Performance Triad

26 Week Health Challenge

Start the Challenge Today!

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

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 get 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.myhealthylife.san.mil/Resources/Clinical-Waist-Circumference-Measurement-Guidelines/index.html

Note your results:
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!


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-referals 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 30-minute walk every day this week.

Nutrition Goal
Did you know that adults who regularly engage in physical activity have a lower risk of depression? Take a 30-minute walk every day this week.

Check your Military Medical Treatment (MTF) Center for a nutrition clinic. Nutrition clinics accept self-referals 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 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. You can also visit the ACSM 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 many 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 I 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

**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 Tuna fish 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.energysield.com/quick-chart-compare-caffeine-amounts http://www.mayoclinic.com/health/caffeine/N-000500

**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

Visit http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx to find the closest Army Wellness Center to you!
Stop by your local Army Wellness Center to learn about the healthy nutrition, weight management, and health assessment services they provide.

**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](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 portions.

**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.choozemplate.gov/food-groups/emptycalories_count_table.html](http://www.choozemplate.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/](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](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 SANS 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.acefitnessness.org/aceft-exercise-library-main/](http://www.acefitnessness.org/aceft-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](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/](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.acefitnessness.org/aceft-exercise-library-main/](http://www.acefitnessness.org/aceft-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/category=7](http://www.fruitsandveggiesmorematters.org/main-recipes/category=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/DGTipsheet10MakeBetterBeverageChoices.pdf](http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10MakeBetterBeverageChoices.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**


**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](http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf)

Stop by your local Army Wellness Center to learn about the healthy nutrition, weight management, and health assessment services they provide.
Visit http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx to find the closest Army Wellness Center to you!
**SAN Baseline Tracking Chart**

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Stop by your local Army Wellness Center to learn about the healthy nutrition, weight management, and health assessment services they provide.
### SAN 6-Week Check-In Tracking Chart

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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

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Visit [http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx](http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx) to find the closest Army Wellness Center to you!
# SAN 18-Week Check-In Tracking Chart

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

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.

Army Wellness Center helping you AChieve your Wellness goAls!

Learn more about the Performance triad: SLEEP, ACTIVITY, and NUTRITION.
AT HTTP://ARMYMEDICINE.MIL
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