



5 QUICK TIPS

Personal Readiness Dimension *Physical*

- 1 Know your body mass index.**
Use an online calculator and use it to refer to AR-40-501, the Army's standard of medical fitness.
- 2 Have a mental game plan for timed physical tests.**
Keep track of your pace when practicing for timed physical tests. Sometimes a pre-planned thought or image can give you the extra boost you need.
- 3 Achieve a well-balanced diet.**
Visit www.choosemyplate.gov to see what portion sizes should look like and daily recommendations based on your age.
- 4 Sleep seven to eight hours daily.**
Create a wind-down routine 30 – 60 minutes before bedtime. Visit the Performance Triad (p3.amedd.army.mil) for more tips.
- 5 Seek medical care when dealing with an ache or pain.**
Addressing problems early can help ease future concerns. Use the TRICARE search tool to find the nearest military treatment facility.

The five dimensions of Personal Readiness are Physical, Psychological, Social, Spiritual, and Family Preparedness.

