

April 2016

RETHINK RESET RENEW

Each April, we honor a very important population – military children – and the unique experiences and challenges they face every day. The Army Performance Triad supports the health of Army Families so they can excel in all they do.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | | | | | | | |
|---|--|---|---|---|---|---|------|-------------|-----------------------|--------------------|-----------------------|-------------------|-------------------|-------------------|--------------------|------------------|
| 27 | 28 | 29 | 30 | 31 | <p>Sleep is for the weak! Power your day with Caffeine*</p> <p>Playing video games Gets you the exact same results as going to the gym*</p> <p>Yes, that strawberry cupcake does count as one serving of fruit*</p> <p>1 *APRIL FOOLS!</p> | <p>EAT BREAKFAST & CRAVE LESS ALL DAY</p> <p>Breakfast Eaters</p> <p>6.8% MORE FOOD EATEN</p> <p>2</p> <p>If you skip breakfast you are likely to eat 6.8% more food than those who eat breakfast</p> | | | | | | | | | | |
| <p>TOP SECRET CONFIDENTIAL</p> <p>SLEEP IS YOUR SECRET WEAPON</p> <p>3</p> | <p>Less than 5% of the population can sustain performance on less than 7-8 hours sleep per 24 hours.</p> <p>4</p> | <p>TECHNOLOGY CAN BE A SLEEP THIEF</p> <p>5</p> <p><i>Make it your friend</i></p> <p>meditation apps can train your brain & body to sleep better</p> | <p>It is called BEAUTY SLEEP for a reason, Sleep improves your APPEARANCE!</p> <p>6</p> | <p>7 SLEEP When you can SOLDIER! You can train your body to fall asleep</p> | <p>8</p> <p>Make TIME to REFILL your SLEEP BANK</p> | <p><i>Quiet</i></p> <p>The mind and the <i>Soul</i> Will speak</p> | | | | | | | | | | |
| <p>"The road to SUCCESS is always under construction"</p> <p>Lily Tomlin</p> <p>10</p> | <p>11 BODY UNDER CONSTRUCTION MIND ON A MISSION</p> | <p>"The most effective way to do it, is to do it."</p> <p>12 -Amelia Earhart</p> | <p>13 THE ROAD TO SUCCESS is much smoother when traveled with a FRIEND</p> | <p>14 WHERE THE MAGIC HAPPENS! your comfort zone</p> | <p>15 Are you headed toward the right LZ? Time to check your glide path & make course corrections</p> | <p>Stay Strong & Finish Strong The mission depends on you being your best!</p> <p>I optimize my performance because my fellow Soldiers depend on me...</p> <p>to maintain a decisive edge and complete the mission.</p> <p>16 so that we can return home to what matters most!</p> | | | | | | | | | | |
| <p>Let them sleep FOR WHEN THEY WAKE THEY WILL MOVE MOUNTAINS</p> <p>17</p> | <p>18 I want YOU to get 8 hours of SLEEP and be your BEST</p> | <p>19 That sinking feeling when you pick up your cup to take the last sip of coffee ...and it's already gone</p> | <p>You'll never change your life Until you change your habits The secret to SUCCESS is found in your daily routine</p> <p>20</p> | <p>21 WILL IT BE EASY? NOPE. WORTH IT? ABSOLUTELY.</p> | <p>Either you RUN the day or the day RUNS you.</p> <p>22</p> | <p>Sleep is Important at All Ages</p> <table border="1"> <thead> <tr> <th>Ages</th> <th>Requirement</th> </tr> </thead> <tbody> <tr> <td>Newborns (0-3 months)</td> <td>14-17 hrs of sleep</td> </tr> <tr> <td>School Age (6-13 yrs)</td> <td>9-11 hrs of sleep</td> </tr> <tr> <td>Teens (14-17 yrs)</td> <td>8-10 hrs of sleep</td> </tr> <tr> <td>Adults (26-64 yrs)</td> <td>7-9 hrs of sleep</td> </tr> </tbody> </table> <p>23</p> | Ages | Requirement | Newborns (0-3 months) | 14-17 hrs of sleep | School Age (6-13 yrs) | 9-11 hrs of sleep | Teens (14-17 yrs) | 8-10 hrs of sleep | Adults (26-64 yrs) | 7-9 hrs of sleep |
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| <p>24 Drink MORE Water Your mind skin hair & Body will THANK YOU.</p> | <p>25 SKIP THE DIET JUST EAT HEALTHY</p> | <p>26 Monitor your workout to track your PROGRESS</p> | <p>27 COFFEE IS MY PRE-WORKOUT FUEL</p> | <p>28 Do One Thing Every Day That Scares You. -Eleanor Roosevelt.</p> | <p>EAT RIGHT</p> <p>FEEL GREAT</p> <p>29</p> | <p>Get slooopy EAT VEGETABLES <i>Drink Water</i> EExercise REPEAT</p> <p>30</p> | | | | | | | | | | |
| 1 | 2 | <p>Goals _____</p> <p>_____</p> <p>_____</p> <p>_____</p> | | | | | | | | | | | | | | |



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