


# August 2023

## Performance Triad Month

Challenge yourself, your family, and your colleagues during the month of August. Check the boxes each day, and write what you accomplished in each box.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Put a check mark  when you have completed the day's goal.</p>		<p><b>1</b></p> <p>Be your best and get 7-9 hours of sleep a night.</p>	<p><b>2</b></p> <p>Take a walk or ride your bike for 60 minutes today.</p>	<p><b>3</b></p> <p>Choose healthy beverages with your meals (water or low-fat milk).</p>	<p><b>4</b></p> <p>Sleep smart. Have a cool, quiet room to sleep in.</p>	<p><b>5</b></p> <p>Set a new wellness goal for the month. Try something new!</p>
<p><b>6</b></p> <p>Play a game outside as a family or with friends.</p>	<p><b>7</b></p> <p>Try a new fruit today.</p>	<p><b>8</b></p> <p>Go to bed on time.</p>	<p><b>9</b></p> <p>Warm up properly for a workout to help prevent injuries.</p>	<p><b>10</b></p> <p>Boost health and energy by drinking at least 8 glasses of water a day. Loss of water = loss of performance.</p>	<p><b>11</b></p> <p>Make a commitment with a friend to get 7 to 9 hours of sleep tonight.</p>	<p><b>12</b></p> <p>Energize your family! Challenge them to workout with you.</p>
<p><b>13</b></p> <p>Try a hand release push up challenge. How many can you do in 2 minutes?</p>	<p><b>14</b></p> <p>Did you refuel 30-60 minutes after your strenuous workout?</p>	<p><b>15</b></p> <p>Turn off technology early to get a good night sleep.</p>	<p><b>16</b></p> <p>Try a new strength workout.</p>	<p><b>17</b></p> <p>Try a new recipe using fresh summer produce.</p>	<p><b>18</b></p> <p>Create a P3 challenge and build esprit-de-corps in your workplace.</p>	<p><b>19</b></p> <p>Reset your wellness goals with Specific, Measurable, Achievable, Relevant, and Time-Bound (SMART) objectives.</p>
<p><b>20</b></p> <p>Take a tactical nap, if appropriate.</p>	<p><b>21</b></p> <p>Complete a high-intensity workout today.</p>	<p><b>22</b></p> <p>Did you eat 8 servings of fruits &amp; vegetables today?</p>	<p><b>23</b></p> <p>Sleep helps children and teen brain development. Help school children get 9-11 hours of sleep and teens 8-10 hours of sleep.</p>	<p><b>24</b></p> <p>Try the plank challenge today. Can you hold for 2 minutes?</p>	<p><b>25</b></p> <p>Reach for a fruit or vegetables for your afternoon snack instead of a sweet treat.</p>	<p><b>26</b></p> <p>Have you had three strength workouts this week?</p>
<p><b>27</b></p> <p>Start a food diary for 3 days this week to track what you've eaten.</p>	<p><b>28</b></p> <p>Organize your week, so your sleep schedule can stay on track.</p>	<p><b>29</b></p> <p>Try a new location for a workout today.</p>	<p><b>30</b></p> <p>Eat fish for a meal.</p>	<p><b>31</b></p> <p>Did you meet all your goals for the month? Tell a friend about your success.</p>		

# Goals

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Performance Triad  
Sleep | Activity | Nutrition