

The Performance Triad App

Healthy Living Strategies for the Total Army Family



The Army's Performance Triad app is HERE and it is FREE! Download the Sleep, Activity, Nutrition app today for your iPhones, iPads, Android devices, and Windows-based phones. This is version 1.0 with more interactive versions in development to include brain games and synchronizing with CSF2, ArmyFit, GAT 2.0.

STEP 1

Download for an iPhone or iPad:

Go to the App Store – type in “Performance Triad”

Download for an Android device:

-Go to <https://play.google.com/store>

-Type in “Performance Triad”

Download for a Windows Phone:

-Go to www.windowsphone.com

-Search for “Performance Triad”



Point of Contact for the Performance Triad App is: usarmy.ncr.hqda-otsg.mbx.system-for-health@mail.mil

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STEP 2



Start your Performance Triad journey immediately. Learn how to get more sleep, eat better and move more! Kick start your ability to create good health habits by simply swiping the avatars left to right and choose the role that fits you best. As your avatar loads, prepare for your healthy experience to begin on screen #2.



STEP 3

When your avatar pops-up, start exploring the Sleep, Activity or Nutrition topics. Make good health decisions by setting goals with the help provided. Tap on any one Performance Triad area to improve your health today!



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