

ARMY SPOUSE, ACTIVE DUTY SOLDIER, PRE-RETIREE, RETIRED ARMY, OR DA CIVILIAN?

Complete the Performance Triad Communication Campaign Evaluation survey about **sleep**, **activity**, and **nutrition**. Your feedback is needed to help evaluate the Army-wide communication campaign.

We want your Feedback!
Go to
<http://go.usa.gov/X6TF>
or scan the code below



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
[HTTP://ARMYMEDICINE.MIL/PAGES/PERFORMANCE-TRIAD.ASPX](http://armymedicine.mil/pages/performance-triad.aspx)

If you have any questions or concerns, please contact the Directorate of Health Promotion and Wellness at usarmy.apg.medcom-phc.mbx.hpw-webcontacts@mail.mil

ARMY FAMILY
IS AN UNSTOPPABLE FORCE

