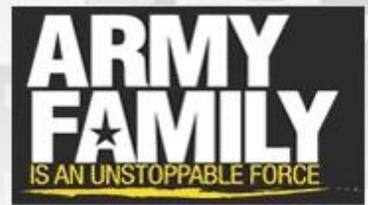


PERFORMANCE TRIAD

Sleep, Activity, and Nutrition



6 Weeks Healthy Habits Challenge

Instructions

The 6 weeks challenge utilizes the National Institute of Health's principles of eating healthy, exercising, and limiting screen time in a structured way to impact behavioral change and embrace the Performance Triad. Participants will commit to 6 weeks of nutrition and behavior modification therapy.

You may check your height, weight, resting blood pressure and pulse before and after the challenge. This is recorded on the healthy habits checklist. Next complete the healthy habits survey and record on the healthy habits data sheet in the "pre habits survey data."



Once your healthy habits score is recorded you may begin the challenge. Now you may start using the healthy habits checklist. Over the next 6 weeks the goal is to introduce and sustain the Performance Triad behaviors as part of your daily routine.

At the end of the 6 weeks, complete the healthy habits survey again and record on the healthy habits data sheet in the "post habits survey data".

Statistics show that it takes at least 6 weeks of performing something new to become part of a person's daily routine and habits.

For more information and assistance you can contact the following Performance Triad Subject Matter Experts: Winn Army Hospital Clinics, 912 435-6633, Winn Army Public Health, 912 435-5071, Winn Army Hospital Nutrition Care Division, 912 435-6707, TAHC Nutrition, 912-315-6500 Option 2, Army Wellness Center, 912-767-4077, Newman Gym Ft. Stewart, 912-767-3031, Ft. Stewart Youth Gym, 912-767-1428, or Tominac Gym TAHC, 912-315-5078.

Resource: Army H.E.A.L.T.H website: <http://armyhealth.pbrc.edu>