

We are not Medical Professionals. This is just a recommendation.



Macronutrient Formulas to use as a guideline.

If your performance is lacking, your body may need a shift in nutrients. Once you figure out the

BMR, you will use the multipliers to figure out total calories for the day.

HOW TO CALCULATE YOUR CALORIES

Basal Metabolic Rate (BMR) is the number of calories you would burn with NO activity.

 MEN BMR = 66 + (6.23 x <i>weight in lbs</i>) + (12.7 x height in inches) - (6.8 x age)	 WOMEN BMR = 655 + (4.35 x <i>weight in lbs</i>) + (4.7 x height in inches) - (4.7 x age)
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[TIP: use Lean Body weight (% body fat x weight in lbs) if possible]

YOUR TARGET DAILY CALORIE NEEDS

- 1 Little or no exercise: BMR x 1.2
- 2 Light Exercise/sports 1-3 days/week: BMR x 1.375
- 3 Medium Exercise/sports 3-5 days/week: BMR x 1.55
- 4 Hard Exercise/sports 6-7 days a week: BMR x 1.725
- 5 Intense exercise/sports, physical job or twice/day training): BMR x 1.9

TOTAL DAILY CALORIES- _____

Each gram of- protein is 4 calories, Carbohydrate 4 calories, Fats are 9 calories

Typical percentages (can be adjusted weekly as you progress)

- 40% carbohydrate, 30% protein and 30% fat

Example- 2000 calories total

Protein- 2000 x .3= 600 cal/4= 150 g

Carbohydrate= 2000 x .4= 800 cal/4= 200g

Fat= 2000 x .3= 600 cal/9= 66.5 g

Every class may contain different information.

1. Procure a proper water bottle **32-40 oz minimum** and have it filled prior to all PT sessions. Hydration is crucial during the academy and this needs to be in full compliance.
2. If you have not done so, get fitted for proper running shoes that fit your specific gait. Stores such as Road Runner or Jack Rabbit can facilitate a test and they can make recommendations for you. This will assist in injury reduction through the academy
3. The Drill Instructors will be in contact with squad leaders and have a link to a site to purchase a recovery kit needed for PT sessions. The items can be purchased in one place using the link and the kit will be sent together from the company. Another option is individually purchasing the items, if you choose. The specs must be the same for everyone to effectively run the PT progressions. **You will need (1) 12-inch compressed foam roller, (1) lacrosse ball, and a carrying bag for the items to store (can be a mesh or drawstring bag)**
4. Squad leaders are to make sure the equipment is brought in and stored with their PT mats by 11/18, which gives 2 weeks to procure. This equipment will be yours to keep and use post academy to help maintain your fitness level. Having a post academy training strategy is important for your transition to firehouse life.
5. There is a strict zero tolerance policy regarding energy drinks and performance supplements. Anyone found using or in possession of these will face discipline up to termination.
6. Nutrition is very important to your performance and recovery. To get a good idea of what you will need in terms of intake, its recommended to figure out your BMR using an online **BMR calculator. Attached is a formula sheet to help calculate what is typically needed to maintain performance.** Your actual daily burn rate includes any activity and there will be multipliers online to determine what goals you should strive for each day. Food logging will be a good skill to utilize if you have not already.