



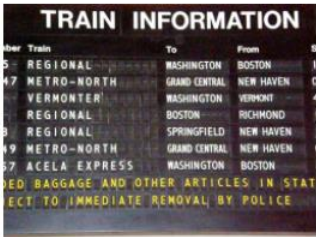
Tactics, techniques, and procedures to live the life you want to live.



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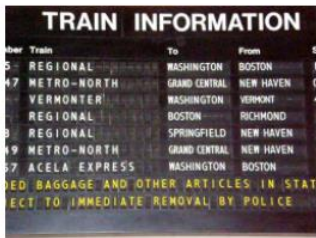
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STRATEGIC EATING FOR PERFORMANCE AND FAT LOSS



TOP 10 FAVORITE THRIVE MARKET ITEMS



THOUGHTS ON THE ARMY PHYSICAL FITNESS TEST, CURRENT AND PROPOSED



WHAT I'M UP TO NOW, SEPTEMBER 2017

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SEARCH



recommend something just to make money. I tell you so that there is no confusion as to my motives at any time.

About Me

I am an active duty US Army Soldier, exercise physiologist, and tech nerd who has taken the advice of others, read a lot, and experimented to make improvements in my fitness and life. I hope to share the smart things I have read and offer some opinions of my own with this site.

The series "[What I'm Up To Now](#)" will be kept current to show what I am doing in my personal life. A lot of it would be things I recommend you do too.

Site Navigation

I recommend first reading the foundations series of articles below. They are the stage-setters for the entire theme of this site. Once you are done, visit the [Read](#) page. It will show you how to read based on date, topics, category, or to search the site on your own.

- [Manifesto](#): A manifesto is a published verbal declaration of the intentions, motives, or views of the issuer (as per Wikipedia). This is mine.
- [Fitness](#): A look into my definition.
- [Physical Fitness](#): Details on nutrition, sleep, stress, and activity.
- [Mission Capable](#): This article covers what it is to be mission capable, how to determine your mission, and then how to determine your mission essential task list. This will give you the tools to determine if you are mission capable.

Keep Up

If you are interested in getting more information, please [subscribe to the SITREP](#) (situation report) to get email updates around once a week. If you would rather get your MISSION: Capable updates via social media, you can find me here: [Twitter](#) | [Facebook](#) | [Instagram](#) | [Google +](#) | [Tumblr](#).

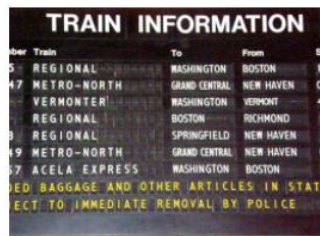
If you have any questions or comments, feel free to [contact me](#) at any time.

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ARTICLES

Long form pieces with detailed content.



STRATEGIC EATING FOR PERFORMANCE AND FAT LOSS



TOP 10 FAVORITE THRIVE MARKET ITEMS



THOUGHTS ON THE ARMY PHYSICAL FITNESS TEST, CURRENT AND PROPOSED



YOU ARE LIVING IN A ZOO AND WHAT TO DO ABOUT IT



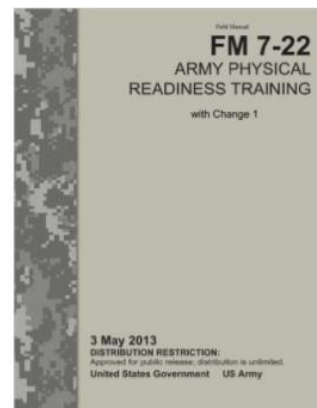
THE 10,000 KETTLEBELL SWING CHALLENGE IN 15 DAYS



RANT: HOW CRAPPY FOOD WON TODAY



NUTRITION 101: A BEGINNER'S GUIDE TO NUTRITION



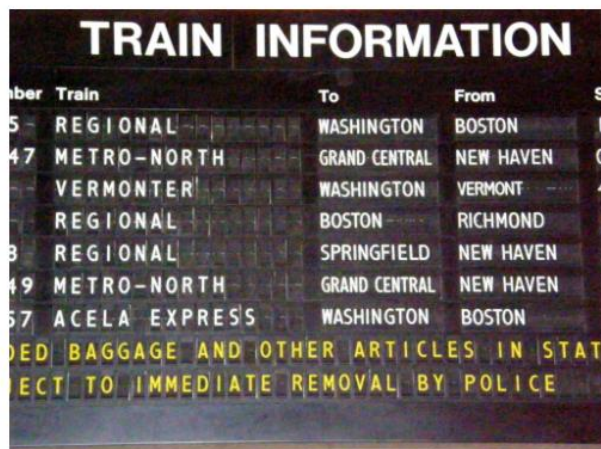
ARMY PRT: YOU HATE IT BECAUSE YOU DON'T UNDERSTAND IT. YOU ARE ALSO DOING IT WRONG.

STRATEGIC EATING FOR PERFORMANCE AND FAT LOSS



Nutrition

Bottom Line Up Front: I noticed that I started to follow a pattern with my diet that was not really purposeful but instead combined a lot of nutrition strategies into something that naturally matched my daily battle rhythm and my training. I will explain what the framework is, what I am doing, why, and what you can take away from this. This is my strategic eating for performance and fat loss plan.



BACKGROUND

First, let's go over the profile and goals. This is for a 180-lb active duty male Soldier, 40 years old. The physical training plan that supports this won't get explained in a lot of detail now, but we can say it involved rucking/walking every day (I don't wear a pack every time), a 20-30 minute conditioning workout, heavy weight training, and a muscular endurance session each week. Also of note is I am training for a ruck march marathon where I will carry 35 lbs for 26.2 miles, so each weekend I do an especially long ruck, 10-20 miles. I get in 10,000 steps every day and around 100,000 per week due to the ruck training. I am very physically active.

Taking this all into account, my baseline energy requirements to maintain my weight are around 3,000 calories per day. My goal is to average 2,500 calories per day. My aim is to sustain my performance (not get worse) and to lose excess body fat in the form of 10 pounds (more or less).

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