

GET **8 HOURS** OF
QUALITY
SLEEP
PER **24 HOUR**
PERIOD

TAKE AT LEAST
10,000 STEPS
PER DAY

(SPREAD THROUGHOUT THE DAY
WITH A GOAL OF 10 MINUTES
OF WALKING PER HOUR)

EAT AT **8**
LEAST
SERVINGS OF
**FRUITS &
VEGETABLES**
PER DAY

INCLUDE
RESISTANCE
TRAINING
2 OR MORE
DAYS PER
WEEK
(INCLUDE ALL MAJOR
MUSCLE GROUPS)

PERFORMANCE
TRIAD

TARGET
BEHAVIORS

EAT AT **3** MEALS
LEAST PER DAY

(SPREAD THROUGHOUT THE DAY
WITH A GOAL OF REFUELING
EVERY 4-5 WAKING HOURS)

DRINK **8 CUPS**
AT LEAST
OF WATER EACH DAY
(TOTAL OF 64 OUNCES)

INCORPORATE
AT LEAST

150 MINUTES OF MODERATE OR
GREATER INTENSITY
AEROBIC EXERCISE (PER
WEEK)