

rebuild

L o g b o o k

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Introduction

When I was going through my health crisis, I kept a journal to prove to myself not only that I could overcome a life-threatening illness; I could and would rebuild myself back to excellent health. I was determined to see beyond my weakened state to where I knew I would be.

Having tools to keep you going during the low points is so important. That is why I kept a journal.

I have been a physician for over 24 years, and I have seen it all. I know how life can take over. Before you know it, you have relinquished control of the one thing that matters most: your health and well-being.

Why am I reminding you of this?

I'm passionate about health, and my life is dedicated to educating people so they can better navigate the sometimes murky and misleading waters of healthcare—so they don't end up where I was.

To keep you focused and motivated, I have created the Rebuild Logbook for you to keep track of your progress and the changes in your health.

Grab a pen or pencil and get started on your personal journal.

Dr. Z

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It's Time for Your Personal Rebuild

Making the decision to rebuild from illness, prevent disease, get rid of fat, and get in shape is the most valuable decision you can make. If you are dealing with a chronic and/or serious condition, the decision is easy. What's your alternative? If you are trying to get rid of fat and get lean, your decision to change has to be emotionally felt—not because someone else wants you to be healthy, but because you have a heartfelt reason to change. In this space, write down the reasons that have motivated you to get lean and healthy:

Excellent. Your health is your most valuable asset. You have taken the time to get clear about your goals and have set those goals in motion by writing them down. *Rebuild*—the book—will provide you with the tools to help you reach your goals. Here's my formula: written goals + the right tools + taking action = success. This Logbook is a great way to keep track of your diet and caloric intake, high-intensity aerobic and resistance training, along with improvements in your health. You will have a record of where you started, where you've been, and what your final destination looks like.

What's Next?

In the following pages, you will track your program: your food choices and exercise routine, as well as energy level, sleep patterns, and moods. If you are rebuilding after treatment, recovering from an illness, or are just curious about your state of health, consider recording results of medical tests on the "Medical Test Results" chart. You can also track your short-term goals, high points, and low points. Each week make a note of the small rewards—whatever they may be—for meeting your short-term goals. Right now you might be thinking "I'm not sure I want to track myself because whatever I've tried in the past hasn't worked." Trust me: when you start implementing the tools from *Rebuild* and your health improves, and your fat starts dropping off, you will thank me for suggesting that you track your progress.

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Be sure to wait 60–90 seconds between sets						
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Chosen Exercise:						
HAMSTRINGS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
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GLUTES	x12	x10	x8	x6	INTENSITY X12	HEART RATE
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Chosen Exercise:						
How did you feel physically/mentally? _____						
Additional thoughts: _____						
Short-Term Goal: _____						

rebuild

L o g b o o k

WEEK ___ — DATE _____, ___, 20__					
Hours of sleep last night: _____ How do you feel? _____					
REBUILD MEAL PLAN	CALORIES				
BREAKFAST:					
SNACK:					
LUNCH:					
SNACK:					
DINNER:					
SNACK:					
Total Calories (should equal your Daily Caloric Intake)					
AEROBIC INTERVAL EXERCISES					
EXERCISE (choose): Treadmill Cycling Sprinting Elliptical Rowing					
Stairclimber Swimming Other: _____					
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	1	2	3	4	5
	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME
LOW	/	/	/	/	/
MEDIUM	/	/	/	/	/
HIGH	/	/	/	/	/
How did you feel physically/mentally? _____					
Additional thoughts: _____					
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rebuild

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WEEK ___ — DATE _____, ___, 20___						
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BREAKFAST:						
SNACK:						
LUNCH:						
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DINNER:						
SNACK:						
Total Calories (should equal your Daily Caloric Intake)						
UPPER-BODY EXERCISES Be sure to wait 60–90 seconds between sets						
CHEST	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
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Weight Lifted:						
Chosen Exercise:						
SHOULDERS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
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BICEPS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
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Short-Term Goal:					

rebuild

L o g b o o k

WEEK ___ — DATE _____, ___, 20__	
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BREAKFAST:	
SNACK:	
LUNCH:	
SNACK:	
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SNACK:	
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Did you meet your short-term goals?	
Did you reward yourself? What was your reward?	

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BREAKFAST:						
SNACK:						
LUNCH:						
SNACK:						
DINNER:						
SNACK:						
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Weight Lifted:						
Chosen Exercise:						
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SNACK:						
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Chosen Exercise:						
CALVES	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
ABS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
How did you feel physically/mentally?						
Additional thoughts:						
Short-Term Goal:						

rebuild

L o g b o o k

WEEK ___ — DATE _____, ___, 20__					
Hours of sleep last night: _____ How do you feel? _____					
REBUILD MEAL PLAN	CALORIES				
BREAKFAST:					
SNACK:					
LUNCH:					
SNACK:					
DINNER:					
SNACK:					
Total Calories (should equal your Daily Caloric Intake)					
AEROBIC INTERVAL EXERCISES					
EXERCISE (choose): Treadmill Cycling Sprinting Elliptical Rowing					
Stairclimber Swimming Other: _____					
<p>In the chart below, enter the level of activity and time for each stage of the interval sequence. To start, choose a LOW level that is easy to maintain for about 2 minutes. Move up to a MEDIUM level for another 2 minutes. For the HIGH level, go as fast and as high as you can for 30-60 seconds. Repeat the sequence 5 times. Refer to <i>Rebuild</i> for more details.</p>					
	1	2	3	4	5
	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME
LOW	/	/	/	/	/
MEDIUM	/	/	/	/	/
HIGH	/	/	/	/	/
How did you feel physically/mentally? _____					
Additional thoughts: _____					
Short-Term Goal: _____					

rebuild

L o g b o o k

WEEK ___ — DATE _____, ____, 20__						
Hours of sleep last night: _____ How do you feel? _____						
REBUILD MEAL PLAN						CALORIES
BREAKFAST:						
SNACK:						
LUNCH:						
SNACK:						
DINNER:						
SNACK:						
Total Calories (should equal your Daily Caloric Intake)						
UPPER-BODY EXERCISES						
Be sure to wait 60–90 seconds between sets						
CHEST	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
BACK	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
SHOULDERS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
BICEPS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
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rebuild

L o g b o o k

WEEK ____ — DATE _____, ____, 20__	
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REBUILD MEAL PLAN	CALORIES
BREAKFAST:	
SNACK:	
LUNCH:	
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SNACK:	
Total Calories (should equal your Daily Caloric Intake)	
TODAY IS YOUR DAY OFF	
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WEEK ____ — DATE _____, ____, 20__						
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BREAKFAST:						
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SNACK:						
Total Calories (should equal your Daily Caloric Intake)						
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QUADRICEPS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
HAMSTRINGS	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
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Short-Term Goal:					

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LUNCH:						
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DINNER:						
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Weight Lifted:						
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SNACK:					
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Short-Term Goal:					

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SNACK:						
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SNACK:						
DINNER:						
SNACK:						
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L o g b o o k

WEEK ___ — DATE _____, ___, 20__					
Hours of sleep last night: How do you feel?					
REBUILD MEAL PLAN	CALORIES				
BREAKFAST:					
SNACK:					
LUNCH:					
SNACK:					
DINNER:					
SNACK:					
Total Calories (should equal your Daily Caloric Intake)					
AEROBIC INTERVAL EXERCISES					
EXERCISE (choose): Treadmill Cycling Sprinting Elliptical Rowing					
Stairclimber Swimming Other:					
<p>In the chart below, enter the level of activity and time for each stage of the interval sequence. To start, choose a LOW level that is easy to maintain for about 2 minutes. Move up to a MEDIUM level for another 2 minutes. For the HIGH level, go as fast and as high as you can for 30-60 seconds. Repeat the sequence 5 times. Refer to <i>Rebuild</i> for more details.</p>					
	1	2	3	4	5
	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME	LEVEL/TIME
LOW	/	/	/	/	/
MEDIUM	/	/	/	/	/
HIGH	/	/	/	/	/
How did you feel physically/mentally?					
Additional thoughts:					
Short-Term Goal:					

rebuild

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BREAKFAST:	
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SNACK:	
Total Calories (should equal your Daily Caloric Intake)	
TODAY IS YOUR DAY OFF	
Take a few minutes to look back on the week and write some notes.	
What obstacles did you encounter? How did you overcome them?	
Did you meet your short-term goals?	
Did you reward yourself? What was your reward?	

rebuild

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SNACK:						
Total Calories (should equal your Daily Caloric Intake)						
UPPER-BODY EXERCISES						
Be sure to wait 60–90 seconds between sets						
CHEST	x12	x10	x8	x6	INTENSITY X12	HEART RATE
Weight Lifted:						
Chosen Exercise:						
BACK	x12	x10	x8	x6	INTENSITY X12	HEART RATE
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rebuild

L o g b o o k

Congratulations!

Now that you have completed your 12-week rebuild program, go back to the first few charts to enter your updates: body-mass index, total metabolic rate, body-fat percentage, body measurements, and weight.

Also make notes about your energy levels, moods, digestion, and sleep patterns.

Have your medical tests repeated and note the results.

Seeing the comparisons will provide positive feedback for your efforts.

Dr. Z