

ARE YOU

PROTECTING YOURSELF?

DO YOU FEEL
RESTED?

DO YOU HAVE DIFFICULTY
CONCENTRATING?

HOW WELL
ARE YOU
EATING?

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! LEADER'S GUIDE

PROTECT & HYDRATE

- Are you protecting yourself?
- Are you drinking at least 64oz of water a day and 24-32 oz of water per hour when in biohazard suit?
- What color is your urine?

- Ensure personnel equipment and protective gear fits well
- Have them practice working in their protective gear before it is required
- Observe good hand washing practices
- Assess reasons why personnel might not be drinking enough water (availability, taste, too busy, etc)
- Refer to urine color chart and follow up with personnel who report darker urine

EXERCISE

- Are you able to exercise daily?

- Exercise is a critical component for personal and unit performance - Make time for it!
- 150 minutes of aerobic exercise per week
- 2 days of strength training per week
- 10,000 steps per day

REST

- Do you feel well rested?
- Are you having problems falling or staying asleep?

- Establish deliberate sleep plan
- Goal is 7-8 hours of sleep per 24 hours - enforce quiet hours and lights out
- Consolidate sleep areas based on shifts - Encourage tactical naps as appropriate
- Assess reasons why personnel are not sleeping (personal, family, or mission related)

FOOD & RE-FUEL

- How well are you eating?
- Are you re-fueling during the day?

- Assess reasons why personnel are not eating? (no appetite, menu fatigue, too tired, etc)
- Provide opportunities for personnel to refuel after strenuous activities or after working in biohazard suit
- Encourage personnel to eat fresh vegetables and fruit (when available)

OBSERVE

- Do you know how to seek help if you need it?

- Ensure all personnel have a battle buddy
- Create an environment that encourages personnel to speak up about concerns
- Review resources with personnel to ensure they know how to seek help

RECOVER

- What are you doing to unwind?

- Establish down time in the daily battle rhythm to decompress
- Assess how your team is holding up to the mission stressors on a daily basis (huddles, one-on-one, checking with battle buddies, etc)

MENTAL EDGE

- Do you have difficulty concentrating?

- Encourage sleep, activity, and nutrition to help team maintain their mental edge
- Encourage reading, cross-word puzzles, other mental games, meditation, and relaxation to help the team maintain their mental edge
- Assess why they are having difficulty concentrating? If appropriate, encourage/refer team members to right resource