

Build the man.

The body follows. A free 30-day starter programme for men rebuilding structure, confidence and consistency.

30 DAYS

Five daily standards. One manageable fresh start.

You do not need to be fit already. You do not need a gym. You do need to choose actions small enough to repeat, and return when life interrupts.

A message from Adam

Looking okay on the outside does not always mean feeling okay on the inside. PPP Rebuild gives you somewhere practical to begin: move, fuel, reflect, connect and notice a win. Your starting point is yours. Your next action is what matters.

What you will use

A daily five-point check-in; four weeks of focused actions; an optional home strength routine; simple meal ideas; and a tracker for all 30 days.

Start date: _____ Name: _____

Adam | PPP Mindset & Body Coaching ppprebuild.co.uk

Before day one

Spend 15 minutes getting ready. Choose a starting point you can repeat on a busy week.

1 / Choose your reason

I want to rebuild because: _____

2 / Record your starting point

Rate each from 1 (low) to 10 (high). Repeat on days 15 and 30. Energy: ____ Confidence: ____ Structure: ____ Current comfortable walk or activity time: ____ minutes

3 / Set your minimum

Move: choose a comfortable activity target, even 5 minutes. Fuel: choose one balanced meal or useful food habit each day. Mind: reserve 10 minutes for reflection, reading or quiet time. Connect: choose one trusted person you can contact. Win: decide where you will record one thing you did well.

4 / Decide when

My activity time: _____ My evening check-in time: _____ My backup plan on a busy day: _____

Make it suitable for you

This is a general habit programme for adults, not a personalised exercise prescription or mental health treatment. If a health condition, injury or recent inactivity makes exercise suitability uncertain, check with a clinician before starting. Choose comfortable movement; do not push through pain. Stop if you feel unwell. Seek urgent help for chest pain, fainting or severe breathlessness.

Your five standards

Complete the daily standards alongside each day's focus. Each standard earns one point; the focus task earns no extra points.

MOVE

Complete your chosen walk, suitable activity or optional strength session. Rest days can include comfortable gentle movement. If you need medical rest, prioritise recovery.

FUEL

Take one practical step towards balanced eating: build a balanced meal, prepare lunch or add fruit or vegetables. Do not score yourself on eating less.

MIND

Spend 10 minutes reflecting, reading or taking a quiet break. Use the day's prompt if helpful. On a difficult day, begin with two minutes and build back.

CONNECT

Make one intentional connection: a message, a conversation or an agreed check-in. You decide how much to share. A reply is not required to earn your point.

WIN

Write one specific action you did well. Examples: I packed lunch; I asked for support; I returned after missing yesterday.

A score is information. It is not your worth.

Check-in: DAY __ | MOVE __ FUEL __ MIND __ CONNECT __ WIN __ TOTAL __/5 | My win: ____ |
Tomorrow's smallest action: ____

Choose your activity route

Use either route throughout the programme. Match it to your ability and current routine.

Route 1 / Walking or suitable activity

Week 1: repeat your comfortable starting time. Week 2: if it feels manageable, add about 5 minutes to some sessions. Week 3: repeat that level before increasing again. Week 4: settle on an amount you can sustain. Short sessions can be split across the day.

If walking is unsuitable, use an activity recommended for you, such as comfortable cycling or seated movement. Already active? Keep your usual manageable routine; do not add exercise just to chase points.

Route 2 / Add home strength twice a week

Use the routine on the next page on days 2 and 5, 9 and 12, 16 and 19, then 23 and 26. Leave recovery time between sessions. These are optional: the activity route earns the same MOVE point.

Your progression rule

Keep the effort manageable. Increase one thing at a time - duration, repetitions or resistance - only when the current level feels comfortable. Maintain or reduce the target when needed. A hard week is a reason to adapt.

Busy-day version

Do your smallest comfortable activity, make one useful food choice, take a short quiet pause, contact someone and record a win. Record exactly what you managed; a shortened MIND session can be noted without a full point.

Longer-term direction

NHS guidance encourages adults to build towards 150 minutes of moderate activity a week and strength work on two days, starting gradually. This is a direction to work towards, not an entry test or a compulsory day-30 target.

Simple strength session

For people who can perform these movements comfortably. No gym is required; use light dumbbells only if you have them.

Warm up with 3-5 minutes of comfortable walking or marching and gentle movements. Begin with one round; progress to two if comfortable. Rest 60-90 seconds as needed. Finish each set with enough energy for another 2-3 good repetitions.

1 / Wall press-up - 6-10 repetitions

Hands on a wall at chest height. Step back slightly, bend your elbows to bring your chest towards the wall, then press away. Keep your body in a straight line.

2 / Supported dumbbell row - 6-10 each side

Support one hand on a sturdy surface. With a light weight in the other hand, pull your elbow towards your hip, then lower slowly. Skip if uncomfortable or if no suitable weight is available.

3 / Sit-to-stand - 5-8 repetitions

Use a stable chair against a wall. Lean slightly forward, stand with control, then sit slowly. Use your hands if needed. Skip if it causes knee or hip pain.

4 / Standing calf raise - 8-12 repetitions

Hold a sturdy surface for balance. Rise gently onto your toes, then lower slowly.

5 / Wall plank - 15-20 seconds

Place forearms on a wall and step back slightly. Keep your body aligned and breathe normally. Stop if uncomfortable.

Finish with a few minutes of easy movement. If any exercise hurts, omit it and use suitable activity instead; do not replace it with another painful movement. Walking alone is not a full substitute for strength work, but it is an acceptable route for this starter programme.

Eat with more structure

Build repeatable meals rather than following a restrictive diet. No calorie target or guaranteed weight loss is attached to this programme.

A simple meal checklist

Include a protein source, a starchy or wholegrain food, and fruit or vegetables. Choose portions that suit your appetite and activity. Include some unsaturated fats and drink regularly. Adapt for allergies, dietary preferences and clinician advice.

Three easy examples

Breakfast: plain yoghurt or a fortified alternative, oats and berries. Lunch: chicken, tuna, beans or tofu with wholegrain bread and salad. Dinner: fish, lean meat, lentils or tofu with rice or potatoes and vegetables.

When you are buying food on the go

Choose a sandwich or wrap with a protein filling and salad; add fruit. Or combine a ready-to-eat protein option with a grain salad and vegetables. Check storage instructions and allergens. Aim for a useful choice, not a perfect one.

A basic shopping list

Protein: eggs, yoghurt, beans, lentils, chicken, fish or tofu. Carbohydrates: oats, bread, rice or potatoes. Produce: fruit, salad and fresh or frozen vegetables. Extras: olive oil, nuts or seeds if suitable for you.

Your two repeatable meals

Meal 1: _____ Meal 2:

NHS Eatwell guidance supports variety across food groups over the day or week. You do not need every meal to look identical. If tracking food or body measurements is distressing, focus on regular meals and supportive habits instead.

Week 1 / Find your feet

Days 1-7: start small and learn what fits.

Every day: MOVE + FUEL + MIND + CONNECT + WIN. Add the focus below within those standards.

DAY 01 / Choose your reason

Write why you want to rebuild. Pick your minimum activity and check-in time.

DAY 02 / Make room

Put your activity slot in your diary. Try the optional strength session or your activity route.

DAY 03 / Prepare one meal

Choose and prepare one balanced meal you can repeat on a workday.

DAY 04 / Name the obstacle

Write what usually derails you. Finish: If that happens, I will do __ instead.

DAY 05 / Show up again

Repeat your activity or optional strength session. Notice what made starting easier.

DAY 06 / Reach out

Contact someone you trust. A simple How are you doing? is enough.

DAY 07 / Review and reset

Complete the weekly review. Keep one helpful habit and reduce one unrealistic target.

Week 2 / Create structure

Days 8-14: make the good choice easier.

Every day: MOVE + FUEL + MIND + CONNECT + WIN. Add the focus below within those standards.

DAY 08 / Anchor a habit

Attach one action to something you already do: after breakfast, I will __.

DAY 09 / Repeat before adding

Complete your activity or strength session. Keep the same level if it still feels challenging.

DAY 10 / Make tomorrow easier

Prepare lunch or write a meal plan for the next two days.

DAY 11 / Protect ten minutes

Put your phone aside for your MIND time. Write what is taking up headspace.

DAY 12 / Keep a promise

Complete your activity or strength session. Record a promise you kept today.

DAY 13 / Connect honestly

Ask a trusted person for a proper catch-up. Share only what you choose.

DAY 14 / Review and reset

Review your scores without judgement. Choose one change that will simplify next week.

Week 3 / Build confidence

Days 15-21: recognise evidence that you are changing.

Every day: MOVE + FUEL + MIND + CONNECT + WIN. Add the focus below within those standards.

DAY 15 / Take stock

Repeat the energy, confidence and structure ratings. Write one change you have noticed.

DAY 16 / Earn trust in yourself

Complete your activity or strength session. Record the action, not how you look.

DAY 17 / Practise a useful swap

Make one practical food adjustment, such as adding vegetables or preparing breakfast.

DAY 18 / Challenge the story

Write one harsh thought. Replace it with a fair statement grounded in what you have done.

DAY 19 / Choose your next level

Complete your activity or strength session. Increase one small element only if comfortable.

DAY 20 / Give support

Encourage someone or ask how their week has been. Listen without trying to fix everything.

DAY 21 / Review and reset

Identify your strongest standard and the one needing support. Adjust the environment, not just willpower.

Week 4 / Make it yours

Days 22-28: practise a routine you can continue.

Every day: MOVE + FUEL + MIND + CONNECT + WIN. Add the focus below within those standards.

DAY 22 / Choose your essentials

Write the three habits you want to keep after day 30.

DAY 23 / Repeat your routine

Complete your activity or strength session at a level you can sustain.

DAY 24 / Plan for pressure

Write a realistic plan for a busy shift, family commitment or disrupted day.

DAY 25 / Make space to recover

Use your MIND time to reflect on rest and boundaries. Choose one workable evening habit.

DAY 26 / Finish with control

Complete your activity or strength session. Progress is being able to return and repeat.

DAY 27 / Strengthen connection

Arrange your next catch-up or check-in. Ask the other person what timing suits them.

DAY 28 / Review and reset

Complete the final weekly review. Choose the routine you will carry into the next month.

Days 29 and 30

Completing the programme is the beginning of a routine you can return to.

DAY 29 / Write your next-month plan

Keep your five standards today. Decide which activity days, two repeatable meals and connection habit fit the next month. Set a minimum for busy days. Agree any check-in arrangement with the other person rather than assuming they are available.

DAY 30 / Recognise the rebuild

Repeat your starting ratings. Compare what you do, how you feel and how you respond to setbacks. Record three actions you are proud of. Decide one focus for the next 30 days.

Energy: ____ Confidence: ____ Structure: ____ My three wins:

_____ My next focus:

If you missed days

Continue from where you are. You can complete 30 programme days over longer than a calendar month. Do not double your workouts, restrict food or punish yourself to make up points.

Send Adam your finish check-in

REBUILD COMPLETE | My biggest change: __ | My strongest habit: __ | My next focus: __.
Share your score or ratings only if you want to.

Instagram: @ppp_mindsetandbodycoaching Website: <https://ppprebuild.co.uk>

Your weekly review

Use on days 7, 14, 21 and 28. Copy these prompts into your phone notes or print this page four times.

My week

Week: ____ Total points: ____ / 35 One moment I showed up:

What worked?

The habit that felt easiest: _____ What made it easier:

What got in the way?

The main obstacle: _____ A practical change I can make:

What will I keep?

One habit to repeat: _____ One target to simplify:

What support would help?

Person I could contact: _____ What I want to ask for:

Return. Adjust. Repeat.

Optional message to Adam: WEEK __ | Score __/35 | Win __ | Obstacle __ | Next action __. This PDF does not promise live or immediate coaching replies. Arrange support separately if you want it.

Record your actions

Write 1 for completed, 0 for missed, or - for a medically necessary pause. Note adaptations. No minimum score is required to finish.

Day	Move	Fuel	Mind	Connect	Win	Total
01						_/5
02						_/5
03						_/5
04						_/5
05						_/5
06						_/5
07						_/5
08						_/5
09						_/5
10						_/5
11						_/5
12						_/5
13						_/5
14						_/5
15						_/5
16						_/5
17						_/5
18						_/5
19						_/5
20						_/5
21						_/5
22						_/5
23						_/5
24						_/5
25						_/5
26						_/5
27						_/5
28						_/5
29						_/5
30						_/5

Total: ____ / 150 | My most consistent standard: _____

Notes: _____

Keep rebuilding

The programme is free. Personal coaching, if you choose it, is a separate service.

Your next-month commitment

I will move on: _____ My minimum on a busy day:
_____ My two easy meals:
_____ My reflection time:
_____ My connection plan:
_____ My next review date:

When you need more support

You can participate without sharing personal problems. Keep check-ins respectful, ask before offering advice and do not forward another person's private messages. For persistent distress or health concerns, speak with a qualified professional; this programme is not a crisis support service.

Health guidance used

The daily prompts and weekly structure are the PPP Rebuild method. General activity and food guidance is informed by these NHS resources, checked 5 October 2026. These sources do not endorse PPP or validate a promised outcome.

NHS: Physical activity guidelines for adults

NHS: How to improve strength and flexibility

NHS: The Eatwell Guide

Stay connected

Instagram: @ppp_mindsetandbodycoaching Website: ppprebuild.co.uk Message REBUILD with a question about the programme.