# RAP Most-Unstable Convective Available Potential Energy and Convective Inhibition - Hour 01
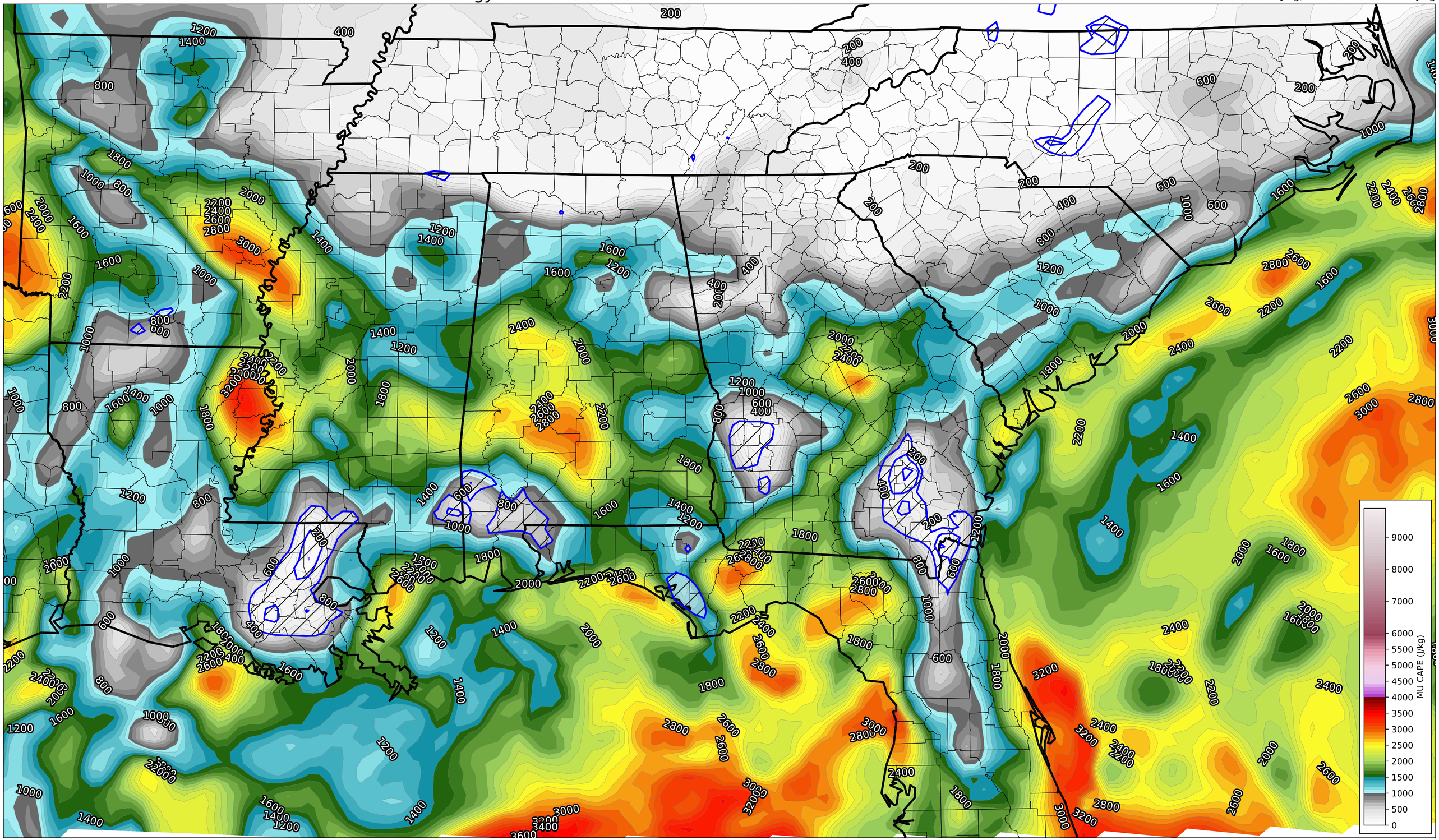
Chart Valid: 07-25-2026 06:00:00 UTC / Unit Interval: Fill SBCAPE 100 J/kg, Blue Hatch SBCIN 50 J/kg