

ARE YOU
PROTECTING YOURSELF?

DO YOU HAVE DIFFICULTY
CONCENTRATING?

HOW WELL
ARE YOU
EATING?

DO YOU FEEL
RESTED?

DO YOU KNOW HOW TO SEEK
HELP
IF YOU NEED IT?

WHAT ARE YOU
DOING TO
UNWIND?

ARE YOU DRINKING
8 CUPS
OF WATER DAILY?

WHAT COLOR IS YOUR
URINE?

ARE YOU ABLE TO
EXERCISE
DAILY?

ARE YOU
REFUELING
DURING THE DAY?

ARE YOU HAVING PROBLEMS
FALLING OR STAYING
ASLEEP?

PERFORMANCE
TRIAD
TARGETS
IN SUPPORT OF
WEST AFRICA

PERFORM AT YOUR PEAK

PROTECT & HYDRATE

- Safety 1st! ABC: Avoid Body Contact. Ensure protective equipment fits
- Wash your hands frequently!! Create friction with your hands for 20 seconds with hand sanitizer or soap and water
- Your risk for dehydration is high! Prevent heat injury and drink 32oz of water/electrolyte drinks for every hour spent in a biohazard suit
- Your urine should be almost clear to indicate proper hydration

EXERCISE

- Routine exercise is important to maintain your strength, endurance, stamina, and mental edge
- Exercise at least 150 minutes and 2 days resistance training per week
- Keep moving – 10,000 steps/ day (10 min/hour while awake)

REST

- 7-8 hours of sleep every 24 hours is important. If not possible, take tactical naps to get 7-8 hours of sleep
- Establish a bed time routine; No caffeine 6 hours before bed; wind down with books or music; block noises and light

FOOD & RE-FUEL

- Food is your main source of fuel and helps you meet the demands of the mission
- Try to eat 8 servings of fruits and vegetables each day
- Re-fuel after exercise and work throughout the day

OBERVE

- Observe how you're feeling and performing
- Watch out for your battle buddy and ask your battle buddy to watch out for you
- Seek help before it becomes an emergency

RECOVER

- It is important to find ways to unwind and relax
- Establish a routine as best as you can

MENTAL EDGE

- Sleep, activity, and nutrition will help keep your mental edge
- Read a book, do cross-word puzzles or other games, meditate, or relaxation techniques
- Is something bothering you? Talk to someone. It's okay to ask for help