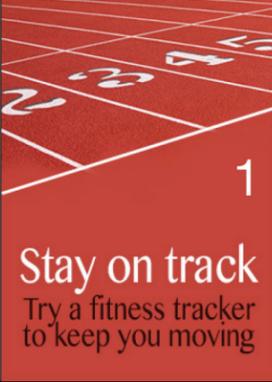
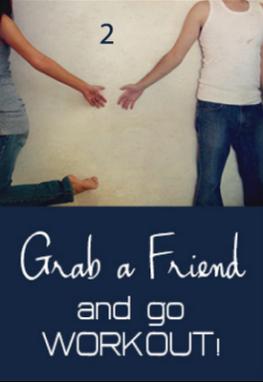
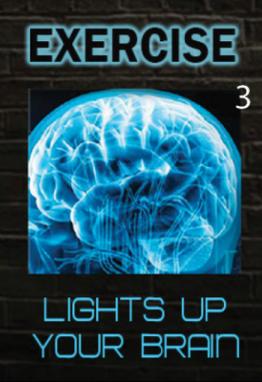
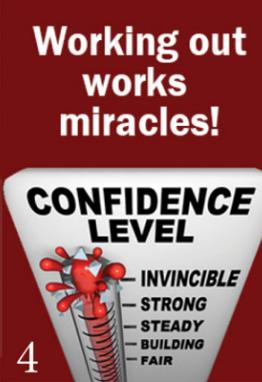
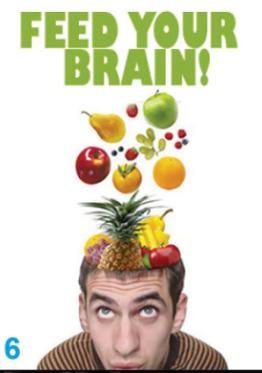
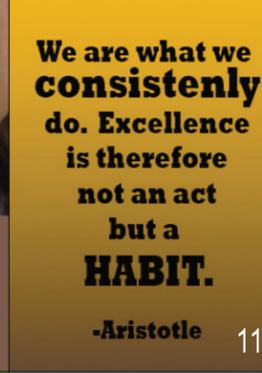
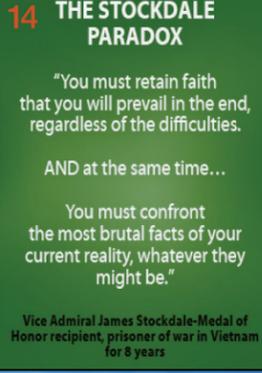
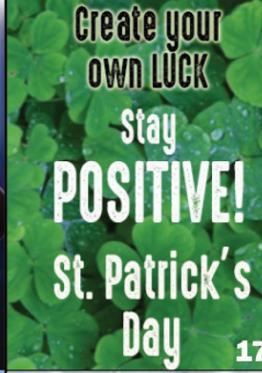
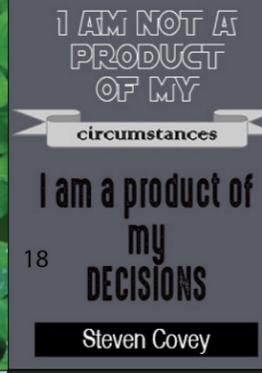
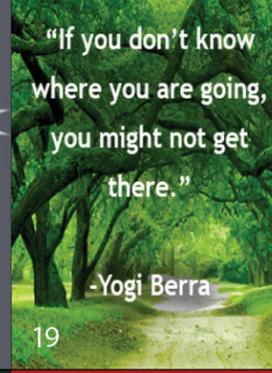
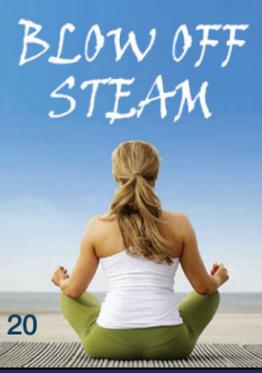
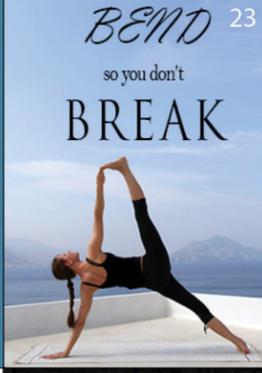
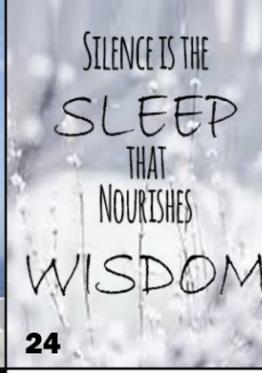
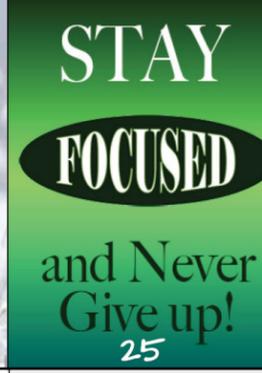
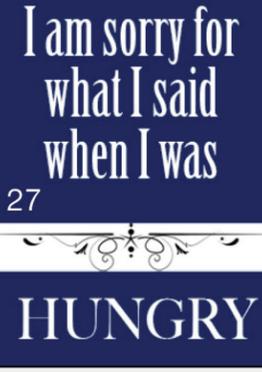
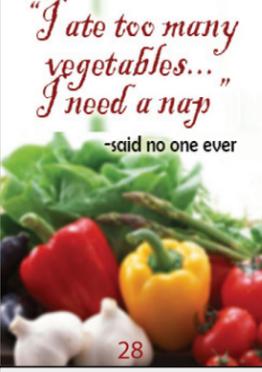
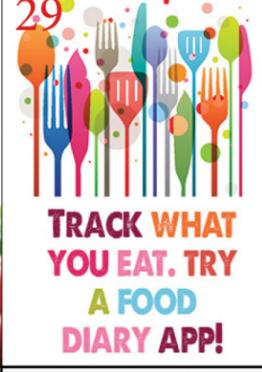


March 2016

NATIONAL NUTRITION MONTH

Food is more than what is on your plate. With the Army Performance Triad, food is fuel that promotes regular activity, quality sleep, and optimal performance. Celebrate National Nutrition Month by giving your plate a performance makeover and fuel with foods that keep you energized, fit and strong.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	30	 <p>1 Stay on track Try a fitness tracker to keep you moving</p>	 <p>2 Grab a Friend and go WORKOUT!</p>	 <p>EXERCISE 3 LIGHTS UP YOUR BRAIN</p>	 <p>Working out works miracles! 4 CONFIDENCE LEVEL INVINCIBLE STRONG STEADY BUILDING FAIR</p>	 <p>GET HOT -keep moving 5 DON'T WASTE A PRECIOUS MINUTE</p>
 <p>6 FEED YOUR BRAIN!</p>	 <p>7 National School Breakfast Week Breakfast time!</p>	 <p>STAY HYDRATED! DOWNLOAD & DRINK UP! Try the Plant Nanny app and... DRINK UP! 8</p>	 <p>GRAB A FRIEND & JUMP! Outside your comfort zone! 9</p>	 <p>Taste buds are creatures of <i>Habit</i> ...train them to crave fruits and vegetables 10</p>	 <p>We are what we consistently do. Excellence is therefore not an act but a HABIT. -Aristotle 11</p>	 <p>STORE THE HEALTHY STUFF WHERE YOU CAN SEE IT 12 You will eat what you see first</p>
 <p>13 I may not be there yet, but I am closer than I was yesterday Small changes make a big difference</p>	 <p>14 THE STOCKDALE PARADOX "You must retain faith that you will prevail in the end, regardless of the difficulties." AND at the same time... You must confront the most brutal facts of your current reality, whatever they might be." Vice Admiral James Stockdale-Medal of Honor recipient, prisoner of war in Vietnam for 8 years</p>	 <p>"Big Rock" prioritizes Get immediate attention! 15</p>	 <p>16 Celebrate your successes!! Reward yourself when you achieve quick wins</p>	 <p>Create your own LUCK stay POSITIVE! St. Patrick's Day 17</p>	 <p>I AM NOT A PRODUCT OF MY circumstances I am a product of my DECISIONS 18 Steven Covey 19</p>	 <p>"If you don't know where you are going, you might not get there." -Yogi Berra</p>
 <p>20 BLOW OFF STEAM</p>	 <p>21 <i>Be reflective</i> Not reactive</p>	 <p>22 8 Reasons to Start MEDITATING Improves Breathing Efficiency Reduces Emotional Explosions Improves Brain Concentration Lowers Blood Pressure Helps You Connect With Others Relaxes The Mind Increases Pain Threshold Induces Physical Relaxation</p>	 <p><i>BEND</i> 23 so you don't BREAK</p>	 <p>SILENCE IS THE SLEEP THAT NOURISHES WISDOM 24</p>	 <p>STAY FOCUSED and Never Give up! 25</p>	 <p>Working out... 26 Makes you smarter</p>
 <p>27 I am sorry for what I said when I was HUNGRY</p>	 <p>"I ate too many vegetables... I need a nap" -said no one ever 28</p>	 <p>29 TRACK WHAT YOU EAT. TRY A FOOD DIARY APP!</p>	 <p>30 Take a walk in the park on your coffee break</p>	 <p>31 YOU SLEEP BREAKFAST: Eat breakfast within about an hour of waking. Make a plan the night before. YOU RELY ON CAFFEINE AND SUGAR: Eat fruit and nuts for a quick energy burst before reaching for caffeine. YOU SKIP MEALS OFTEN: Plan your meals like you plan your workouts. Keep small portions of fruit and veggies for snacks. YOU DON'T GET ENOUGH FRUITS AND VEGGIES: Fill half your plate with fresh fruits or veggies every time you eat.</p>	1	2
3	4	<h1>Goals</h1> <hr/> <hr/> <hr/>				



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