ARMY FAMILY
IS AN UNSTOPPABLE FORCE

Performance Triad 26 Week Health Challenge

Start the Challenge Today!

Enhance your health with **Sleep, Activity,** and **Nutrition.**

Take the challenge for healthy living!

Performance Triad 26 Week Health Challenge

The health challenge is designed for adult Family Members, Spouses, Pre-Retirees, and Retirees. The challenge incorporates elements from the Performance Triad as well as tips and guidelines from the Centers for Disease Control and Prevention, U.S. Food and Drug Administration, the Food, Nutrition, and Consumer Services, the National Sleep Foundation, the American Council on Exercise, and the American College of Sports Medicine.

Introduction to the Challenge

The Performance Triad challenges you to enhance your health! **Sleep**, **Activity**, and **Nutrition** (SAN) are vital components to healthy living. However, getting all three can be difficult when other responsibilities compete for your time and energy. The Performance Triad 26-Week Health Challenge is designed to kick start healthy habits that you will have for a lifetime.

Disclaimer: Always consult your physician before starting any new exercise program.

Experts recommend that you:

- Get at least 7-8 hours of sleep each night
- Take 10,000 steps during your everyday routine.
- Get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity activity and 2 days of muscle strengthening activity per week.
- Make half your plate fruits and vegetables each day (which is about 8 servings of fruits and vegetables each day).
- Build a healthy plate with lean proteins, fruits, vegetables, whole grains, and dairy each day.
- Get 10 minutes of movement every hour.

This challenge is for adults. Over the next 26 weeks, whether or not you follow all of these recommendations, you will receive tips that will help you work toward your personal health goals. Take the challenge for healthy living!

Kick start healthy habits with the Performance Triad 26 Week Health Challenge

WEEK 1

Personal Sleep Goal
How much sleep are you getting? Keep track of how many hours you sleep every night this week with the SAN Baseline Tracking Chart that can be found at the end of this challenge.

Personal Activity Goal
How much physical activity are you getting? Track your activity this week with the SAN Baseline Tracking Chart. Examples: going for a walk, biking, jogging, lifting weights, etc.

Personal Nutrition Goal
What are you eating and drinking? Write down everything you eat and drink each day this week in the SAN Baseline Tracking Chart.

WEEK 2

Personal Sleep Goal
Now that you have an idea of your sleep habits, did you get 7 - 8 hours of restful sleep each night?

Common barriers for achieving healthy sleep include:

1. Variable bedtime and wake time
2. Inability to fall asleep or stay asleep
3. Work or family responsibilities
4. Busy schedule (social, work, family)
5. Stress
6. Poor sleep environment (light, loud, electronics)
7. Caffeine or nicotine use close to bedtime

Dedicate 8 hours each night for the next week, just for sleep.

Personal Activity Goal
How did you do? Take a look at the activity you wrote down from last week. How can you increase your daily physical activity? What do you want to achieve by the end of this challenge?

Personal Nutrition Goal
Take a look at what you ate last week. Did you make half your plate fruits and vegetables? Did you choose whole grains? Did you include dairy at most meals? Check out www.choosemyplate.gov for tips to improve your food choices, eat better on a budget, and liven up your meals with great recipes. Also, visit http://www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide for meal-planning guidance tips and tricks!

WEEK 3

Think about what could keep you from reaching your Activity, Nutrition, and Sleep goals? What can you do to overcome these barriers?

Sleep Goal
How did you do? If you wake up at the same time every day, you reset your body's clock called the circadian rhythm. Try waking up at the same time every day , making sure that you get 8 hours of sleep. If you can't do 8 hours, add at least 15 - 30 minutes to your average sleep time. Keep a consistent wake time, even on weekends!

Activity Goal
Short on time? Start small. Take a 5 - minute walk each day this week.

Nutrition Goal
Check your waist circumference using a string or tape measure, use this link to find out how: http://www.myhealthywaist.org/evaluating-cmr/clinical-tools/waist-circumference-measurementguidelines/index.html Note your result.

Men with a measurement over 40 inches and women with a measurement over 35 are at very high risk for cardiac disease, diabetes, and high blood pressure. This challenge should help you decrease your waist circumference and reduce your risk of chronic conditions.

Set a goal to increase your fruit and vegetable intake daily this week. Use fruit as a dessert and vegetables as a snack. For more ideas visit: http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html

WEEK 4

Sleep, Activity, and Nutrition Goal
Your local Army Wellness Center (AWC) is a great resource to help you with your goals. Stop by your AWC to learn about the services they provide to beneficiaries. The best part is...all the services are free! Sleep Education, Weight Management and Metabolic Testing, Exercise Testing and Exercise Prescription, Stress Management Education and Biofeedback, Nutrition Education, Wellness Coaching, Body Composition Analysis, and Health Assessments. http://phc.amedd.army.mil/organization/institute/dhpw/Pages/armywellnessCentersOperation.aspx If your installation does not have an AWC, contact your local Medical Treatment Facility (MTF) for other helpful health resources.

Check your Military Medical Treatment (MTF) Center for a nutrition clinic. Nutrition clinics accept self-referrals for nutrition counseling or ask your primary care provider for a referral to a registered dietitian nutritionist, especially if you have a pre-existing medical condition (particularly diabetes, elevated cholesterol, high blood pressure, or any condition that may limit your food choices).

WEEK 5

Think about what motivates you to live a healthier lifestyle. What can you gain from increasing your activity, eating healthier and getting more sleep? How will you feel when you reach your goals?

Sleep Goal
Check your sleep environment. Make sure it is dark, quiet, and a comfortable room temperature. Don't use electronic devices in the bedroom this week.

Activity Goal
Have you been sitting down on the job or at home? Walk around for a few minutes at least once every hour. Staying active throughout the day can help you fight chronic conditions, stress and unwanted weight gain.

Nutrition Goal
Breakfast and lunch are your best energy producing meals. Focus on foods you need - start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast have less energy and often weigh more. Check out this link: http://www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/foods-you-need.html

Use the ARMY H.E.A.L.T.H. website for more resources to help you meet your activity and nutrition goals. Go to http://armyhealth.pbrc.edu.

WEEK 6

Check your progress. Track your progress this week with the SAN 6-Week Check-In Tracking Chart. Have your SAN habits improved?

Sleep Goal
Caffeine and nicotine are stimulants. Did you know that caffeine even 6 hours before lights out will affect your ability to fall asleep and total sleep time? Stop caffeine 6 hours before bedtime. Visit the AWC to learn strategies to eliminate nicotine use.

Activity Goal
Did you know that adults who regularly engage in physical activity have a lower risk of depression? Take a 10-minute walk every day this week.

Nutrition Goal
Not sure what to eat and drink? Try starting with a plan. A daily food plan will help you meet your nutrient needs while staying within your calorie limits. Use this link to get started: http://www.choosemyplate.gov/weight-management-calories/weight-management/what-consume.html

WEEK 7

Sleep Goal
Checking your clock throughout the night? Move the clock out of reach and out of sight. When the alarm goes off, you'll have no choice but to get out of bed and start moving. You'll discover that you will stop worrying about how much longer you have left to sleep.

Activity Goals
Are you injured or have a chronic condition? Don't let that slow you down. Contact your local AWC for a health assessment and learn what exercise activities are best for you. http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx

Nutrition Goal
Make at least half your grains whole. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Commonly eaten whole grains include: popcorn, whole wheat bread or crackers, oatmeal, brown rice. There are many types of whole grains, to learn more visit:

http://www.choosemyplate.gov/food-groups/grains.html

http://www.choosemyplate.gov/videos.html

Stop by your local Army Wellness Center to learn about the healthy nutrition, weight management, and health assessment services they provide.

Set new goal through the Performance Triad 26 Week Health Challenge

WEEK 8

Sleep Goal
Nap wisely. Napping can be a good way to make up for poor/reduced nighttime sleep, but naps longer than 1 hour or taken late in the day (after 3 PM) can cause problems falling asleep. If you need to nap for safety reasons (ex. driving), try to take a short (30-60 minute) nap in the late morning or early afternoon (ex. right after lunch), to take the edge off your sleepiness.

Activity Goal
Are you wary about strength training activities? No need to fret. Contact your local AWC for an appropriate fitness plan tailored to your needs. http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx The American College of Sports Medicine (ACSM) also has great information about the importance of strength training. http://www.acsm.org/docs/current-comments/strengthtrainingforbmh.pdf

Nutrition Goal
Remember to get your dairy. Consuming low-fat or skim dairy products provides health benefits - especially improved teeth and bone health. Also, dairy consumption reduces the risk for cardiovascular diseases and type 2 diabetes. For tips on making wise dairy choices visit: http://www.choosemyplate.gov/food-groups/dairy-tips.html

WEEK 9

Sleep Goal
Don't drink alcohol before bed. Alcohol can make you feel sleepy, but it disrupts and lightens your sleep several hours later. In short, alcohol reduces the recuperative value of sleep. Using nicotine and withdrawal from nicotine in the middle of the night can also disrupt sleep. See your healthcare provider if you need help to stop drinking or using nicotine products.

Activity Goal
It is important to always warm-up before activity to reduce the risk of injury. Tailor your warm-up to your activity. Example: walk before jogging, jog before running; warm up shoulders, back, arms, and legs before lifting heavy objects.

Nutrition Goal
What you drink is just as important as what you eat. Many beverages contain added sugars and offer little or no nutrients...while others may provide nutrients, but too much fat and calories. Start by drinking more water - strive for 8-10 cups per day. Check out the top 10 tips: http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

WEEK 10

Sleep Goal
Get out of bed if you cannot sleep. Only return to bed (and stay in bed) when you feel sleepy. Do not try to force yourself to fall asleep – the harder you "try" to fall asleep, the less sleep you will obtain. If you wake up in the middle of the night, and cannot return to sleep within 20 minutes, get out of bed and do something relaxing. Do not return to bed until you feel sleepy.

Activity Goal
How are you managing your time? What are your priorities? Think about what you did yesterday and make a list of tasks or activities that required at least 15 minutes of your time. Rank each task on a scale from 1 to 4 (1 being most important and 4 being least important) If you have mostly 1's and 2's, then you are most likely devoting your time to what is most important to you. If you have some 3's and 4's think about how you could have borrowed some of that time for physical activity. Now think about your schedule for this week. Where can you find time for activity?

Nutrition Goal
A little preparation goes a long way. Plan your meals for the week and shop with a grocery list. Check your fridge and pantry to see what items you have and what you need to buy. Have some extra time on your hands? Prepare meals in large batches to eat throughout the week or freeze for later. Check out these links: http://www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/cook-home.html

http://www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf

http://www.choosemyplate.gov/videos.html#cookingwithmyplate

http://www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide

WEEK 11

Sleep Goal
Hungry before bed? Having a light snack (such as milk and crackers) can be helpful to curb hunger, but avoid eating a large meal close to bedtime.

Activity Goal
Invite your family and friends to join you. Pick a physical activity you can do with your spouse, friends, or kids.

Nutrition Goal
Eating a variety of seafood can help prevent heart disease! Make seafood your main protein for 2 meals this week. If you are pregnant or considering becoming pregnant, avoid shark, swordfish, King Mackerel, and Tilefish since they can contain high levels of mercury. Eat up to 12 ounces (2 servings) per week of other cooked fish or shellfish. Check local fish advisories. Visit this website for more information: http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet15EatSeafood.pdf

WEEK 12

Check your progress. Track your progress this week with the SAN Midpoint Tracking Chart at the end of the challenge. How did you do compared to the Baseline and 6-Week Check-In chart? Have your SAN habits improved? If you met your goals, great! Continue to challenge yourself with new goals. If you fell short of your goals, keep trying!

Sleep Goal
Be sure to stop drinking caffeine at least 6 hours before going to bed.

Activity Goal
Do the math. 150 minutes of moderate activity per week also equals 30 minutes over 5 days. You can even get health benefits by being active 10 minutes at a time. If you're short on time this week, try to get your activity in 10-minute bouts. Check out the American Council on Exercise (ACE) for exercise ideas: http://www.acefitness.org/acefit/exercise-library-main/

Nutrition Goal
Know the caffeine content of the products you consume do not exceed 200 mg within an hour period of time, do not exceed 800 mg per 8 hours. Caffeine is most effective when taken in 100 mg doses, although much less may be effective for individuals who do not habitually consume caffeine. Side effects of too much caffeine include: feeling sick to the stomach, anxiety, shakiness, headaches, and elevated blood pressure. Learn more at:

http://www.energyfiend.com/quick-chart-compare-caffeine-amounts

http://www.mayoclinic.com/health/caffeine/NU00600

WEEK 13

You are half way through this challenge. If you need a boost in motivation, reward yourself. Pick something that is special to you and would feel good to earn. You can choose a small reward for meeting weekly goals, or a bigger reward when you meet a larger goal. Just make sure your reward won't keep you away from your fitness goals. Examples: tickets to a sporting event or movie, a shopping weekend, a new tech gadget, DVD, hosting a dinner for friends.

Sleep Goal
Having trouble sleeping? Visit the National Sleep Foundation's "Sleeping Smart" website at http://www.sleepfoundation.org/sleep-facts-information/sleeping-smart

Activity Goal
Try a new activity this week. Examples: Join a fitness class, try a new fitness DVD, or learn a new sport or dance.

Nutrition Goal
Eating out this week? Be mindful about how your food is prepared. Choose dishes that are steamed, grilled, or boiled over fried or sautéed. Visit: http://www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/eating-out.html

Working toward personal health goals: Performance Triad 26 Week Health Challenge

WEEK 14

Sleep Goal
Empty your bladder just before you go to bed so that the urge to urinate does not disrupt your sleep.

Activity Goals
Regular physical activity can help maintain functional ability (the ability to do activities of daily living such as personal care and climbing stairs) and prevent falls in older adults. If you are an older adult, consult your doctor and/or a fitness professional for aerobic and muscle-strengthening activities. Contact your local AWC to help you improve your physical fitness. http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx

Nutrition Goal
Feel satisfied and avoid overeating by using a smaller plate for meals. To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself at: Portion Distortion http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1 and Portion Distortion II

http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1

You will also learn about the amount of physical activity required to burn off the extra calories provided by today's proportions.

WEEK 15

Sleep Goal
Avoid drinking alcohol before bed. Alcohol initially makes you feel sleepy, but disrupts and lightens your sleep several hours later.

Activity Goal
Aim to walk 10,000 steps during your daily routine. Use a personal fitness device, Smartphone app, or pedometer to count your steps.

Nutrition Goal
Check your empty calorie intake. Empty calories are foods with added calories from sugars, solid fats, and alcohol. These foods quickly use up your calorie allowance and fail to provide your body with the required nutrients. http://www.choosemyplate.gov/food-groups/emptycalories_count_table.html

WEEK 16

Sleep Goal
Start building a better sleeping environment. Minimize disturbances by keeping your bedroom quiet, dark, and at a comfortable temperature

Activity Goal
Regular exercise increases blood flow, burns calories, and helps to maintain a healthy weight. Keep looking for opportunities for activity in your daily routine. Running errands? Park further from the entrance of the building. On your cell phone? Go hands free while you walk and talk. Ditch the elevator. Take the stairs whenever possible.

Nutrition Goal
Practice mindful eating. Eat slowly and enjoy your food. Stop eating when you feel full. Check out this website for tips to avoid mindless eating by changing your food environment: http://mindlesseating.org/

WEEK 17

Sleep Goal
Avoid large meals before bedtime.

Activity Goal
Want the same health benefits with less time? Bump up the intensity. Get at least 75 minutes (or 1 hour and 15 minutes) worth of vigorous-intensity aerobic activity. Vigorous-intensity activities include: hiking uphill, jogging/running, swimming laps, singles tennis, biking faster than 10 mph.

Nutrition Goal
Did you know that plant proteins are high in fiber and low in saturated fat? Add nuts, beans and peas (such as chickpeas), and soy products (such as tofu) to snacks and meals. http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet6ProteinFoods.pdf

WEEK 18

Check your progress. Track your progress this week with the SAN 18-Week Check-In Tracking Chart at the end of the challenge. Have your SAN habits improved? Keep striving to live and maintain a healthy lifestyle!

Sleep Goal
Do you wake up with neck pains? It may be your pillow. Find a pillow with a shape and firmness that comfortably supports your head and neck.

Activity Goal
Remember muscle strengthening activities are also needed for overall health. Do at least 2 days of strength or resistance training per week. Get exercise ideas from the ACE: http://www.acefitness.org/acefit/exercise-library-main/

Nutrition Goal
Save money by buying produce in season. Visit this site for recipes and to learn when fruits and vegetables are in season http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season

WEEK 19

Sleep Goal
Are you getting enough sleep? Did you know that driving while fatigued is as dangerous as drunk driving?
http://drowsydriving.org/resources/drowsy-driving-video-gallery/

Activity Goal
Shake it up! You can also do a mix of moderate and vigorous activities. Try different exercise routines from the ACE: http://www.acefitness.org/acefit/exercise-library-main/

Nutrition Goal
If you're craving sweets, prepare a dish with fruit as a main ingredient. Some ideas include: frozen fruit smoothies, fruit salad, fruit parfait using low-fat yogurt. http://www.fruitsandveggiesmorematters.org/main-recipes?catrec=7

WEEK 20

Sleep Goal
Are you a smoker? Nicotine is a sleep disrupter. Withdrawal from nicotine in the middle of the night can negatively impact nighttime sleep. Visit your healthcare provider for options about stopping nicotine product use.

Activity Goal
The more activity you do, the greater the health benefits you get. Get at least 150 minutes of moderate-intensity aerobic activity this week.

Nutrition Goal
Bring a water bottle with you to drink from throughout the day. http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

WEEK 21

Sleep Goal
Keep your sleep area dark and quiet. Cover windows with darkening drapes/shades or wear a sleep mask to block light.

Activity Goal
Household activities like vacuuming and gardening count as exercise as long as they are done with moderate intensity.

Nutrition Goal
Find at least two new healthy recipes to try this week. For recipe ideas, visit the Food, Nutrition, and Consumer Services (FNCS) Recipe Box: http://www.fns.usda.gov/fncs-recipe-box Also check out recipes from Operation Live Well: http://www.health.mil/Libraries/olw-materials/201310_FINAL_OLWCookingTips_1.pdf

On a budget? Check out: http://www.fruitsandveggiesmorematters.org/30-ways-in-30-days-to-stretch-your-food-budget

and http://www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide

WEEK 22

Sleep Goal
Establish a "wind-down" routine for bedtime.

Activity Goal
Don't feel like getting to a gym or leaving your home? Pop in an exercise DVD or find a quick in-home workout.

Nutrition Goal
Use spices like garlic, lemon juice, and herbs to flavor food. Try to avoid adding salt when cooking. http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf

Visit http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx to find the closest Army Wellness Center to you!

WEEK 23

Sleep Goal
Try exercising earlier in the day (at least 3 hours before you go to bed) if you have difficulty initiating or maintaining sleep after nighttime exercise.

Activity Goal
Make sure that you stretch before and after each workout. Breath regularly throughout the exercises.

Nutrition Goal
Check the Nutrition Facts label for beverages too. Look out for total sugar, fat, and calories. Check out the U.S. Food and Drug Administration's videos on reading and understanding Nutrition Facts labels: http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275409.htm

Try a food label website or app for your smartphone. Kids particularly like to use the Fooducate App found on www.Fooducate.com. This free app will grade food products with a letter grade and provide alternative products that score higher.

WEEK 24

Sleep Goal
Some individuals check the clock during the night and worry about how much time they have remaining to obtain adequate sleep. This can actually reduce sleep by increasing anxiety. If this sounds like you, cover the clock face or move the clock to where you cannot see it from your bed

Activity Goal
Use a personal fitness device, Smartphone application, or pedometer to make sure you get 10,000 steps during your daily routine.

Nutrition Goal
Make fresh foods your first choice. Processed foods tend to have more sodium.

WEEK 25

Check your progress. Track your progress this week on the SAN End of Challenge Tracking Chart. You're almost there. Only 1 week left!

Sleep Goal
Strive for 7-8 hours of sleep every night this week.

Activity Goal
Get at least 150 minutes of moderate-intensity aerobic activity this week AND 2 days of muscle-strengthening OR Get at least 75 minutes of vigorous-intensity aerobic activity AND 2 days of muscle-strengthening.

Nutrition Goal
Build a healthy plate this week by following these tips:

- Make half your plate fruits and vegetables.
- Drink skim or 1% milk.
- Choose whole grains over refined grains.
- Eat a variety of proteins (such as beans, seafood, lean meats)

WEEK 26

Congratulations on making it through the Performance Triad 26-Week Health Challenge. You have made great strides towards improving your Sleep, Activity, and Nutrition!

Take some time to reflect on what you have achieved over the past 26 weeks. What are you most proud of? What tips have helped you succeed? Now think about the future and make some new goals. What will it take for you to continue your healthy lifestyle?

Celebrate your success!

Use technology to help you reach your Sleep, Activity, and Nutrition goals!

- **H.E.A.L.T.H** is a web and Smartphone app that helps promote healthy nutrition and exercise. H.E.A.L.T.H. is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at http://armyhealth.pbrc.edu.
- **Personal Fitness Devices:** These devices combine biosensors, web or smartphone applications, and online communities so you can track your personal progress, create online competition between friends, and use the data to help motivate change.
- **CBT-I Coach:** An app for mobile phones and devices by the U.S. Department of Veteran Affairs (VA) for those experiencing insomnia. The app is based on the "Cognitive Behavioral Therapy for Insomnia in Veterans" therapy manual, and is meant to be used along with CBT-i treatment from a healthcare provider. The CBT-i Coach provides education on how sleep works, creating healthy sleep habits, and contains tools to improve sleep (such as relaxation exercises). Check it out at https://mobilehealth.va.gov/content/cbt-i-coach
- **MyFitnessPal®:** A free website where you can set goals for weight loss, log your meals and activity, and get social support. http://www.myfitnesspal.com/
- **LoseIt®:** A website and app where you can track your food intake. http://www.loseit.com/
- **SuperTracker:** A website developed by the USDA to create a custom nutrition and activity plan based on your goals. https://www.supertracker.usda.gov/default.aspx
- **The Operation Supplement Safety (OPSS) App** provides important information about dietary supplements and how to choose supplements wisely. The app is available to download for Android and iPhone/iPad from the Google or iTunes stores Search for "Operation Supplement Safety."
- **Fooducate™ :** A website and app to help you eat better. You can use this tool to scan and choose healthy groceries. Each product is automatically graded (A-, B+, C, etc...) by a scientific algorithm based on its nutrition facts and ingredient list. Fooducate recommends minimally processed, real foods, that are naturally rich in nutrients and antioxidants. http://www.fooducate.com/
- **My Family Meal Planner** provides easy to use hard copy family meal planning tools and Smartphone apps. http://www.myfamilymealplanner.com/

Use of trademarked name(s) does not imply endorsement by the U.S. Army, but is intended only to assist in identification of specific products.

Army Wellness Centers Can Enhance Your Sleep Quality, Increase Activity, and Improve Your Nutrition!

Army Wellness Centers (AWCs) provide a holistic approach to mind and body wellness services that help achieve lifestyle change and prevent or alleviate chronic conditions including diabetes, heart disease, and stroke. The AWCs leverage state-of-the-art techniques and equipment to build and sustain health; serving Active Duty Service Members, adult Family Members, Retirees, and DA Civilians.

The best part is...you save thousands of dollars! AWC services don't cost you anything.

NO COST services include:

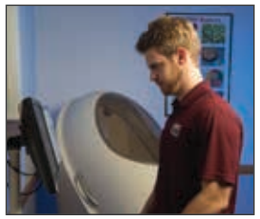
- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Stress Management Education and Biofeedback
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

These services would cost you approximately $3,000 at a fitness center or any other private provider, so take advantage and schedule an appointment with your local Army Wellness Center today!

Learn more at http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx

Exercise Testing and Exercise Prescription

Weight Management and Metabolic Testing


Body Composition Analysis

Stress Management Education & Biofeedback

AWC
ARMY Wellness Center

SAN Baseline Tracking Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 8 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (goal of refueling every 4-5 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

SAN 6-Week Check-In Tracking Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 8 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (goal of refueling every 4-5 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

Stop by your local Army Wellness Center to learn about the healthy nutrition, weight management, and health assessment services they provide.

SAN Midpoint Tracking Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 8 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (goal of refueling every 4-5 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

SAN 18-Week Check-In Tracking Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 8 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (goal of refueling every 4-5 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

SAN End of Challenge Tracking Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 8 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (goal of refueling every 4-5 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

Notes:

Visit http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx to find the closest Army Wellness Center to you!

Helping You Achieve Your Activity Goals...

Army Wellness Centers

Contact your local Army Wellness Center (AWC) for a no-cost health assessment and learn what exercise activities are best for you.

http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx

AWC
ARMY Wellness Center

Army Wellness Centers Serving Soldiers, Families, Retirees, and DA Civilians.
If your installation does not have an AWC, contact your local Medical Treatment Facility (MTF) for other helpful health resources.

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ARMY WELLNESS CENTER HELPING YOU ACHIEVE YOUR WELLNESS GOALS!

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TA-218-0514
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