
Total Force Fitness (TFF) Wellness Planner



CHAMP



Uniformed
Services
University

“Total Force Fitness is more than a physical fitness. It is the sum total of the many facets of individuals, their families, and the organizations to which they serve. It is not something someone achieves twice a year for a test. It is a state of being. A total force that has achieved total fitness is healthy, ready, and resilient; capable of meeting challenges and surviving threats.”

*–ADM Michael Mullen,
Past Chairman of the Joint Chiefs of Staff*

This Total Force Fitness (TFF) planner is designed to help you assess your current health and optimize your performance. The planner will help you take stock of your successes and challenges and motivate you to set goals to improve your well-being.



As you embark on your wellness journey, you might need to reach out to others with questions or for support.

TFF DIRECTORY	
Military OneSource (24/7)	800-342-9647
Suicide Prevention (24/7)	988
Veterans Crisis Line (24/7)	800-273-8255, press 1

Consortium for Health and Military Performance (CHAMP)
Human Performance Resources by CHAMP (HPRC-online.org) <ul style="list-style-type: none">• For military-specific, research-based health and performance information to optimize your well-being• For information about Total Force Fitness
Operation Supplement Safety (OPSS.org) <ul style="list-style-type: none">• To check for prohibited or risky ingredients in the dietary supplements you take• To read DoD Instruction 6130.06: Use of Dietary Supplements in the DoD

What is CHAMP and HPRC?

The Consortium for Health and Military Performance (CHAMP) is a DoD Center of Excellence located at the Uniformed Services University, dedicated to the health and performance of Service Members and their families, Veterans, and all DoD personnel. CHAMP focuses on holistic approaches to optimize Warfighter performance and family readiness through leadership, community engagement, education, and translation of human-performance research. Our goals are to optimize the performance of Service Members and their units and promote Total Force Fitness (TFF) as the overarching framework for military fitness.

Human Performance Resources by CHAMP (HPRC) is one of CHAMP's educational resources featuring evidence-based information about human performance optimization (HPO). HPRC is a team of scientists, specialists, and support staff who provide holistic resources that help members of the military community stay physically and mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient—all pieces of the puzzle that make up TFF. Stay up-to-date with HPRC at hprc-online.org, over social media platforms (@HPRCOnline), or email at hprc@usuhs.edu. In addition, use our Ask the Expert portal at hprc-online.org/ask-the-expert to ask questions about issues that affect well-being, performance, and mission readiness.

What is Total Force Fitness (TFF)?

TFF represents all the dimensions that contribute to a Service Member's well-being and serves as a framework to guide efforts to get healthy and optimize your performance. It consists of 8 interrelated domains: physical, social, psychological, environmental, nutritional, financial, spiritual, and medical and dental preventive fitness. Together, these domains offer a holistic look at what impacts a Service Member's health and performance.

What is Human Performance Optimization (HPO)?

HPO is the process of achieving and sustaining a state of readiness that helps Service Members bring their best selves

to any goal or mission—both in and out of uniform. It's a capability-based approach that focuses on health and performance improvements key to optimizing Service Members' performance of their core tasks or primary duties. HPRC's HPO resources cover domains of the TFF framework to help Service Members perform at their best.

Total Force Fitness consists of 8 domains that contribute to a holistic approach to health and wellness. This planner enables you to focus on each domain to maintain health and sustain your HPO.

- **Physical.** Regular exercise has numerous physical benefits such as muscular and cardiorespiratory fitness, bone health, and sleep. Staying healthy and in physical shape can better help you maximize your job performance and ace your standardized fitness tests. In addition, physical fitness builds resilience to help you better tolerate physical and mental stress.
- **Nutritional.** Healthy eating supports healing, prevents injury, sustains appropriate energy levels, and benefits cognitive, emotional, and physical performance. What you need to fuel your body depends on mission demands and personal goals.
- **Social.** The nature of your relationships has a big impact on your physical, mental, and emotional health—all of which affect your performance. Healthy relationships are characterized by mutual respect, support, and effective communication.
- **Spiritual.** Whatever your spiritual orientation—or your opinions on religion and spirituality—you have a set of beliefs through which you live. Spiritual wellness is about developing your coping and resilience skills through understanding those beliefs and how you interact with the world. It's about increasing your tools, skills, and knowledge of resources to handle the challenges of military life.
- **Psychological.** How you think has a big impact on your performance, life satisfaction, exercise and nutrition

behaviors, and how you relate to others. Use mental-fitness skills to help you develop productive thinking patterns to get through life challenges, adapt to change, and grow from adversity.

- **Financial.** Stress about money can increase your risk of poor health and impact your productivity, relationships, and mood. Saving money is associated with better mental health and well-being.
- **Medical & Dental Preventive Care.** Regular check-ups with your doctor and dentist, vaccines, health assessments, and screenings are all part of preventive medical care. Preventative care can help you mitigate your risk for disease, support your immune system, and optimize long-term performance.
- **Environmental.** Set your environment up to benefit you the most. Understand the risks you take due to occupational and environmental exposures that could hurt performance. Follow guidelines to mitigate potential job-related and environmental damages.

Good health is different for different people. However, some health habits have been identified as contributing to better health. This planner enables you to assess the following habits and keep these targets in mind.

- **Sleep.** 7–9 hours of continuous sleep is essential for good health.
- **Cardio exercise.** Strive for at least 150 minutes a week of aerobic exercise.
- **Strength training.** Aim for 2–3 times a week to support muscle and bone integrity.
- **Stretching.** Most days of the week, stretch or foam roll to build or maintain flexibility and mobility.
- **Water.** Each person's daily water need is different. Given the specific nutritional requirements of Service Members, the military's general fluid guidelines are 96–144 ounces for men and 64–96 ounces for women.
- **Fruits & vegetables.** You need fruits & veggies for vitamins, minerals, antioxidants, and fiber. Aim for at least 2½ servings of vegetables and 2 servings of fruit each day. Examples include one small banana, ½ cup cut fruit, ½ cup cooked vegetables, 1 cup salad, or 1 cup of raw, chopped vegetables.
- **Whole grains.** Whole grains contain more nutrients and fiber than highly processed or refined grains. Look for the words “whole grain” on packages. Make at least half your grains whole.
- **Energy.** When your energy is low, your performance might suffer. Keep up your energy by eating well, exercising, maintaining an optimistic attitude, and engaging in fulfilling activities.
- **Social bonds.** Whether you're engaging with your leaders, command networks, friends, or family, it's important to give and receive communication that is mutually respectful and supportive. When your social bonds are

strong, you feel connected to others and are better able to face the challenges of service and life in the military.

- **Spiritual wellness.** Identifying your purpose, core values, beliefs, identity, and life vision defines the spiritual dimension. These elements enable you to build inner strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient when faced with adversity.

Once you've taken stock of your healthy habits, it might also help to re-evaluate how unhealthy habits can hold you back from meeting your goals. Here are some to limit:

- **Sugary beverages & sweets.** Sodas, sweetened teas, energy drinks, and juice drinks can add empty calories, and most don't provide nutrients. The same goes for cookies, cakes, pies, and candy. Too much sugar can affect your gut health and mood.
- **Highly-processed snacks and fast foods.** Chips, crackers, and other snack foods can add empty-nutrient calories and can be high in sodium (salt), unhealthy fats, and processed starches. Frequently choosing fast and convenience foods can sabotage your health goals with too many calories, fat, and sodium.
- **Unproductive thinking.** Your thoughts affect how you perform, especially when you're faced with stressful situations that feel challenging or overwhelming. Unproductive thinking is when your thoughts are filled with past negative events, potential worst-case scenarios, and things outside your control.
- **Not enough ZZZs.** When you get less than 7–9 hours of sleep a night, you're vulnerable to slow recovery from physical injury, greater sensitivity to pain, and a weakened immune system. Lack of sleep impairs motor coordination, balance, accuracy, reaction time, and acquisition of new motor skills.

A snapshot of your habits each day will help you set new goals.

Use the SMART format for a successful roadmap to set and achieve your goals.

Setting SMART goals helps increase your chances of success. SMART stands for:



Specific: What exactly is your goal? Be specific about what you will accomplish.



Measurable: How will you measure whether you have met your goal? Quantify your goal to gauge success.



Achievable & Action-Oriented: Make sure your goal is something you can attain in the time frame you set.



Relevant: Does this goal make sense for you? Be realistic—and challenge yourself.



Time-sensitive: What is the time frame in which you will complete your goal?





WEEK OF:

Set Your Intentions

*"Let us make our future now, and let us
make our dreams tomorrow's reality."
—Malala Yousafzai*



I am grateful for:

My focus is on:

I need to prioritize:

One new healthy habit or food I will try is:

Legend for Weekly Tracker

Social Bonds

Healthy connections provided mutual respect, support, and communication

Connections were **neutral** (okay)

Connections felt **unhealthy** and didn't provide support and effective communication

Spirituality

Minimal inner strength, ethical behavior, perseverance, or resilience

Moderate inner strength, ethical behavior, perseverance, or resilience

Strong inner strength, ethical behavior, perseverance, or resilience



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Weekly Tracker

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Servings of Whole Grains							
Social Bonds							
Spiritual Wellness							



WEEK OF:

Weekly Reflection

Review your Weekly Tracker and complete this Reflection.
Set a new goal for next week.

What went well:

What didn't go as well:

Did you get enough of these? (Check all that apply)



Joy & Fun



Mindfulness



Nutrients



Bonds



Movement



Sleep

What old habits might be holding you back from reaching your goals? (Check items for improvement)



Sugary beverages & sweets



Unproductive thinking



Highly-processed snacks & fast food



Not enough ZZZs

Anything else?

SMART goal(s) for next week:



Set Your Intentions

3 Keys to Optimal Nutrition

There's no "perfect" diet for optimal health and performance. No matter what your eating plan is, there are 3 keys to good nutrition: balance, quality, and timing.

To achieve balance, eat from all or most of the food groups. Eat the right amount for your activity and performance goals, and feel satisfied and energized from your eating plan.

To achieve quality, focus on whole foods and fewer processed foods. Choose more plants—the more colors, the better. And aim for foods with naturally-occurring nutrients.

To achieve timing, follow a regular eating pattern. Avoid skipping meals or going too long without eating. And fuel before, during, and after exercise.



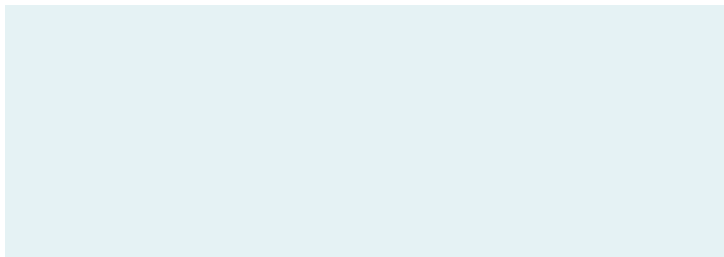
Balance

Quality

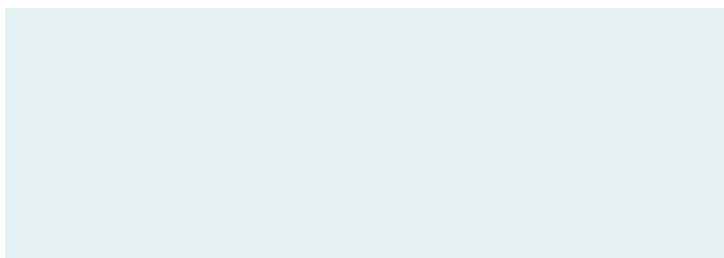


Timing

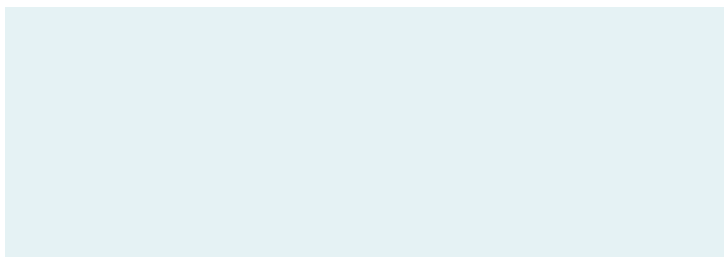
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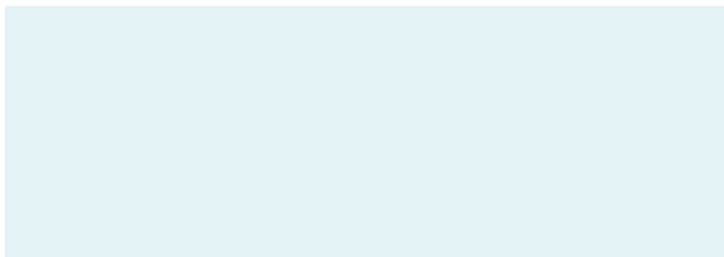
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I need to prioritize:



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Highly-processed snacks & fast food



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Anything else?

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WEEK OF:

Set Your Intentions

Start Running!

Running is a great form of cardiovascular exercise for endurance and fitness, mental health benefits, and reducing your risk of disease and injury. Whether you're new to running or getting back into it, take frequent walk breaks, run for two minutes, and walk for one (repeat for at least 30 minutes). Build on this by decreasing the walking and increasing the running intervals. Follow the 10% rule: Don't increase your mileage by more than 10% each week! This can help prevent injury and keep you on a good, progressive pace. To improve running and overall total fitness, add in cross-training, swimming, biking, or strength training.

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Set Your Intentions

Mindfulness and the Military

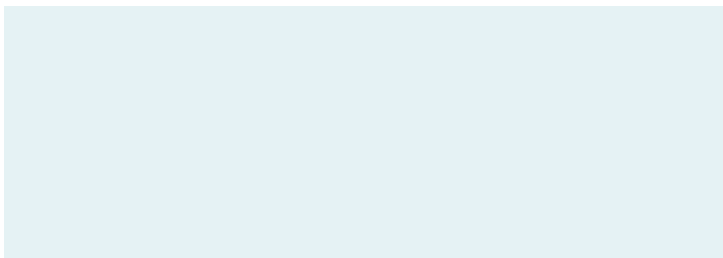
There are many benefits of mindfulness. It can help you relax, lower your blood pressure, improve your sleep, enhance focus and alertness, increase body awareness to perform better, and improve your relationships.

Mindfulness training can enhance your performance during training and in theater. It also can help reduce pain and stress related to post-deployment and post-traumatic stress disorder (PTSD) and improve your impulse control.

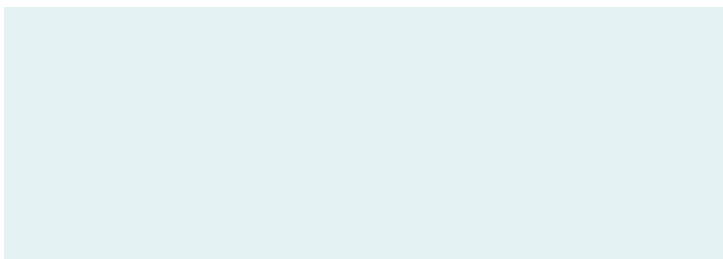
Mindfulness is a skill, and practice helps with strategic focus. Steps in mindfulness involve pausing, taking a deep breath, and bringing your attention inward for a moment. To practice mindfulness more formally, try the guided meditations at HPRC-online.org.



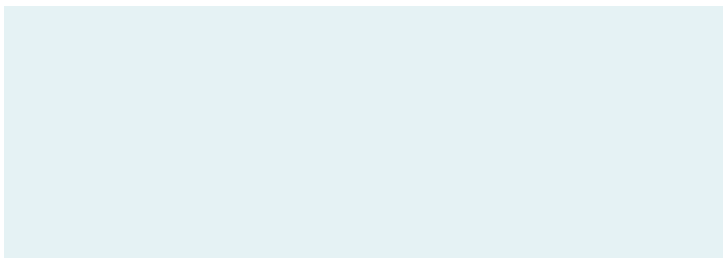
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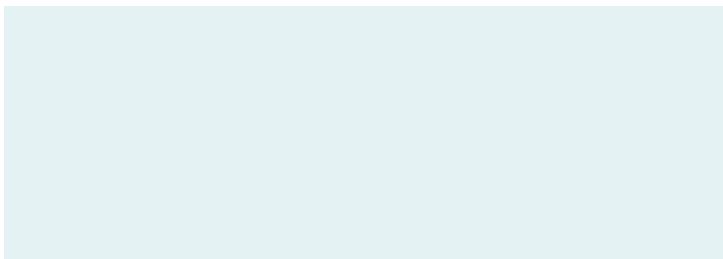
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& sweets



Unproductive thinking



Highly-processed
snacks & fast food



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Anything else?

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WEEK OF:

Set Your Intentions

"It always seems impossible until it's done." –Nelson Mandela



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Set Your Intentions

Try this recipe to help set your nutritional intentions this week.

Overnight Banana Oatmeal

Servings: 1

Portion: $\frac{3}{4}$ cup

Ingredients:

$\frac{1}{3}$ cup low-fat milk

3–4 Tbsp nonfat, plain Greek yogurt

2 tsp honey

6–7 Tbsp quick-cooking oatmeal

$\frac{1}{8}$ tsp ground cinnamon

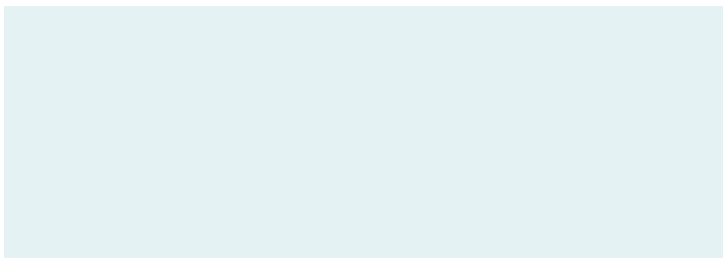
$\frac{1}{4}$ fresh, sliced, peeled banana

In a single-serve clear container, combine milk, yogurt, oats, honey and cinnamon, and stir to blend well. Lightly but thoroughly fold bananas into oatmeal mixture. Cover and refrigerate overnight or for at least 3 hours.

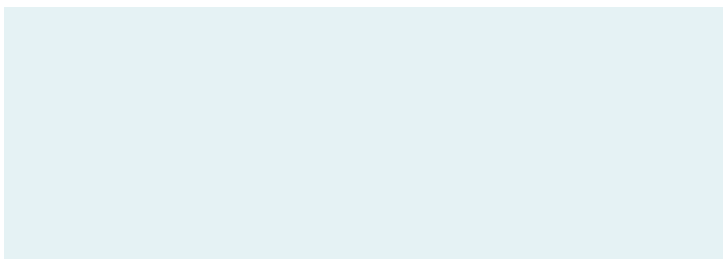
Nutrition Facts: Calories: 284; Carbohydrates: 50 g • Sugars: 23 g • Protein: 14 g • Fat: 3 g • Sat. Fat: 1 g • Sodium: 53 mg • Calcium: 173 mg • Fiber: 5.1 g

Source: Go for Green®

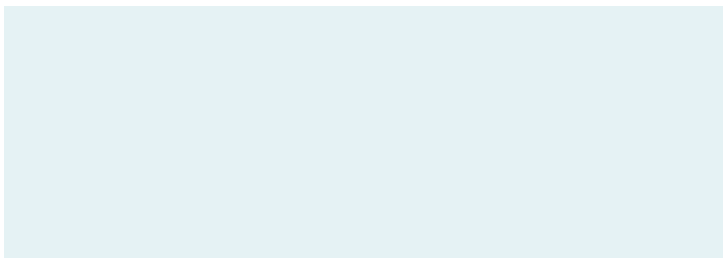
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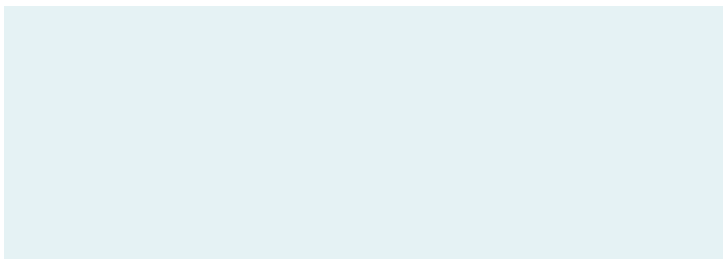
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Joy & Fun



Mindfulness



Nutrients



Bonds



Movement



Sleep

What old habits might be holding you back from reaching your goals? (Check items for improvement)



Sugary beverages & sweets



Unproductive thinking



Highly-processed snacks & fast food



Not enough ZZZs

Anything else?

SMART goal(s) for next week:



Set Your Intentions

Build Resilience

Resiliency is how you react, respond, and adapt to stress or trauma. It can help Service Members cope and grow stronger from experiences. Optimize resilience by finding meaning in your mission and identifying what drives you to succeed.

Set SMART goals to build motivation and focus too.

Build resilience in your relationships by practicing healthy communication and prioritizing quality time with those you love.

Learn how to build strategic habits to optimize performance, resilience, and mental health at [HPRC-online.org](https://www.hprc-online.org).



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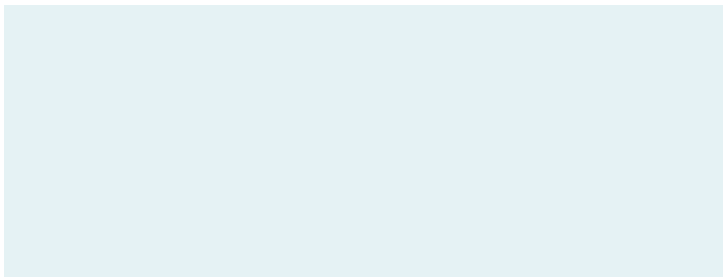
Practice Gratitude

Gratitude is when you recognize the good you've received, savor it, and show your appreciation to someone, something, or a higher power. Practicing gratitude offers many benefits—positive well-being, restful sleep, improved performance, goal attainment, stronger relationships, and more.

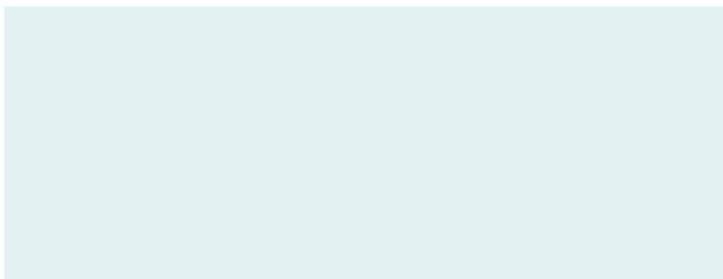
How do you grow your gratitude? By taking a few minutes each day to hunt the good stuff! Use HPRC's gratitude calendar to help you appreciate the good things in your life, share it with others, and experience more good each day.



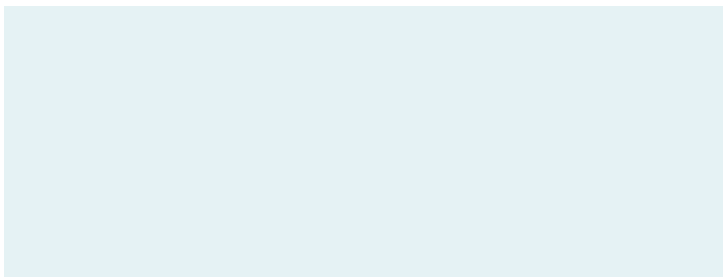
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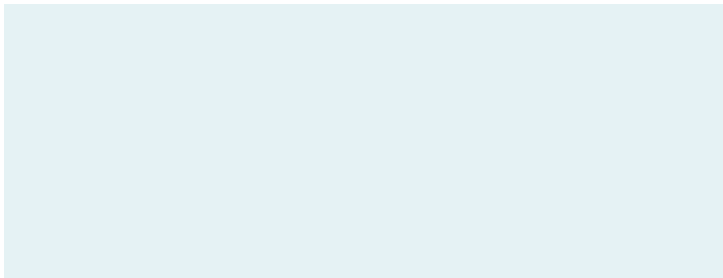
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Set Your Intentions

"Real change, enduring change, happens one step at a time." —Ruth Bader Ginsburg



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Tropi-Kale Smoothie

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Portion: 2 cups

Ingredients:

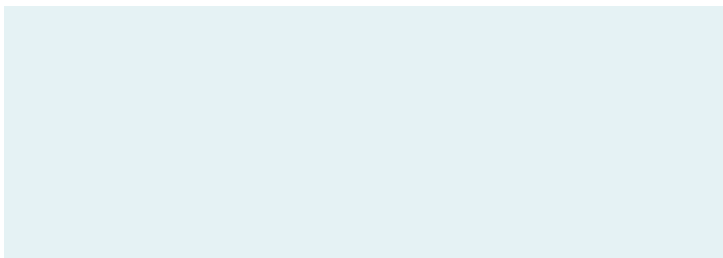
½ cup pineapple juice
½ cup washed, chopped, blanched kale*
1 ¼ cup frozen pineapple chunks
¼ cup nonfat, plain Greek yogurt
1 Tbsp honey

*To blanch kale, add kale to a pot of boiling water and cook 3 minutes. Remove and quickly submerge in cold ice water for 2 minutes. Pat dry. Add to blender with other ingredients, and blend to desired smoothness.

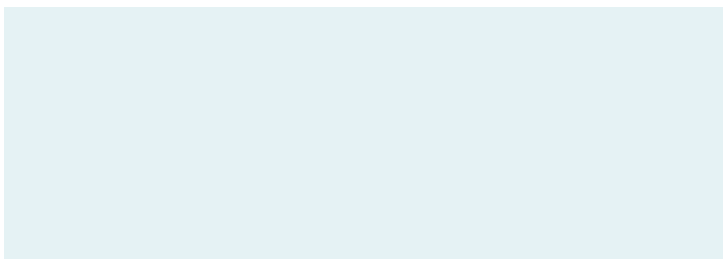
Nutrition Facts: Calories 294 • Carbohydrates 66 g
• Sugars 37 g • Protein 11 g • Fat 1 g • Saturated Fat 0.1 g • Sodium 51 mg • Calcium 186 mg • Fiber 5.6 g

Source: Go for Green®

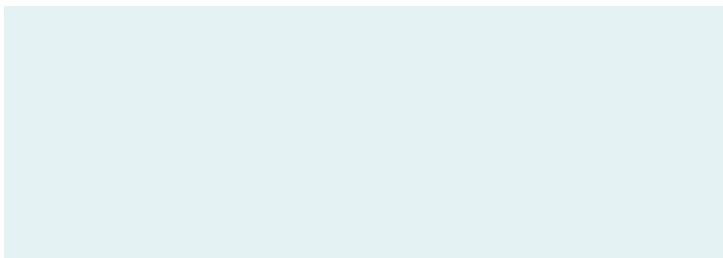
I am grateful for:



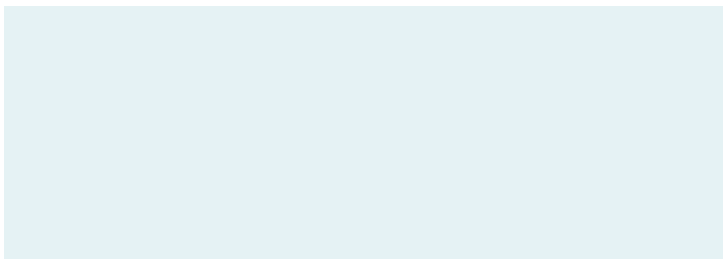
My focus is on:



I need to prioritize:



One new healthy habit or food I will try is:





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Servings of Veggies							
Servings of Whole Grains							
Social Bonds							
Spiritual Wellness							



WEEK OF:

Weekly Reflection

Review your Weekly Tracker and complete this Reflection.
Set a new goal for next week.

What went well:

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Joy & Fun



Mindfulness



Nutrients



Bonds



Movement



Sleep

What old habits might be holding you back from reaching your goals? (Check items for improvement)



Sugary beverages & sweets



Unproductive thinking



Highly-processed snacks & fast food



Not enough ZZZs

Anything else?

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Set Your Intentions

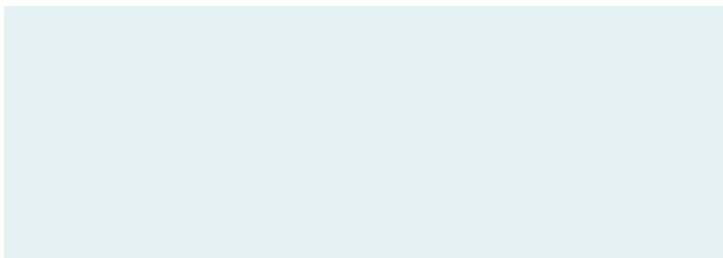
Habits for Healthy Relationships

Relationships with your partner, friends, family, and coworkers can impact your health. Build or maintain strong relationships to stay resilient, healthy, and happy. There are two sides to every relationship, and you're half of the equation. Know what you contribute to a relationship and what you need from the other person. Being genuine and transparent helps build trust and respect, as well as strengthen important bonds.

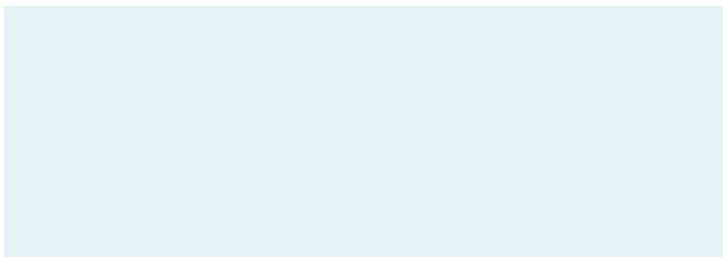
Address and repair conflict. Be thoughtful and hold yourself accountable to fix issues in your communication too. Improve your communication by listening, showing empathy, and verbalizing understanding.



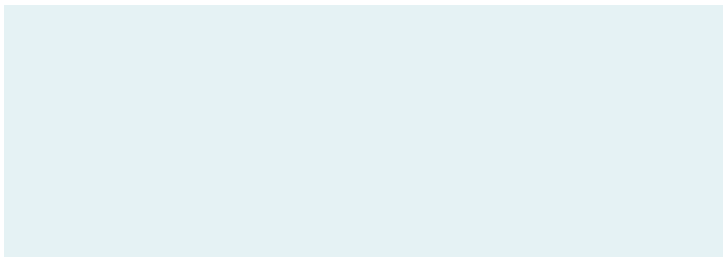
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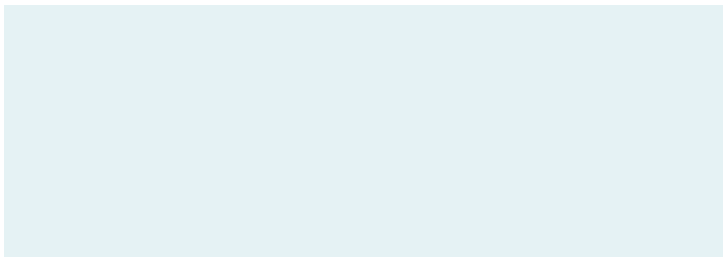
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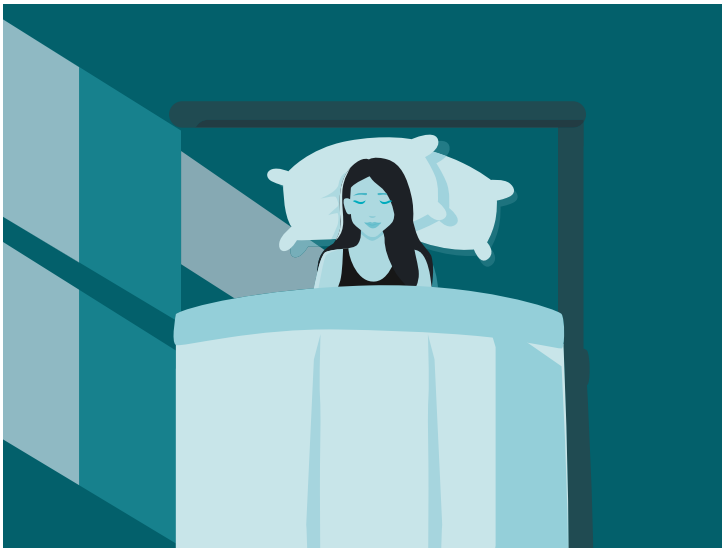
Sleep Does a Body Good

Sleep readiness is the ability to understand the importance of sleep for mission-essential tasks and apply good sleep hygiene to get the sleep you need for optimal health, well-being, and performance. Improve sleep readiness in 3 steps:

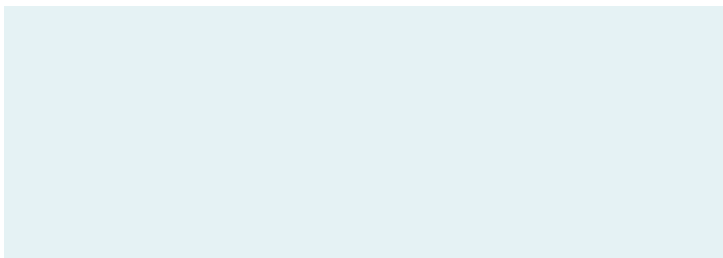
- Make sleep a priority.
- Assess your sleep environment and obstacles preventing quality sleep.
- Maintain a consistent, regular routine starting with a fixed wake-up and bedtime schedule. Pick times you can maintain during the week and on weekends.



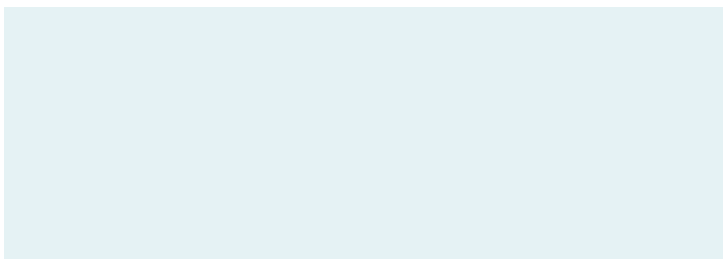
Find more sleep hygiene tips at [HPRC-online.org](https://www.hprc-online.org).



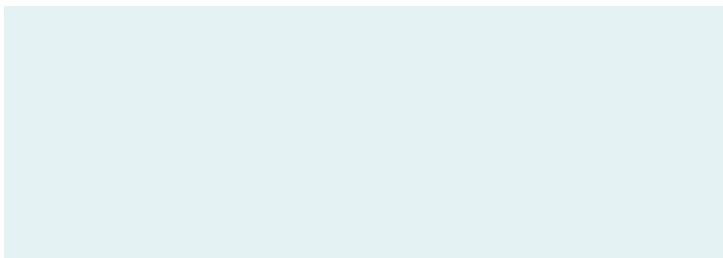
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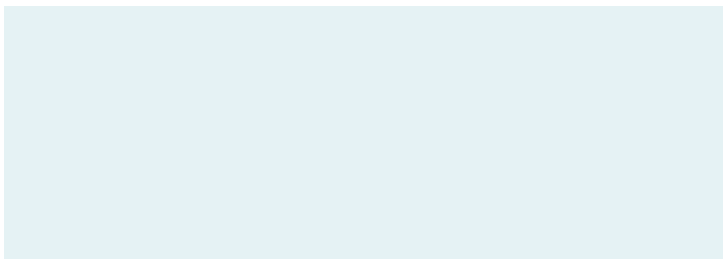
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Joy & Fun



Mindfulness



Nutrients



Bonds



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What old habits might be holding you back from reaching your goals? (Check items for improvement)



Sugary beverages & sweets



Unproductive thinking



Highly-processed snacks & fast food



Not enough ZZZs

Anything else?

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WEEK OF:

Set Your Intentions

*"With the new day comes new strength
and new thoughts." –Eleanor Roosevelt*



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Set Your Intentions

Try the recipe on the next page to help set your nutritional intentions this week.

I am grateful for:

My focus is on:

I need to prioritize:

One new healthy habit or food I will try is:

Chicken Tinga

Servings: 5

Portion: $\frac{3}{4}$ cup

Ingredients:

- 1 Tbsp canola oil
- 1 cup diced, yellow onion
- 3 Tbsp minced garlic
- 1 $\frac{3}{4}$ cups diced, canned tomatoes
- 1 $\frac{1}{2}$ tsp chili powder
- 2 Tbsp finely chopped chipotle peppers in adobo sauce
- 1 tsp ground cumin
- 1 tsp crushed, dried, oregano leaves
- 1 tsp salt
- 1.5 pounds chicken breasts
(approx. 4 boneless breasts)

Heat oil in a stock pot over medium heat. Sauté onions and garlic for 4–5 minutes, until onions are translucent. Add diced tomatoes, chipotle peppers, chili powder, cumin, and oregano to the pot. Stir to incorporate and bring to a simmer. Submerge chicken breasts into the sauce. Cover pot and allow chicken to gently simmer for 25–30 minutes. Remove chicken from the pot and place on a cutting board. Reserve sauce. Using forks, shred chicken breast and season with salt. Return shredded chicken to pot and gently toss until thoroughly coated with sauce.

Nutrition facts: Calories: 192 • Carbohydrates: 9 g
• Sugars: 4 g • Protein: 25 g • Fat 6 g • Sat. Fat: 1 g •
Sodium: 728 mg • Calcium: 50 mg • Fiber: 1.5 g

Source: Go for Green®



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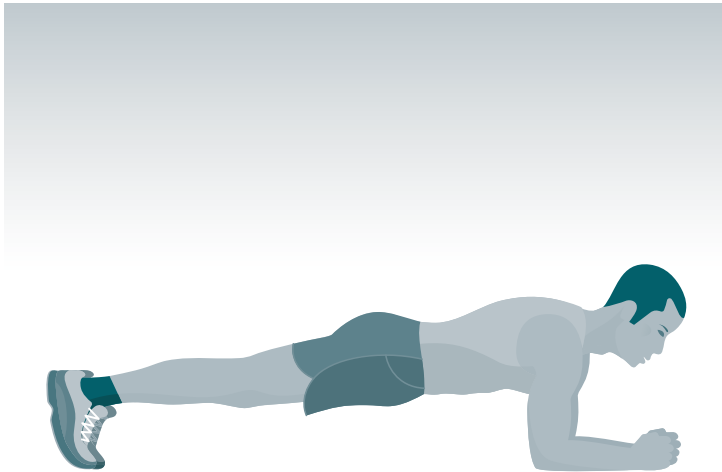
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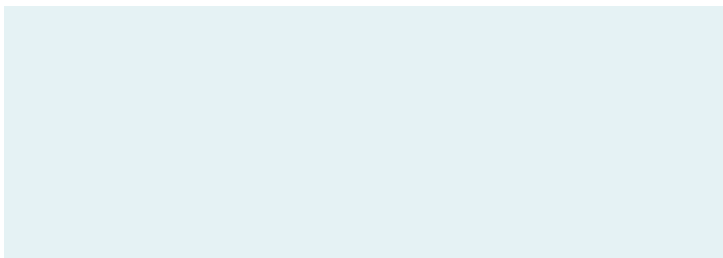
Set Your Intentions

Core Strength

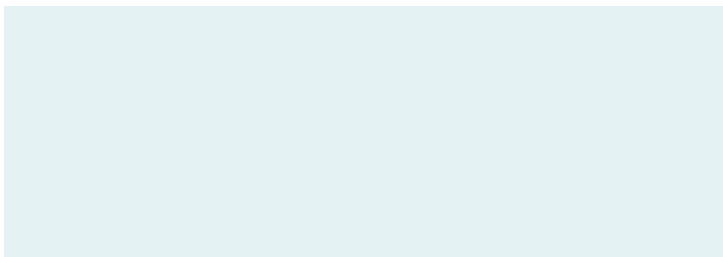
Your core muscles include more than just the “six-pack” rectus abdominal muscle. They include all muscles that stabilize and move your shoulder blades, trunk, pelvis, and hips. Having strong core muscles stabilizes your trunk and spine during everyday tasks, relieves back pain, allows your body to move more efficiently and safely, increases force production, and supports good posture. Use HPRC’s Peak Performance: Core Strength resource for suggested isolated exercises to challenge yourself and add core strength to your fitness plan.



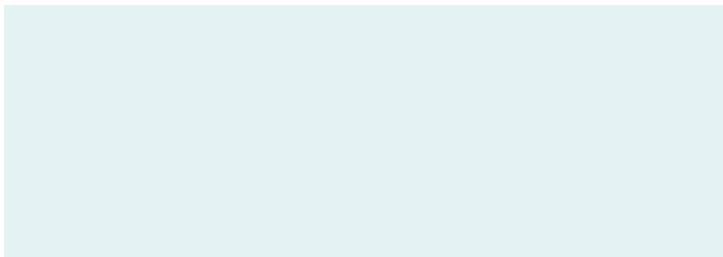
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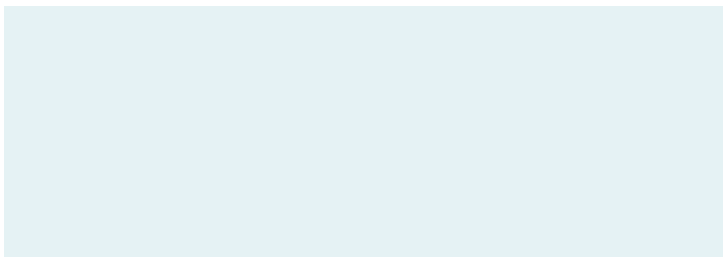
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Joy & Fun



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Sugary beverages
& sweets



Unproductive thinking



Highly-processed
snacks & fast food



Not enough ZZZs

Anything else?

SMART goal(s) for next week:



WEEK OF:

Set Your Intentions

Strategic Napping

Even if you're well rested, naps can improve your performance. Napping can boost reaction time, attention, and alertness. When you're sleep-deprived, naps also can help you be at your best mentally, physically, and emotionally. While your brain will always perform better with more sleep, being strategic with your naps can help too.

Nap for 20–30 minutes for a quick energy boost. Got an upcoming mission or other event that involves sleep deprivation? Try “banking” extra by sleeping approximately 9–10 hours nightly for one week or so before.



I am grateful for:

My focus is on:

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Bonds



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Sugary beverages & sweets



Unproductive thinking



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WEEK OF: _____

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"The secret of getting ahead is getting started." —Mark Twain



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WEEK OF: _____

Set Your Intentions

Try the recipe on the next page to help set your nutritional intentions this week.

I am grateful for:

My focus is on:

I need to prioritize:

One new healthy habit or food I will try is:

Chocolate Peanut Butter Banana Mousse

Servings: 6
Portion: ½ cup

Ingredients:

1 ½ large bananas
1 pack soft/silken tofu, drained
½ cup creamy peanut butter
½ cup powdered sugar
½ c + 2 Tbsp cocoa powder
1 tsp vanilla extract
½ tsp salt
½ cup unsalted, chopped peanuts
1 ½ cup sliced strawberries
1 ½ cup blueberries

Blend bananas in a food processor until smooth. Add tofu, peanut butter, powdered sugar, cocoa, vanilla, and salt. Blend fully. Scrape bowl. Blend again. Portion ½ cup mousse each into a small bowl; refrigerate for at least 6 hours or overnight to set. Before serving, top each with ¼ cup strawberries, ¼ cup blueberries, and 2 tsp chopped peanuts.

Nutrition Facts: Calories: 302 • Carbohydrates: 34 g • Sugars: 20 g • Protein: 12 g • Fat: 17 g • Sat. Fat: 3.5 g • Sodium: 295 mg • Calcium: 89 mg • Fiber: 6.5 g

Source: Go for Green®



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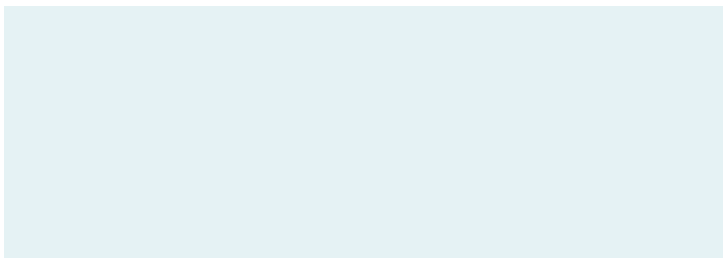
Foundational Movements of Functional Fitness

The foundational movements of an exercise program are the most basic and arguably the most important movements. Learn how to do these movements correctly to prevent injuries and enable you to do more advanced movements effectively. The most common movement patterns for military tasks are the deadlift, pull, squat, push, carry, and lunge. All require you to stabilize and engage your core. Doing them can increase physical performance, power, speed, strength, coordination, and decrease injury risk.

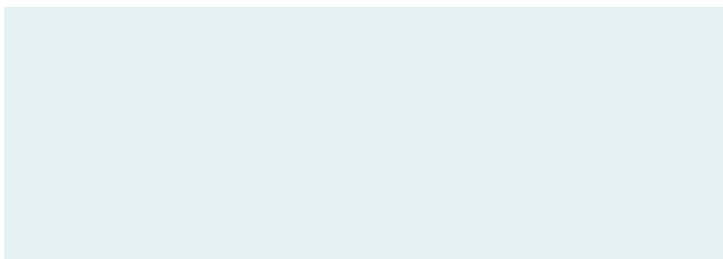
Visit HPRC-online.org to learn more about the benefits of each of the movements and watch instructional videos to learn how to do these exercises or improve your technique.



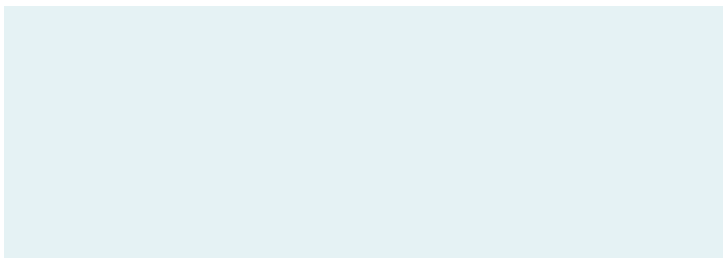
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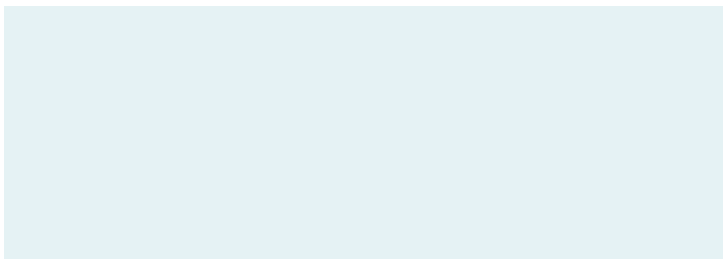
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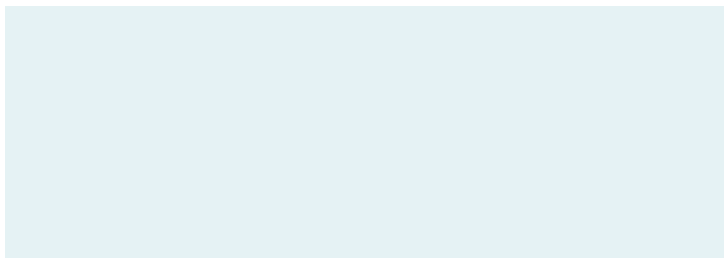
Shift to Productive Thinking

Mindset matters. When you adopt and cultivate an optimistic mindset, your performance and resilience improve. Optimistic, productive thinkers have a heightened awareness of how they respond to both positive and negative events in their lives. This enables them to tune into their inner dialogue and connect thoughts to emotions and behaviors. In understanding their choice about how to interpret events, optimistic thinkers are able to influence feelings and behaviors.

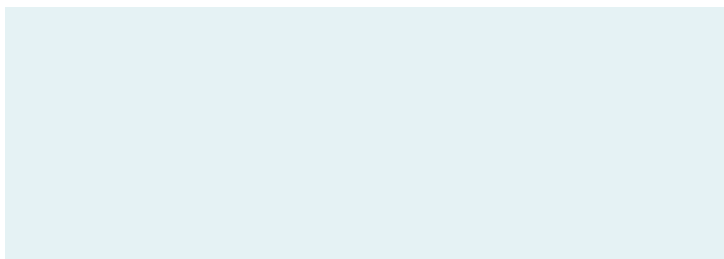
When stuck in a pattern of unproductive thinking, optimistic thinkers reframe their thoughts to drive more productive emotions and reactions. Reframing is about becoming more accurate and productive in your thought processes. Use the QR code to access a worksheet to learn how to be an optimistic, productive thinker.



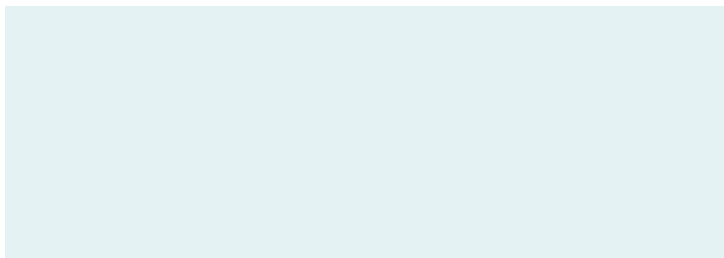
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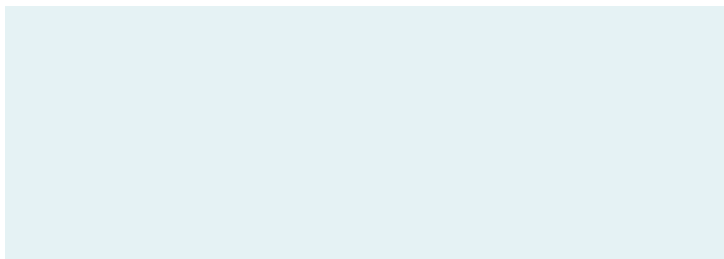
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Set Your Intentions

*"An ounce of prevention is worth a pound of cure."
—Benjamin Franklin*



Preventive Care

Preventive care—including regular medical and dental visits—can help you support your immune system to avoid or reverse disease and optimize performance. Lifestyle habits and choices can also impact your health. Good habits such as maintaining a healthy weight with good nutrition, adequate exercise, and restful sleep, coupled with consistent preventive care, can help to mitigate health risks.

I am grateful for:

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Servings of Whole Grains							
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Spiritual Wellness							



WEEK OF:

Weekly Reflection

Review your Weekly Tracker and complete this Reflection.
Set a new goal for next week.

What went well:

What didn't go as well:

Did you get enough of these? (Check all that apply)



Joy & Fun



Mindfulness



Nutrients



Bonds



Movement



Sleep

What old habits might be holding you back from reaching your goals? (Check items for improvement)



Sugary beverages & sweets



Unproductive thinking



Highly-processed snacks & fast food



Not enough ZZZs

Anything else?

SMART goal(s) for next week:



WEEK OF:

Set Your Intentions

Try the recipe on the next page to help set your nutritional intentions this week.

I am grateful for:

My focus is on:

I need to prioritize:

One new healthy habit or food I will try is:

Baked Egg Rolls

Servings: 6

Portion: 1 roll

Ingredients:

13 oz 93% lean ground turkey
2 ½ cup green cabbage, shredded
½ tsp salt
⅔ cup shredded, peeled carrots
½ tsp black pepper
1 large egg
½ tsp garlic powder
6 wonton wrappers (1 oz each)
1 tsp water

Preheat the oven to 425°F. Coat a medium skillet with nonstick cooking spray. Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium-high heat for about 8–10 minutes. Stir frequently. Stir in cabbage and carrots. Lightly sauté for 2 minutes, remove from heat, and cover. Let cool for 20 minutes. Make egg wash by whisking together egg and water.

Assemble egg rolls: Place ½ cup turkey-vegetable mixture in the center of each wrapper. Carefully roll each filled wrapper. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray. Brush egg wash over the top and on all the sides of each egg roll. Bake for 20 minutes.

Nutrition Facts: Calories: 191 • Carbohydrates: 19 g • Sugars: 1 g • Protein: 15 g • Fat: 6 g • Sat. Fat: 1 g • Sodium: 400 mg • Calcium: 47 mg • Fiber: 1 g

Source: [USDA.gov](https://www.usda.gov)



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WEEK OF:

Set Your Intentions

Build Good Financial Habits

Financial issues are a top concern of Service Members. Financial stress can contribute to poor health and negatively impact productivity and mood. Make a plan to get ahead. Create a budget to track your monthly spending (and saving), and set up an emergency fund to cover living expenses. In addition, discuss financial goals, planning, and money management with your family to make sure everyone is on the same page. Visit HPRC-online.org to learn how to save more, spend less, and reduce stress.



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Set Your Intentions

What is Spiritual Wellness?

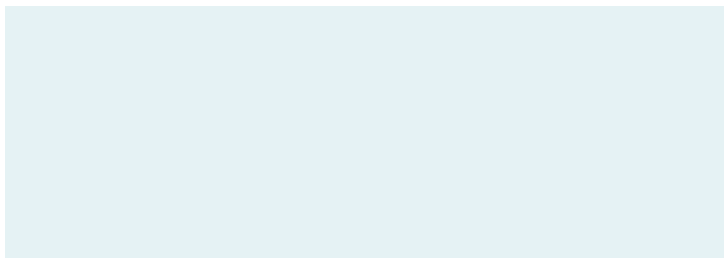
Spiritual wellness involves developing qualities needed in times of stress, hardship, and tragedy. These qualities stem from philosophical, religious, or human values. They form a person's character, disposition, decision-making, and integrity.

Spiritual wellness can help leverage your value system, spirituality, religion, or all of these for peak performance, readiness, and resilience. Just like lifting weights a few times a year won't make you physically fit, spiritual fitness is something you must regularly practice in order to be mission-ready. Building your spiritual fitness will not only help provide the resources you need to carry on during times of stress, hardship, and tragedy, but also when things are going well. What it means to be spiritually fit can be deeply personal and different for everyone, but the benefits can also help with unit cohesion and help keep family members close.

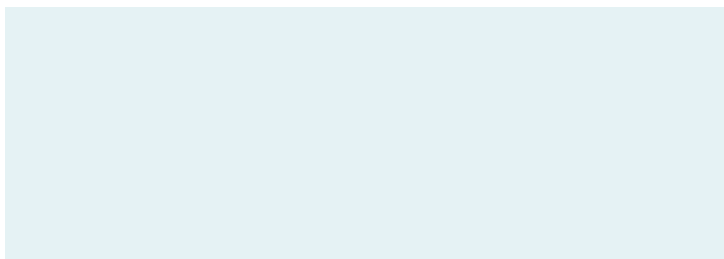
To build your spiritual wellness, reflect on what you're grateful for and how you can serve others. Strive to overcome challenges and forgive yourself and others. Live your life in alignment with your values and nurture a connection with something greater than yourself.



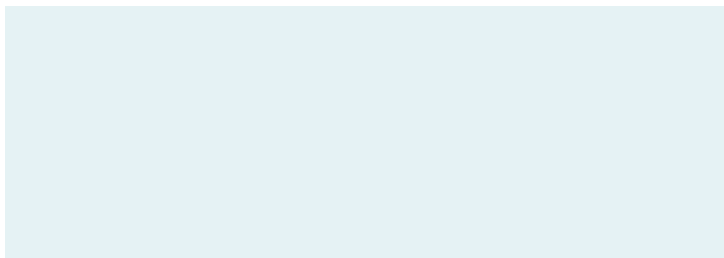
I am grateful for:



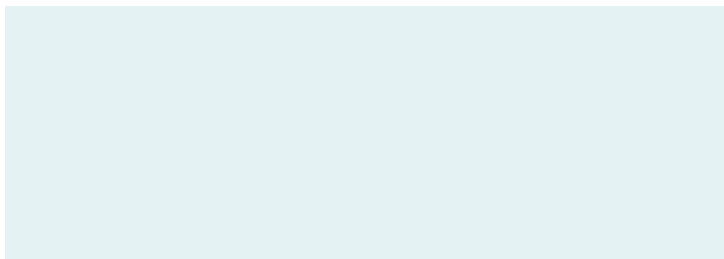
My focus is on:



I need to prioritize:



One new healthy habit or food I will try is:





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& sweets



Unproductive thinking



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snacks & fast food



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WEEK OF: _____

Set Your Intentions

Try the recipe on the next page to help set your nutritional intentions this week.

I am grateful for:

My focus is on:

I need to prioritize:

One new healthy habit or food I will try is:

Blended Beef & Mushroom Burger

Servings: 5
Portion: 1 burger

Ingredients:

1 lb 85% lean ground beef
3 ½ cup finely chopped white mushrooms
1 Tbsp canola oil
½ tsp salt
¼ tsp granulated garlic
¼ tsp ground black pepper
2 tsp canola oil
5 whole-wheat hamburger buns

Heat 1 Tbsp canola oil in a sauté pan. Add mushrooms and sauté for 5–7 minutes until golden brown. Transfer mushrooms to a mixing bowl. Add ground beef and all seasonings. Lightly mix until just incorporated. Shape mixture into 5 equal patties. Heat 2 tsp canola oil in the same sauté pan. Cook patties for about 4 minutes on each side. Serve on a bun.

Nutrition Facts: Calories: 324 • Carbohydrates: 22 g • Sugars: 4 g • Protein: 24 g • Fat: 15 g • Sat. Fat: 4.3 g • Sodium: 534 mg • Calcium: 105 mg • Fiber: 3.4 g

Source: Go for Green®



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SMART goal(s) for next week:



WEEK OF:

Set Your Intentions

Build a Friendly Environment

Environmental wellness is a component of good health that can be supported by safe, healthy, pleasant workplaces and a home life free of hazardous substances and pollutants. Not adapting to certain environments can make it hard to breathe, focus, and exercise. Wear appropriate protective clothing and devices if needed. Also, be sure to get healthy light sources throughout the day for adequate levels of Vitamin D and head outside for fresh air. Be friendly to the environment by conserving the earth's precious, natural resources.

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One new healthy habit or food I will try is:



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Notes

