, FORSCOM, IMCOM, USAPHC, USAMRMC, ARCIC, and PEO Soldier.

COL Deydre S. Teyhen / (703) 681-9078
Approved by: BG Patrick D. Sargent