Four-Week *Prehab Planner*

Small habits, done early, help you feel ready. Tick a box each day you manage it. Exercise only as your doctor has cleared you, and ask your surgeon before changing your diet.

WEEK 1 · 4 WEEKS BEFORE

HABIT	M	T	W	T	F	S	S
Walk (minutes)	☐	☐	☐	☐	☐	☐	☐
Gentle strength	☐	☐	☐	☐	☐	☐	☐
Protein at each meal	☐	☐	☐	☐	☐	☐	☐
8+ glasses of water	☐	☐	☐	☐	☐	☐	☐
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
Nicotine-free	☐	☐	☐	☐	☐	☐	☐

WEEK 2 · 3 WEEKS BEFORE

HABIT	M	T	W	T	F	S	S
Walk (minutes)	☐	☐	☐	☐	☐	☐	☐
Gentle strength	☐	☐	☐	☐	☐	☐	☐
Protein at each meal	☐	☐	☐	☐	☐	☐	☐
8+ glasses of water	☐	☐	☐	☐	☐	☐	☐
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
Nicotine-free	☐	☐	☐	☐	☐	☐	☐

WEEK 3 · 2 WEEKS BEFORE

HABIT	M	T	W	T	F	S	S
Walk (minutes)	☐	☐	☐	☐	☐	☐	☐
Gentle strength	☐	☐	☐	☐	☐	☐	☐
Protein at each meal	☐	☐	☐	☐	☐	☐	☐
8+ glasses of water	☐	☐	☐	☐	☐	☐	☐
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
Nicotine-free	☐	☐	☐	☐	☐	☐	☐

WEEK 4 · 1 WEEK BEFORE

HABIT	M	T	W	T	F	S	S
Walk (minutes)	☐	☐	☐	☐	☐	☐	☐
Gentle strength	☐	☐	☐	☐	☐	☐	☐
Protein at each meal	☐	☐	☐	☐	☐	☐	☐
8+ glasses of water	☐	☐	☐	☐	☐	☐	☐
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
Nicotine-free	☐	☐	☐	☐	☐	☐	☐

MY GOALS

HOW I FEEL THIS WEEK