



# Refit for Life!

A World Transplant Games Federation Initiative

## TRANSPLANT REHABILITATION PROGRAM

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## HEALTH TRACKING JOURNAL

[www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife)

## Important – Before you get started!

This Health Journal is designed to be used alongside the Refit for Life rehabilitation program. Please make sure you visit [www.wtgif.org/refitforlife](http://www.wtgif.org/refitforlife) and register to be part of the rehabilitation program.

The Refit for Life website will also give you guidance on the following:

Transplant Recipients getting Refit for Life

- Why Physical Activity post transplant is so important
- Early After your transplant
- Getting Started
- Risks associated with exercise
- Signs and Symptoms to be aware of

Before getting started you will be required to do an assessment after which you will be assigned a recommended exercise plan!

The website will introduce you to various elements of exercise including:

- Warming up & stretching exercises
- Different types of exercise
- Exercise recommendations

You will also find some interesting guidelines on Nutrition, designed to help you get started, understand food groups and start your journey to a healthy and proactive lifestyle.

Please note the Refit for Life rehabilitation program is designed to support the relationship that already exists between you and your health care professional, so please ensure you discuss your fitness and lifestyle goals with them before signing up.

Use this journal alongside the online refit for life program to track your weekly exercise and nutrition goals.

## This Health Journal belongs to:

**Name:**

**Age:**

**Organ received:**

**Goals:** It is helpful to jot down your goals. Goals may include improved quality of life, greater levels of energy, weight loss or gain, building muscle or toning. Your goals are personal.

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### *How to use this Journal*

- **Step 1:** Complete the Self Assessment Page

Here you will detail your weight, measurements and mental state of well-being. The rehabilitation program assessments are broken down into 6 months, with one assessment for each month. At the end of each month you should record your new weight, measurements and mental wellbeing feedback. This will help you to monitor your progress.

- **Step 2:** Complete the weekly food and exercise journals.

It is incredibly helpful to record your weekly exercises and diet, as this allows you to closely monitor your progress and keep tabs on actual amount of exercise being completed and your nutrition habits.

### *Exercise Programs:*

Please note once you have registered on the Refit for Life rehabilitation program by visiting [www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife), you will be given a recommended exercise program. Based on your progress and online assessments, new exercise programs will be unlocked as you go along. Make sure to log in your journal when you start a new exercise program.

**Good Luck**



## A Rehabilitation Program for Transplant recipients

The Refit for Life Toolkit is an initiative of the World Transplant Games Federation's global Fit for Life! Program. Its purpose, to help transplant recipients take their first steps towards becoming active so they can enjoy an increased quality of life!

Would you like to be active again post your transplant?  
Would you like to improve the function of your whole body?  
Would you like to enjoy a greater quality of life?

The Refit toolkit is here to help you take those first steps....  
A rehabilitation program for transplant recipients that offers you advice, guidance and examples on how you can improve not only your fitness and nutrition, but your mental wellbeing and overall quality of life!

Evidence shows that regular physical activity is highly positive for transplant patients – having beneficial effects for all aspects of your quality of life and yet many people in the transplant community are still not fully aware of the enormous benefits that regular physical activity can have on your health pre and post-transplant. Transplant survival rates are higher than they have ever been before because adopting a physically active lifestyle tends to help the organ work better and longer. The benefits of exercise are only now starting to be appreciated and most clinical practice guidelines now recommend exercise as standard care for solid organ transplant recipients however, most recipients don't know when, where or how to begin their journey back to a healthy balanced life.

As a global sports Federation that promotes sports for all, the WTGF hopes to raise awareness and educate the transplant community on the benefits of physical activity and break down barriers to exercise. Our goal is to assist all recipients, regardless of age or fitness levels, to get Refit and make the most out of their second chance at a healthy, happy life.

The Benefits of an increase in physical activity for a transplant recipient both physically and mentally include:

- Increased whole body strength.
- Improved energy levels.
- Helps control body weight.
- Decrease in proportion of body fat.
- Increase in heart and lung performance.
- Reduces overall risk of cardiovascular disease.
- Lower blood pressure.
- Reduces risk of developing diabetes and assists in glucose management in those with diabetes.
- Improved circulation.
- Decrease in cholesterol levels.
- Increase in bone density / strength and balance.
- Increased muscle mass, muscle strength & muscle endurance, and joint flexibility.
- Improved aerobic capacity.
- Faster recovery post-surgery.
- Enhances your mental sharpness.
- Reduced stress, tension, anxiety and depression.
- Improved sleep.
- Helps motivate you to improve your lifestyle.
- Helps in rebuilding your social life and relationships.
- Improves emotional wellbeing and self-perception.
- Improves your sex life.

### ***Getting Started***

- Visit **[www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife)** - read all the information and register on the rehabilitation program
- Engage your Health Care Professional to get the all clear
- Set goals for yourself
- Set time aside
- Evaluate your resources – exercise at home or at a local facility
- Make sure you get support from your friends and family

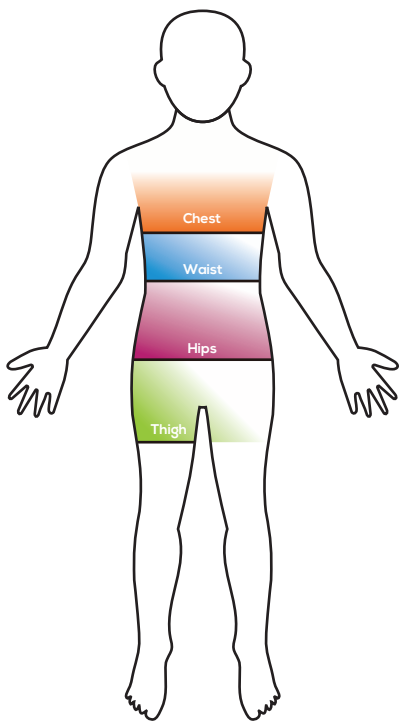
Remember to be realistic in your goals!

Always listen to your body

Start slowly and progress gradually



# MONTHLY WEIGH/MEASUREMENTS TRACK CHART



**Chest** - Standing, measure with breath out just above the nipple.

**Waist** - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

**Hips** - measure at the largest girth, where the butt is protruding the greatest.

**Thigh** - Standing, measure at the largest girth, just below the butt.

## Month Ending 1

Waist \_\_\_\_\_  
 Hips \_\_\_\_\_  
 Thigh \_\_\_\_\_  
 Chest \_\_\_\_\_  
 Weight \_\_\_\_\_

## Month Ending 2

Waist \_\_\_\_\_  
 Hips \_\_\_\_\_  
 Thigh \_\_\_\_\_  
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## Month Ending 3

Waist \_\_\_\_\_  
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## Month Ending 4

Waist \_\_\_\_\_  
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## Month Ending 5

Waist \_\_\_\_\_  
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### Starting Measurements and Weight

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### Ending Measurements and Weight

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# EXERCISE TRACKING CHART





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# NUTRITION TRACKING CHART

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DAY 5						
DAY 6						
DAY 7						

# NUTRITION TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

FOOD		WATER
MONDAY	B	   
	L	
	D	
	S	
TUESDAY	B	
	L	
	D	
	S	
WEDNESDAY	B	
	L	
	D	
	S	
THURSDAY	B	
	L	
	D	
	S	
FRIDAY	B	
	L	
	D	
	S	
SATURDAY	B	
	L	
	D	
	S	
SUNDAY	B	
	L	
	D	
	S	




# EXERCISE TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

	ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

# NUTRITION TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

FOOD		WATER
MONDAY	B	   
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TUESDAY	B	
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WEDNESDAY	B	
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THURSDAY	B	
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FRIDAY	B	
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SATURDAY	B	
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SUNDAY	B	
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# EXERCISE TRACKING CHART


WEEK NUMBER: \_\_\_\_\_

	ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT
DAY 1						
DAY 2						
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# NUTRITION TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

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# EXERCISE TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

	ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT
DAY 1						
DAY 2						
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SUNDAY	B	
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# EXERCISE TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

	ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT
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# NUTRITION TRACKING CHART

WEEK NUMBER: \_\_\_\_\_

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FRIDAY	B	
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SATURDAY	B	
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SUNDAY	B	
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# SIGNS AND SYMPTOMS TO BE AWARE OF WHEN EXERCISING

## 1 When NOT to exercise

- If you have a fever
- If you have a new illness or medical concern that has not been treated.
- If you have any pain.
- If temperatures in the exercise environment are very hot.

## 2 When to SLOW DOWN (shorten or reduce the exertion level during your next exercise session)

- If you are breathing too hard and find yourself unable to talk with someone else. (i.e. you should exercise at an intensity where your breathing frequency increases, but you are still able to hold a conversation if someone was next to you)
- When your muscles or joints get so sore that you cannot exercise the next day.
- When you do not fully recover from your exercise session within an hour or so.
- When you have an unusually high heart rate response to the exercise.
- If the exertion effort of your exercise session feels harder than usual.

## 3 When to STOP exercising

If you notice any of these during your exercise session, stop, cool down and discuss with your health care provider before returning to your exercise program

- Excessive Shortness of breath.
- Chest pain or pressure. (that may radiate into your neck/jaw area or down your arm)
- Irregular or racing heart beats.
- Nausea.
- Dizziness or light-headedness.
- Blurring of your vision.
- Excessive fatigue following your exercise (beyond just feeling a bit tired from your workout) also if sleep is affected.

# Refit Reinspired Refocused



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A World Transplant Games Federation Initiative

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Register at

[www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife)