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

**OBSERVE**
- 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