FOR PEAK PERFORMANCE, REACH ALL TARGETS AND + GOALS

GET 8 HOURS OF QUALITY SLEEP PER 24 HOUR PERIOD

AIM FOR 10,000 STEPS PER DAY + 5,000 ADDITIONAL STEPS (SPREAD THROUGHOUT THE DAY)

EAT AT LEAST 8 SERVINGS OF FRUITS & VEGETABLES PER DAY

INCLUDE AT LEAST 2 DAYS OR MORE RESISTANCE TRAINING PER WEEK + 1 DAY AGILITY TRAINING

PERFORMANCE TRIAD

TARGET BEHAVIORS

GO CAFFEINE FREE 6 HOURS (BEFORE BEDTIME TO RESET SLEEP)

RE-FUEL 30-60 MINUTES AFTER STRENUOUS EXERCISE

INCORPORATE AT LEAST 150 MINUTES MODERATE + 75 MINUTES VIGOROUS INTENSITY AEROBIC EXERCISE (PER WEEK)

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