

# MEMBER'S CARE PLAN

Goals  
Nutrition  
Human Performance  
Genetics  
Diagnostics  
Assessment  
Recommendations  
Supplements  
Notes



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Strength Coach, CSSC  
Geneticist, RDN, LD  
Nurse, RN  
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Approved by: Dr. Sandeep Palakodeit  
Rebel Health Systems

**02**

# SHORT TERM GOALS:

- Goals Here

# LONGTERM GOALS:

- Goals Here



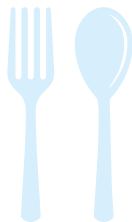
03

# NUTRITION

Nutrition Summary Here

1. Nutrition Plan Here

## TARGET MACROS



Fat:  
Protein:  
Carbohydrates:

Total Calories:



04

# HUMAN PERFORMANCE

Strength Summary Here



- Strength Plan here



**05**

# GENETICS

We examined the intricate details of your genetic makeup to uncover valuable insights into your health. Through this exploration, we identified potential predispositions, tailored interventions, and empowered you to make informed decisions to optimize your well-being.

- Genetics Plan Here



**05**

# GENETICS

**06**

# DIAGNOSTICS:

We examined key findings to gain insights into your current health status. Please note that this represents a snapshot of important discoveries and is not an exhaustive assessment of your overall diagnostics.

## DEXA SCAN

Results here

## VO2 MAX

Results here

## CAC SCAN

Results here

## LAB WORK

- Results here



**06**

# PHYSICIAN ASSESSMENT:

Throughout our journey together, we've meticulously gathered data on your health, including diagnostic tests, lifestyle habits, and personal goals. Now, as we embark on the assessment phase, we'll meticulously analyze this information to gain a comprehensive understanding of your current health status. This assessment will involve a thorough review of your diagnostic results, discussions with your coaches, and personal interactions with you. Through this process, we'll pinpoint key areas of focus, identify potential health concerns, and lay the groundwork for a personalized care plan tailored to your unique needs and aspirations

Assessment Here



**07**

# PHYSICIAN RECOMMENDATIONS

After thorough review of your diagnostics, collaborative discussions with your coaches, and our insightful meeting together, you'll find my recommendations below which have been tailored specifically to your needs. Together, we'll embark on a journey towards optimized health and well-being.



**07**

# PHYSICIAN RECOMMENDATIONS





09

# TEAM NOTES

YOUR TEAM IS BEHIND YOU EVERY  
STEP OF THE WAY

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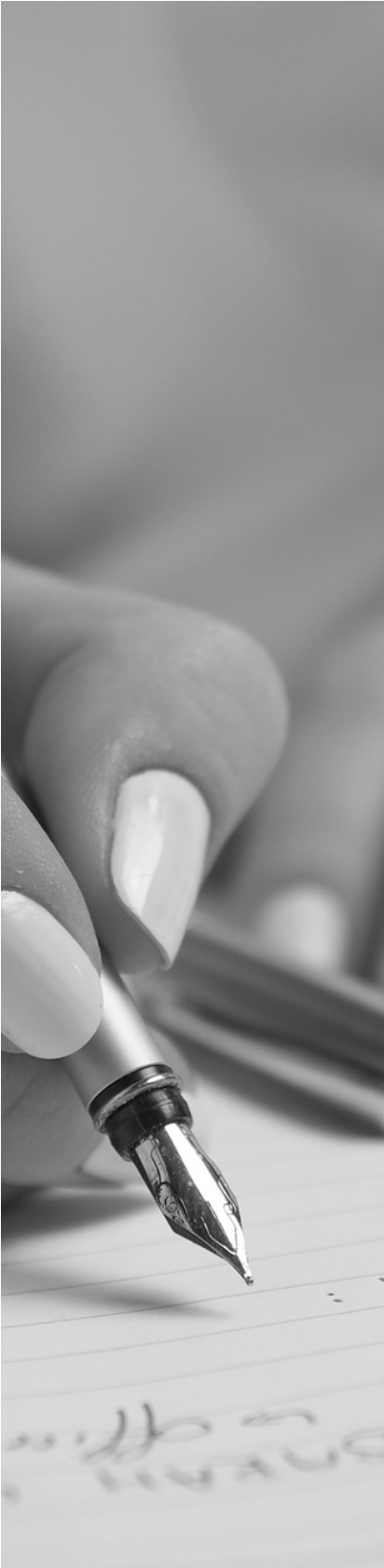


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# KEY TAKEAWAYS

1. List Here

Summarize Here



# 11

## UP NEXT:

### TAKE ACTION

Now that you have your personalized care plan in hand, it's time to roll up your sleeves and dive into action. This means implementing the strategies and recommendations outlined in your plan to start making tangible progress toward your health goals. Whether it's adopting healthier lifestyle habits, following a targeted exercise routine, or optimizing your nutrition, the next step is all about putting your plan into motion. With dedication, consistency, and the support of your team, you'll be well-equipped to take charge of your health journey and achieve lasting positive change.

