# RAP Surface-Based Convective Available Potential Energy and Convective Inhibition - Hour 01
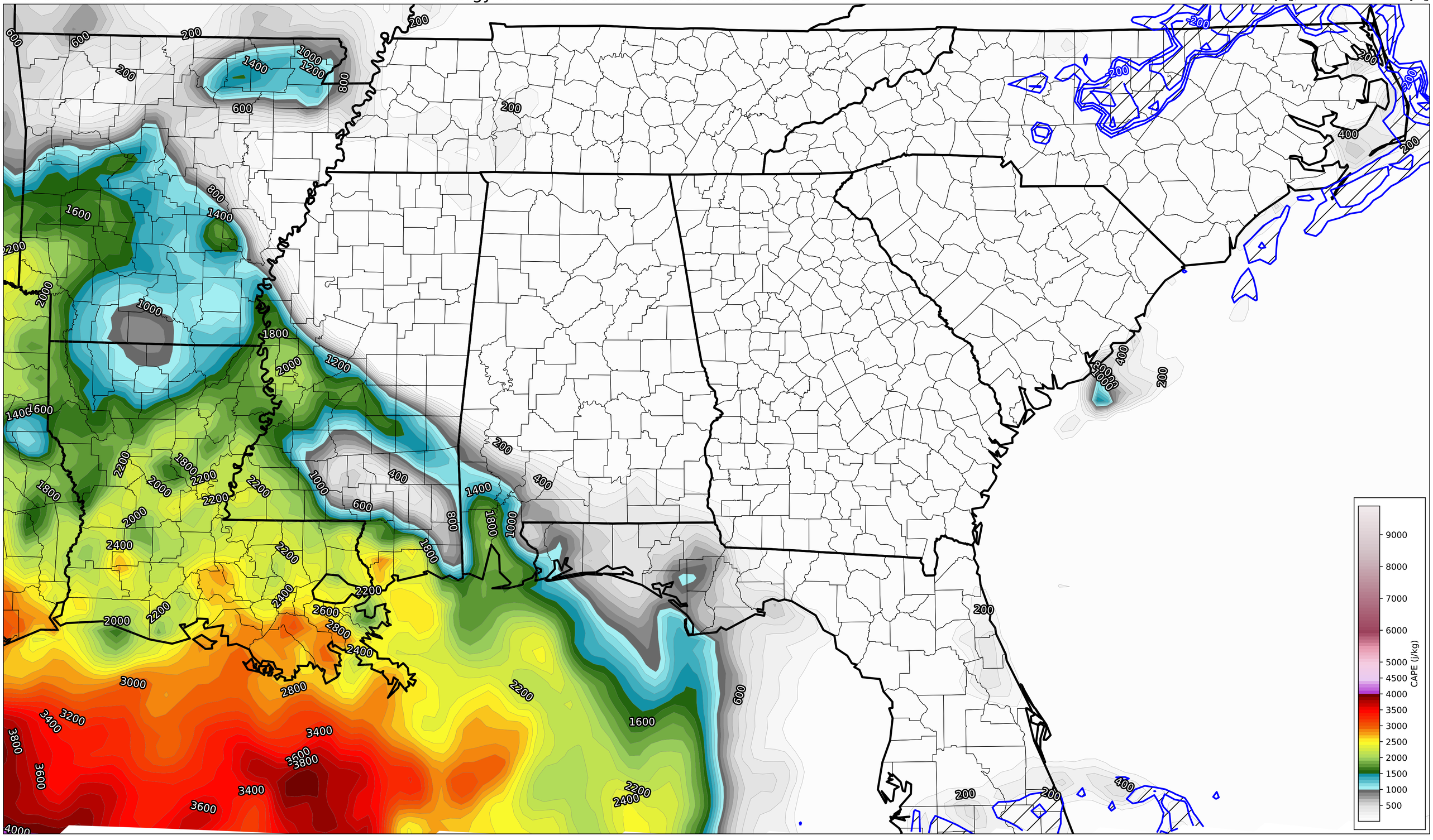
Chart Valid: 06-06-2026 17:00:00 UTC / Unit Interval: Fill SBCAPE 100 J/kg, Blue Hatch SBCIN 50 J/kg