



**MEDFIT**  
LIFESTYLE PROGRAM

# **PARTICIPANT BOOKLET**

[WWW.MEDFITMI.COM](http://WWW.MEDFITMI.COM)



**MEDFIT**  
LIFESTYLE PROGRAM

# PROGRAM Roadmap

**DAY 1**

## Initial Examination

Review health markers, MedFit Health Score, exercise risk, safe exercise HR range, home/gym program

**Phase 01**

## Month 1-3

Learn movement fundamentals, strength and cardio options while monitoring HR range safely

**Phase 02**

## Month 4-6

Reassessment, review goals, nutrition plan, chiropractic consult, prep for MedFit Gym Program

**LAST DC**

## MedFit Gym

Setup access, gym orientation, setup membership options, review community resources for wellness

[WWW.MEDFITHI.COM](http://WWW.MEDFITHI.COM)



**MEDFIT**  
LIFESTYLE PROGRAM

## CONTACT INFO

**Home Program Website:** <https://wibbi.com/login/>  
Default home program password: 111111 or 123456

**OFFICE: (808) 935-5255**

**OFFICE HOURS: 7:00am - 6:00pm**  
**\*\*CLOSED daily from 12:30pm-1:30pm for lunch\*\***

**EMAIL: [MEDFITHAWAII@GMAIL.COM](mailto:MEDFITHAWAII@GMAIL.COM)**

**PROGRAM DIRECTOR: DR. SHAUNA RUSSELL, DPT**  
**email: [shaunabiptc@gmail.com](mailto:shaunabiptc@gmail.com)**

[WWW.MEDFITHI.COM](http://WWW.MEDFITHI.COM)

# GOALS & ACTION PLAN

FINAL

DATE: \_\_\_\_\_

- ☐ REDUCE ACSM RISK SCORE  
.....
- ☐ IMPROVE MEDFIT HEALTH SCORE  
.....
- ☐ BP:      RESTING HR:      MAX HR:      SPO2:      .....
- ☐ MAINTAIN HR RANGE FOR 150 MINUTES PER WEEK  
.....
- ☐ GLUCOSE:      A1C:      CHOLESTEROL:      BF%:      .....
- ☐ BODY WT:      BMI:      BF%:      WAIST TO HIP:      .....
- ☐ VO2MAX:      .....
- ☐ PERSONAL ACTIVITY GOAL(S):  
.....  
.....  
.....
- ☐ .....
- ☐ .....

## ACTION PLAN:

PROGRAM: \_\_\_\_\_

FREQUENCY: \_\_\_\_\_



**MEDFIT**  
LIFESTYLE PROGRAM

WWW.MEDFITHI.COM

# MY NUMBERS

INITIAL

DATE: \_\_\_\_\_

- ☐ ACSM RISK SCORE:  
.....
- ☐ MEDFIT HEALTH SCORE:  
.....
- ☐ BP:      RESTING HR:      MAX HR:      SPO2:      .....
- ☐ MOD HR RANGE:      VIGOROUS HR RANGE:      .....
- ☐ GLUCOSE:      A1C:      CHOLESTEROL:      BF%:      .....
- ☐ BODY WT:      BMI:      BF%:      WAIST TO HIP:      .....
- ☐ VO2MAX:      .....
- ☐ PERSONAL ACTIVITY GOAL(S):  
.....  
.....  
.....
- ☐ .....
- ☐ .....



**MEDFIT**  
LIFESTYLE PROGRAM

WWW.MEDFITHI.COM

# GOALS & ACTION PLAN

INITIAL DATE: \_\_\_\_\_

- ☐ REDUCE ACSM RISK SCORE  
.....
- ☐ IMPROVE MEDFIT HEALTH SCORE  
.....
- ☐ BP:      RESTING HR:      MAX HR:      SPO2:      .....
- ☐ MAINTAIN HR RANGE FOR 150 MINUTES PER WEEK  
.....
- ☐ GLUCOSE:      A1C:      CHOLESTEROL:      BF%:      .....
- ☐ BODY WT:      BMI:      BF%:      WAIST TO HIP:      .....
- ☐ VO2MAX:      .....
- ☐ PERSONAL ACTIVITY GOAL(S):  
.....  
.....  
.....
- ☐ .....
- ☐ .....

## ACTION PLAN:

PROGRAM: 3-6 MONTHS

FREQUENCY: \_\_\_\_\_



**MEDFIT**  
LIFESTYLE PROGRAM

WWW.MEDFITHI.COM

# MY NUMBERS

FINAL DATE: \_\_\_\_\_

- ☐ ACSM RISK SCORE:  
.....
- ☐ MEDFIT HEALTH SCORE:  
.....
- ☐ BP:      RESTING HR:      MAX HR:      SPO2:      .....
- ☐ MOD HR RANGE:      VIGOROUS HR RANGE:      .....
- ☐ GLUCOSE:      A1C:      CHOLESTEROL:      BF%:      .....
- ☐ BODY WT:      BMI:      BF%:      WAIST TO HIP:      .....
- ☐ VO2MAX:      .....
- ☐ PERSONAL ACTIVITY GOAL(S):  
.....  
.....  
.....
- ☐ .....
- ☐ .....



**MEDFIT**  
LIFESTYLE PROGRAM

WWW.MEDFITHI.COM



**MEDFIT**  
LIFESTYLE PROGRAM

# PHASE 2

## MONTH 6

**WEEK 01**

### MEDFIT GYM INTRO & ACCESS

Wrap up the program with final assessment, orientation to MedFit gym, membership options, and gym program onboarding

**WEEK 02**

### INDEPENDENT WEEK

Practice programming and execute this week. Note any questions or issues to go over next session

**WEEK 03**

### INDEPENDENT WEEK

Practice programming and execute this week. Note any questions or issues to go over next session

**WEEK 04**

### FINAL WORKOUT PROGRAMMING

Final programming and preparation to start independent MedFit gym usage, confirm membership plan, and transfer to MedFit Gym Program

[WWW.MEDFITTHI.COM](http://WWW.MEDFITTHI.COM)



**MEDFIT**  
LIFESTYLE PROGRAM

# PHASE 1

## MONTH 1

**WEEK 01**

### FOUNDATIONS

Exercises: bodyweight, bands, intro cardio machines. Focus on body mechanics and good technique

**WEEK 02**

### BARBELL & FREE WEIGHTS

Intro basic barbell like squat and deadlift variations, bench and overhead press

**WEEK 03**

### STRONGMAN & CROSSFIT

Intro to functional training with sandbag variations, carrying, loading, grip training, and "strength cardio" style

**WEEK 04**

### HIIT

Education on purpose of interval training, learn to create circuit at home safely when short on time

[WWW.MEDFITTHI.COM](http://WWW.MEDFITTHI.COM)



**MEDFIT**  
LIFESTYLE PROGRAM

# PHASE 1

## MONTH 2

**WEEK 01**

### BALANCE & BANDS

Foundational balance activities without weight, adding bands for anti-rotational balance training

**WEEK 02**

### BALANCE: BARS & FREE WEIGHTS

Barbell and free weight exercises in different stance positions like stride, kick stand, single leg, and unstable surfaces

**WEEK 03**

### STRONGMAN CARDIO

Cardio and strength options using strongman equipment like sandbags, balls, carries, and loading for time

**WEEK 04**

### CORE STABILITY

Various core options in isometric and dynamic positions with body weight, bands, free weights, or unstable surfaces

[WWW.MEDFITTHI.COM](http://WWW.MEDFITTHI.COM)



**MEDFIT**  
LIFESTYLE PROGRAM

# PHASE 2

## MONTH 5

**WEEK 01**

### CHIROPRACTIC

Consultation for education on all the benefits of chiropractic care and nutrition testing for nutrition plan

**WEEK 02**

### INDEPENDENT WEEK

Practice new nutritional and chiro plan guidelines and continue with hitting cardio minutes and strength training according to plan

**WEEK 03**

### FOLLOW UP

Chiropractic follow up for nutrition plan updates and body work plan

**WEEK 04**

### INDEPENDENT WEEK

Practice nutritional guidelines and chiro plan continue with hitting cardio minutes and strength training according to plan

[WWW.MEDFITTHI.COM](http://WWW.MEDFITTHI.COM)

# GOALS & ACTION PLAN

90-DAY DATE: \_\_\_\_\_

- ☐ REDUCE ACSM RISK SCORE \_\_\_\_\_
- ☐ IMPROVE MEDFIT HEALTH SCORE \_\_\_\_\_
- ☐ BP: RESTING HR: MAX HR: SPO2: \_\_\_\_\_
- ☐ MAINTAIN HR RANGE FOR 150 MINUTES PER WEEK \_\_\_\_\_
- ☐ GLUCOSE: A1C: CHOLESTEROL: BF%: \_\_\_\_\_
- ☐ BODY WT: BMI: BF%: WAIST TO HIP: \_\_\_\_\_
- ☐ VO2MAX: \_\_\_\_\_
- ☐ PERSONAL ACTIVITY GOAL(S): \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ACTION PLAN:

PROGRAM: \_\_\_\_\_

FREQUENCY: \_\_\_\_\_



**MEDFIT**  
LIFESTYLE PROGRAM

WWW.MEDFITHI.COM



**MEDFIT**  
LIFESTYLE PROGRAM

# PHASE 1 MONTH 3

## WEEK 01

### INDOOR CARDIO

Cardio variations using treadmill, air bike, rower, stepper, ski erg, and sled

## WEEK 02

### OUTDOOR CARDIO

Cardio variations outdoors while walking, jogging, weighted walks, hiking, and various surfaces

## WEEK 03

### EVERYDAY STRENGTH

Body weight strength options using body weight as resistance for tricep dips, pull up variations, plank variations, push ups

## WEEK 04

### YOGA & PILATES

Using yoga postures and/or movements from the discipline of pilates for strength and endurance

WWW.MEDFITHI.COM



**MEDFIT**  
LIFESTYLE PROGRAM

# PHASE 2

## MONTH 4

**WEEK 01**

### NUTRITION

Consultation with nutritionist to address food concerns and develop a nutritional plan

**WEEK 02**

### PRACTICE

Practice nutritional plan guidelines and continue with hitting cardio minutes and strength training according to plan

**WEEK 03**

### FOLLOW UP

Nutrition follow up for nutrition plan adjustments and prep for chiropractic nutrition testing

**WEEK 04**

### PRACTICE

Practice nutritional plan guidelines and continue with hitting cardio minutes and strength training according to plan

[WWW.MEDFITHI.COM](http://WWW.MEDFITHI.COM)

# MY NUMBERS

90-DAY

DATE: \_\_\_\_\_

☐ ACSM RISK SCORE: \_\_\_\_\_

☐ MEDFIT HEALTH SCORE: \_\_\_\_\_

☐ BP: \_\_\_\_\_ RESTING HR: \_\_\_\_\_ MAX HR: \_\_\_\_\_ SPO2: \_\_\_\_\_

☐ MOD HR RANGE: \_\_\_\_\_ VIGOROUS HR RANGE: \_\_\_\_\_

☐ GLUCOSE: \_\_\_\_\_ A1C: \_\_\_\_\_ CHOLESTEROL: \_\_\_\_\_ BF%: \_\_\_\_\_

☐ BODY WT: \_\_\_\_\_ BMI: \_\_\_\_\_ BF%: \_\_\_\_\_ WAIST TO HIP: \_\_\_\_\_

☐ VO2MAX: \_\_\_\_\_

☐ PERSONAL ACTIVITY GOAL(S): \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_



**MEDFIT**  
LIFESTYLE PROGRAM  
[WWW.MEDFITHI.COM](http://WWW.MEDFITHI.COM)