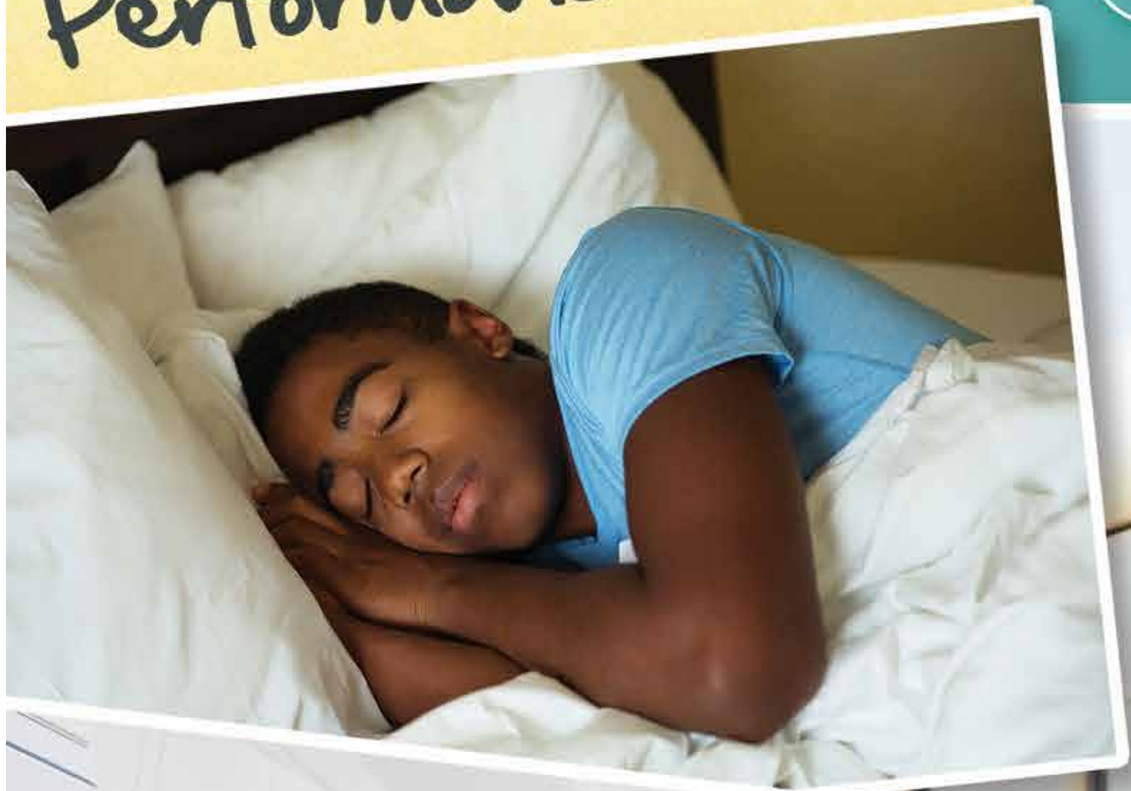
Back to School

Performance Triad

Be Ready!



- Establish a healthy sleep plan for the school year
- Plan for at least 60 minutes of moderate-intensity exercise during or after school hours
- Ensure children have at least 8 servings of fruits and vegetables each day

U.S.ARMY

ARMY FAMILY IS AN UNSTOPPABLE FORCE

performancetriad.mil