

# Progress Notes



In the Progress Notes section of this book you'll find all the prescribed exercises within blank tables that will allow you to write down information and track your progress. **Make copies of the blank tables and keep weekly notes/goals to monitor your progression.**

### **The Importance of Setting Goals**

To be successful with the program outlined in this book, you must establish goals and fight to meet those goals. There will be times when your body will be sore and you may want to give up, but giving up will not bring you the results you want. You must persist and reach the goals you set for yourself. Start with small goals and as you start to meet those goals, you will get confidence, then set bigger goals until you get to where you need to be.

You know the difference between a person that is successful and a person who is not? The successful person knows where there are going (a goal). They have an end in mind and any obstacle that gets in the way of achieving that goal is just a small speed bump but the goal keeps them motivated and hungry to get to the finish line.

The person who is NOT successful just does things without any sense of importance because there is no goal to be met. They do things haphazardly and without purpose, so they never give 100%. They can have dreams but without goals to meet along the way, they will not achieve those dreams.

A goal is set because of a specific need or want that you want to accomplish. In your case, your goal may be to be pain-free, to be able to play with your grandkids, or just do your favorite activities without paying for it the next day. I can give you all the exercises and information to accomplish your goals but it has to start with YOU. You have to want to get well and it takes work and commitment to get there.

*"It is Not Because Things are Difficult that We Do Not Dare; It Is Because We Do Not Dare that They are Difficult." - Lucius Annaeus Seneca*

At the end of each page in this section you'll be able to write down your goals for the week. The final goal is to be able to complete all the sets and repetitions for your prescribed exercises.

Don't give up. If you feel pain or soreness while doing the exercises, take it slow or just do what you can and push yourself a little bit harder for the next set.

I wish you the best in your journey to be pain-free and I can't wait to hear your success story!

## **Exercise Plan: Lumbar Disc Herniation**

I also recommend that you invest in a decompression vest, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. The decompression vest I recommend can be found at [DrJoseGuevara.com/inversion](http://DrJoseGuevara.com/inversion).

These are the prescribed exercises to treat a lumbar herniated disc.

Exercises	Sets	Repetitions
Knees to chest (10)		
Knees to shoulders (16)		
Lumbar extensions (39)		
Decompression (40)		
Cliff hanger (41)		
Hip bridges (4)		

Notes/Goals for the week:

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