# RAP Most-Unstable Convective Available Potential Energy and Convective Inhibition - Hour 01
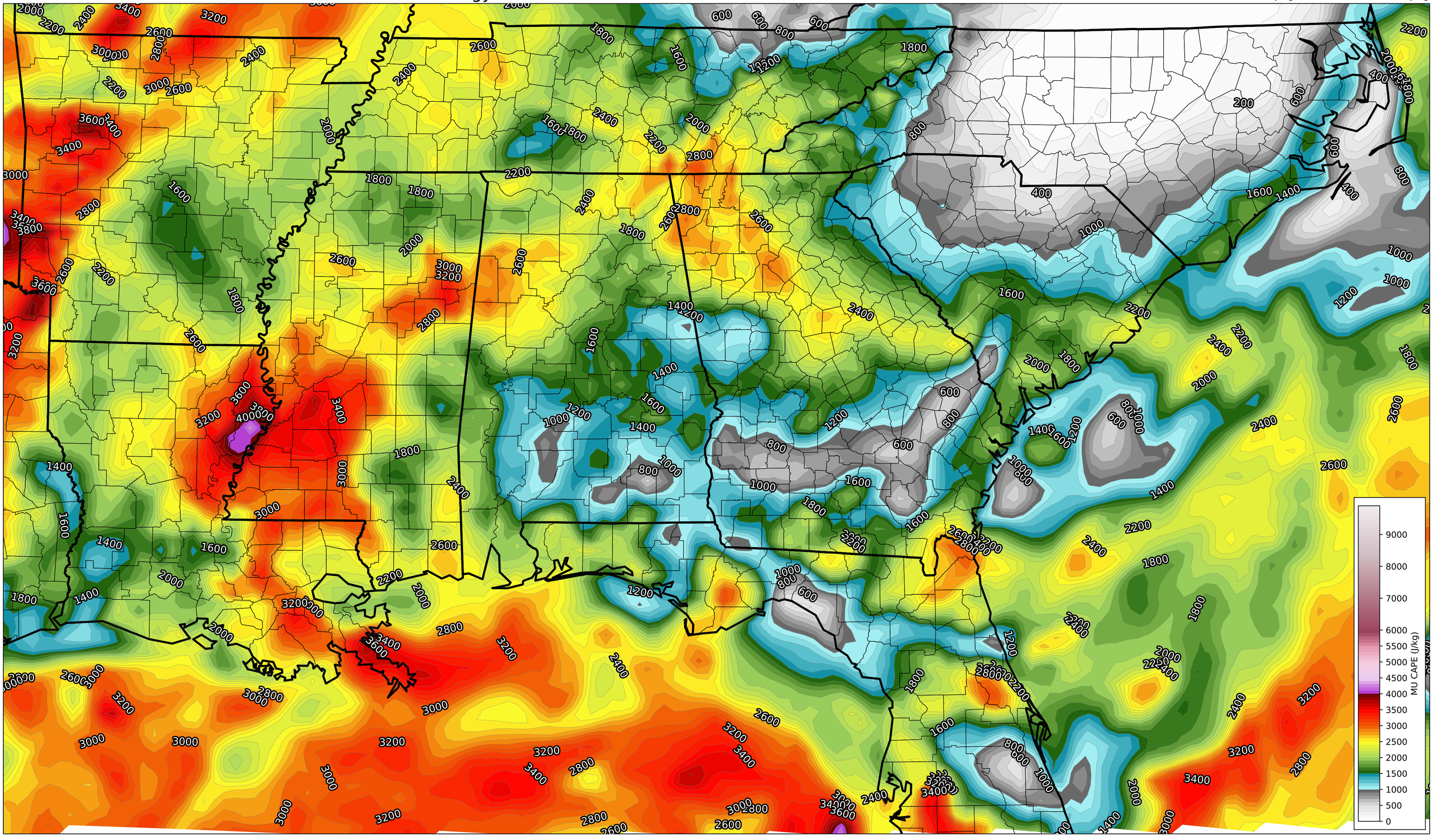
Chart Valid: 08-19-2025 17:00:00 UTC / Unit Interval: Fill SBCAPE 100 J/kg, Blue Hatch SBCIN 50 J/kg