Skip it out

90 DAYS. YOUR BIOLOGY. YOUR PROOF

The Print Pack

Your Data Pages

You don't need a gym. You need a rope and a reason.

Name:

Start Date	Day 30	Day 60	Day 90

Cancer Type	Nodes Removed
Country	**Testing Tier**

This guide contains everything on the website — printed, bound, and yours to write in.

NOT MEDICAL ADVICE · CONSULT YOUR ONCOLOGIST

My Reason

“I am my reason. My kids are my reason. Living is my reason.”

Before you pick up the rope, get clear on your reason. A 90-day protocol requires commitment through days that feel heavy, painful, and impossible. Your reason is the thing that carries you through those days. It is not motivation — motivation fades. It is intention. Write it below. Be specific. Come back and read it on the days you do not want to move.

A rope and a reason.

You have already done the hard part.

The waiting rooms, the scans, the devastation of hearing the diagnosis. Then came the surgery. The chemo. The radiation. Finally the day the doctor said 'you're in remission' and sent you home to work out what to do with the rest of your life.

You came through it. You are here. You are alive — and from the moment you heard that diagnosis, the value of your life has been permanently ingrained in you.

Nothing is being done to your body any more. You are the one deciding. You are in control. Control of what you eat, how you move, how long you sleep, the emotions you carry, and everything else in between in the 24 hours you get each day.

Take the opportunity to formally meet this body in its new skin. Not the one you had before — this one. The body and biology that carried you through cancer. With Skip It Out you get to meet your biology as something you can see, in numbers on a page, that move when you move.

This is the good part.

90 DAYS. YOUR BIOLOGY. YOUR PROOF.

THE PROTOCOL AT A GLANCE

This pack holds the pages you write on. The full science, the exercise variations, the fasting and supplement detail, the 360° input changes and the Kitchen Reset all live in the complete journal on the website. Keep that on your phone. Print this and put it on the bench.

The circuit

Skip — 60 reps. The lymphatic pump. Vertical bounce opens and closes the one-way valves. After node removal, skipping IS the pump.

Burpee — 8 reps. The thoracic flush. Up-down movement creates the pressure changes that move lymph through the thoracic duct.

30 skips as a connector. Keeps lymph moving between exercises — 40 in Build, 50 in Peak.

Squat — 15 reps. The abdominal bellows. Compresses the cavity and moves lymph through the cisterna chyli.

The three phases

PHASE	DAYS	ROUNDS	REST	REPS	TIME
Foundation	1–30	3	90s	60 / 8 / 15	~11 min
Build	31–60	4	75s	60 / 10 / 18	~14 min
Peak	61–90	5	60s	60 / 12 / 20	~18 min

Rest days are part of the protocol. Blanks in the grid are not failures — they are your body telling you what it needs. If a day feels painful or impossible, stretch, walk in the sun, ground your feet. Pick it up tomorrow.

STOP AND SEEK MEDICAL ADVICE

Stop the circuit immediately and contact your doctor if you feel lightheaded, dizzy or faint, get chest pain or tightness, become unusually short of breath, feel your heart racing or skipping, get sudden pain, or notice new swelling, heaviness or tightness in a limb. Call emergency services for chest pain or breathlessness that does not settle with rest.

Feeling tired or working hard is expected. Feeling unwell is not. Stopping is never a failed session.

Before you begin, consult your oncologist or treating physician. The full disclaimer is in the complete journal on the website.

DAILY NON-NEGOTIABLES

Tick these off as a daily habit. The full reasoning for each one is in the complete journal.

- ☐ 2–3L water — lymph is 95% water
- ☐ Good fats — lymphatic vessels are fat-dependent
- ☐ Anti-inflammatory foods — greens, berries, fatty fish, fermented
- ☐ Mānuka honey + fresh lemon
- ☐ 14–16hr overnight fast — circuit done fasted
- ☐ Daily dry brushing — light pressure, toward the heart
- ☐ Reduce processed food, alcohol, seed oils — clean data
- ☐ Coffee swapped for rooibos or chrysanthemum

Before you begin, consult your oncologist or treating physician. If you experience unusual pain, swelling, shortness of breath, chest pain, dizziness, or any symptoms of lymphedema, stop immediately and seek medical attention.

360° INPUT CHANGES

The swaps that change what goes into your body. Each one connects to a marker on your panel — the full reasoning for every change is in the complete journal. Tick them off as you go. You do not need to do all of it at once.

Water

- [ ] Glass, stainless or copper bottle
- [ ] Water filter installed
- [ ] 2L+ daily consistently
- [ ] No plastic bottles

Coffee

- [ ] Switched to rooibos / chrysanthemum
- [ ] Coffee limited or eliminated
- [ ] No coffee on an empty stomach

Food & storage

- [ ] Glass food storage containers
- [ ] No microwaving in plastic
- [ ] Stainless or cast iron cookware
- [ ] Organic for the dirty dozen
- [ ] Removed non-stick cookware

Skin

- [ ] Daily dry brushing
- [ ] Mineral sunscreen (zinc / titanium)
- [ ] Audited skincare ingredient lists

- [ ] Removed fragranced products
- [ ] Paraben-free shampoo and body wash

EMF

- [ ] Phone out of the bedroom at night
- [ ] Corded headphones
- [ ] Wi-Fi router off overnight
- [ ] Phone not carried against the body

Sleep

- [ ] Consistent bedtime within 30 minutes
- [ ] Bedroom fully dark
- [ ] No screens 30 minutes before bed
- [ ] Room 18–20°C

Oral health

- [ ] Dental check-up before Day 0
- [ ] Dentist knows about my treatment
- [ ] Bone medication + dental work timing checked
- [ ] Electric brush, soft bristles, gentle pressure
- [ ] Brush head replaced this checkpoint
- [ ] Cleaning between teeth daily
- [ ] SLS-free toothpaste, alcohol-free rinse

Fasting

- [ ] 12-hour overnight fast achieved

- [ ] 14-hour fast consistently
- [ ] 16:8 protocol
- [ ] Doing the circuit fasted

YOUR TESTING PANEL

The testing panel below is for discussion with your doctor. Your doctor decides which tests are clinically appropriate for your individual situation.

How to get the request written

Start with your oncologist or treating specialist. In most health systems a specialist request carries fewer restrictions than a GP request, so the whole panel can usually go on one form. If you are still attending follow-up appointments, this is the easiest route by a wide margin.

If that is not an option, ask your GP. Please note that because this is a long list, a GP may need to split it across two or three requests written over separate appointments in order to keep it bulk-billed or funded.

If your GP declines, that is not a refusal of you. Ordering a large panel without documented clinical justification can expose a GP to a funding compliance review, and some will understandably decline on that basis. Ask for a referral to your oncologist instead — that is the correct route anyway, and a good GP will write one on the spot.

One that is not a blood test

DEXA bone density scan. The surveillance item most consistently recommended for this group and the one nobody thinks to ask for, because it is imaging rather than pathology and never appears on a blood form. It matters here because this circuit is weight-bearing by design — squats and the landing phase of every skip load bone directly, and without a baseline you have no way of knowing whether that is doing anything.

What it involves: a low-dose X-ray at a radiology practice. You lie on an open table for about ten minutes — no injection, nothing enclosed. Two sites are measured, usually lumbar spine and hip, and you are given a T-score.

The funding part: in Australia bone densitometry is not automatically rebated. There are specific MBS items and the referral must state which clinical indication applies. Common ones for this group are aromatase inhibitor therapy, premature or treatment-induced menopause, risk-reducing oophorectomy, prolonged corticosteroids, or a previous minimal-trauma fracture. If none applies you can still have the scan as a private patient for a modest fee. Other countries fund it differently — ask what applies where you are.

It is referred to a specialist rather than ordered like a blood test, and the report must be written by one — so it is a separate referral, not a line on your pathology form. There is a dedicated request page for it in your downloads.

One thing that makes DEXA different from everything else in this journal: do not book a repeat at Day 90. Bone density cannot meaningfully change in 90 days, and the scan carries a precision error large enough that a short repeat would show noise you would read as signal. Funding rules generally allow monitoring only once in a 24 month period anyway. So treat DEXA as a round-boundary measure — baseline now, repeat at 12 to 24 months, which is roughly your first round against your fifth.

If you want a bone answer on a 90-day timescale, that is what the bone turnover markers are for. CTX reflects how much bone is being broken down and P1NP how much is being laid down, and unlike density they respond within weeks to months because they measure activity rather than the accumulated result. Falling CTX alongside steady or rising P1NP is the direction you want. Both need a fasted morning draw at the same time each checkpoint, both are usually self-funded, and the evidence that exercise shifts them inside 90 days is suggestive rather than settled. They sit in Go Deeper.

You do not need every test on this list to run the protocol. A partial panel, tested consistently at the same four checkpoints, is still real data.

My country: My health system:

FREE — Through your health system

25+ blood tests for $0 that provides a tailored snapshot of your biology post cancer treatment. Inflammation, immune, thyroid, hormones, liver, vitamins, EBV, tumour markers.

GO DEEPER — Private labs

Additional testing depending on your budget. NK cells, heavy metals, gut health, environmental toxins, Omega-3. Order as many or as few as you like through independent labs.

Cycle timing: Book Day 0 bloods for **Day 2–4 of your period** (early follicular). Post-menopausal: any fasting morning.

DAY 0 — YOUR BASELINE

- [ ] Set start date
- [ ] Book blood tests (use GP/oncologist letter from the website)
- [ ] Complete Day 0 blood draw (Day 2–4 of cycle if applicable)
- [ ] Enter Day 0 results into the xlsx tracker and/or My Results on the website
- [ ] Record body measurements (surgery side vs reference side)
- [ ] Take Day 0 photos (front, back, left, right)
- [ ] Do Day 0 vibe check-in (8 questions)
- [ ] Start daily non-negotiables

Body Measurements

Measurement	Day 0	Day 30	Day 60	Day 90
Weight (kg)				
Body Fat %				
Waist (cm)				
Hips (cm)				
Chest (cm)				
Surgery Side — Pt 1				
Surgery Side — Pt 2				
Reference Side — Pt 1				
Reference Side — Pt 2				
DIFFERENCE — Pt 1				
DIFFERENCE — Pt 2				
Resting Heart Rate				
Blood Pressure				

Day 0 — FRONT

Print your photo and stick or tape it below. Same lighting, same position at each milestone.

Day 0 — FRONT — stick photo here

Day 0 — BACK

Print your photo and stick or tape it below. Same lighting, same position at each milestone.

Day 0 — BACK — stick photo here

Day 0 — LEFT SIDE

Print your photo and stick or tape it below. Same lighting, same position at each milestone.

Day 0 — LEFT SIDE — stick photo here

Day 0 — RIGHT SIDE

Print your photo and stick or tape it below. Same lighting, same position at each milestone.

Day 0 — RIGHT SIDE — stick photo here

VIBE CHECK-IN SCORES

Score each 1–5 (1 = poor, 5 = excellent).

Question	Day 0	Day 30	Day 60	Day 90
Energy				
Sleep				
Gut Health				
Mood				
Body				
Surgery Side				
Skin				
Hydration				
TOTAL (/40)				
PERCENTAGE				

Day 0 Notes:

Day 30 Notes:

Day 60 Notes:

Day 90 Notes:

LAB RESULTS TRACKER

FREE TIER — Through Your Health System

These tests are available for free (or minimal cost) through your GP, oncologist, or public health system with cancer history as clinical justification. This alone is a powerful before-and-after snapshot of your biology.

Blood

Measurement	Day 0	Day 30	Day 60	Day 90
FBE/FBC/CBC — Hb				
WCC				
Lymphocytes				
Platelets				
HbA1c				
Fasting Glucose				
Fasting Insulin				
Ferritin				
LDL				
HDL				
Triglycerides				
Calcium				
Uric Acid				
LDH				
Homocysteine				

Inflammation

Measurement	Day 0	Day 30	Day 60	Day 90
hs-CRP (opt <1.0)				
ESR				

IL-6				
Adiponectin				
SAA				
MPO				

Hormones

Measurement	Day 0	Day 30	Day 60	Day 90
TSH				
Free T3				
Free T4				
Thyroid Antibodies				
Cortisol AM				
Oestradiol				
FSH				
DHEA-S				

Nutrients

Measurement	Day 0	Day 30	Day 60	Day 90
Vitamin D (opt 75–150)				
B12				
Folate				
Zinc				
Copper				
Omega-3 Index				
RBC Magnesium				

Immune

Measurement	Day 0	Day 30	Day 60	Day 90

NK Cells				
IgG				
IgA				
IgM				
EBV EA IgG				
CA 15-3 (opt <30)				
CEA (opt <5)				
CA-125 (opt <35)				

Environmental

Measurement	Day 0	Day 30	Day 60	Day 90
BPA				
Phthalates				
Glyphosate				
Heavy Metals				
PFAS				
CDSA				
Zonulin				

Track these across all four rounds. The Skip It Out panel tracker spreadsheet carries your Day 0 forward and charts every marker automatically — pick a marker, see the line. Free to download at skipitout.com.

Take the pathology discussion sheet to your appointment. It groups every test by how straightforward it is to justify, gives the reason for asking, and leaves a yes/no/note column your doctor fills in as you work down the page — plus separate pages for the allied health request and the bone density referral, which is imaging and cannot go on a blood form. Free to download at skipitout.com.

Day 30 — FRONT

Print and tape. Compare with Day 0.



Day 30 — BACK

Print and tape. Compare with Day 0.

Day 30 — BACK

Day 30 — LEFT SIDE

Print and tape. Compare with Day 0.

Day 30 — LEFT SIDE

Day 30 — RIGHT SIDE

Print and tape. Compare with Day 0.

Day 30 — RIGHT SIDE

Day 30 REFLECTION

How I feel at Day 30:

What changed since last checkpoint:

My reason today:

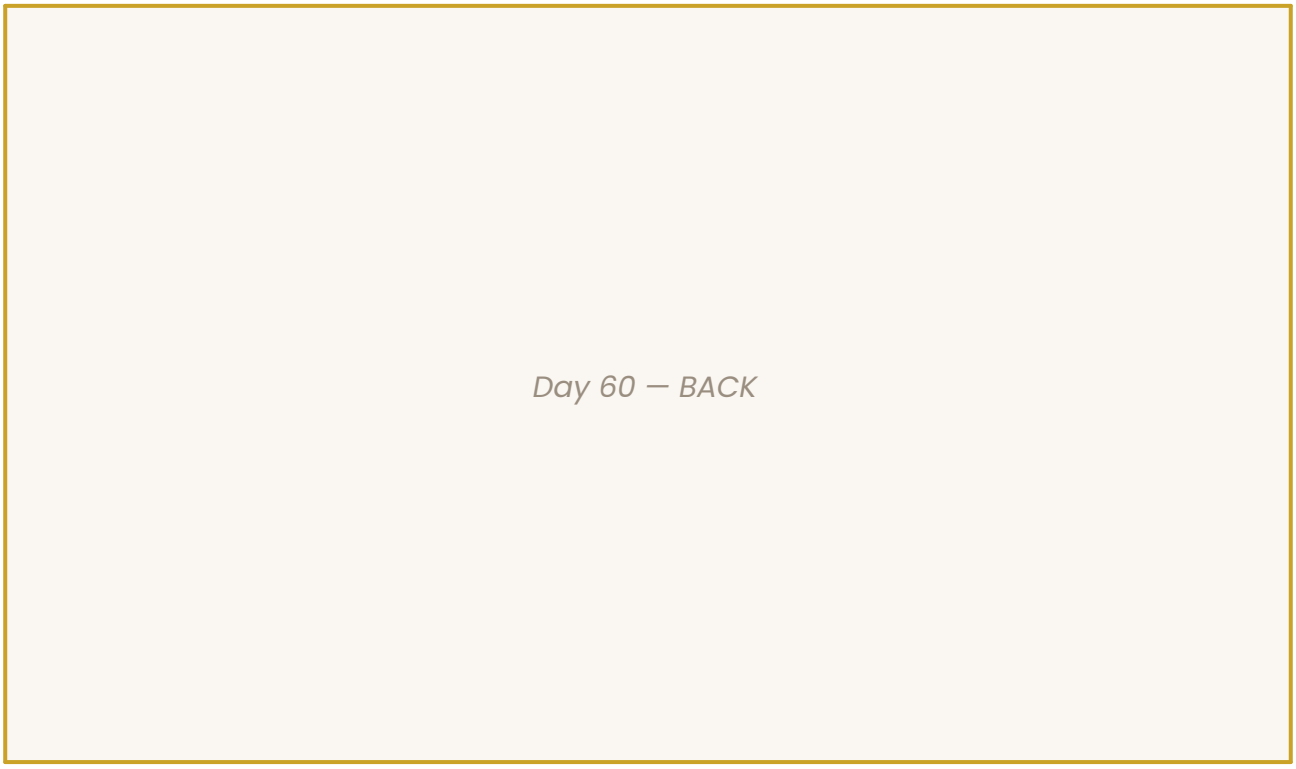
Day 60 — FRONT

Print and tape. Compare with Day 0.



Day 60 — BACK

Print and tape. Compare with Day 0.



Day 60 — LEFT SIDE

Print and tape. Compare with Day 0.

Day 60 — LEFT SIDE

Day 60 — RIGHT SIDE

Print and tape. Compare with Day 0.



Day 60 REFLECTION

How I feel at Day 60:

What changed since last checkpoint:

My reason today:

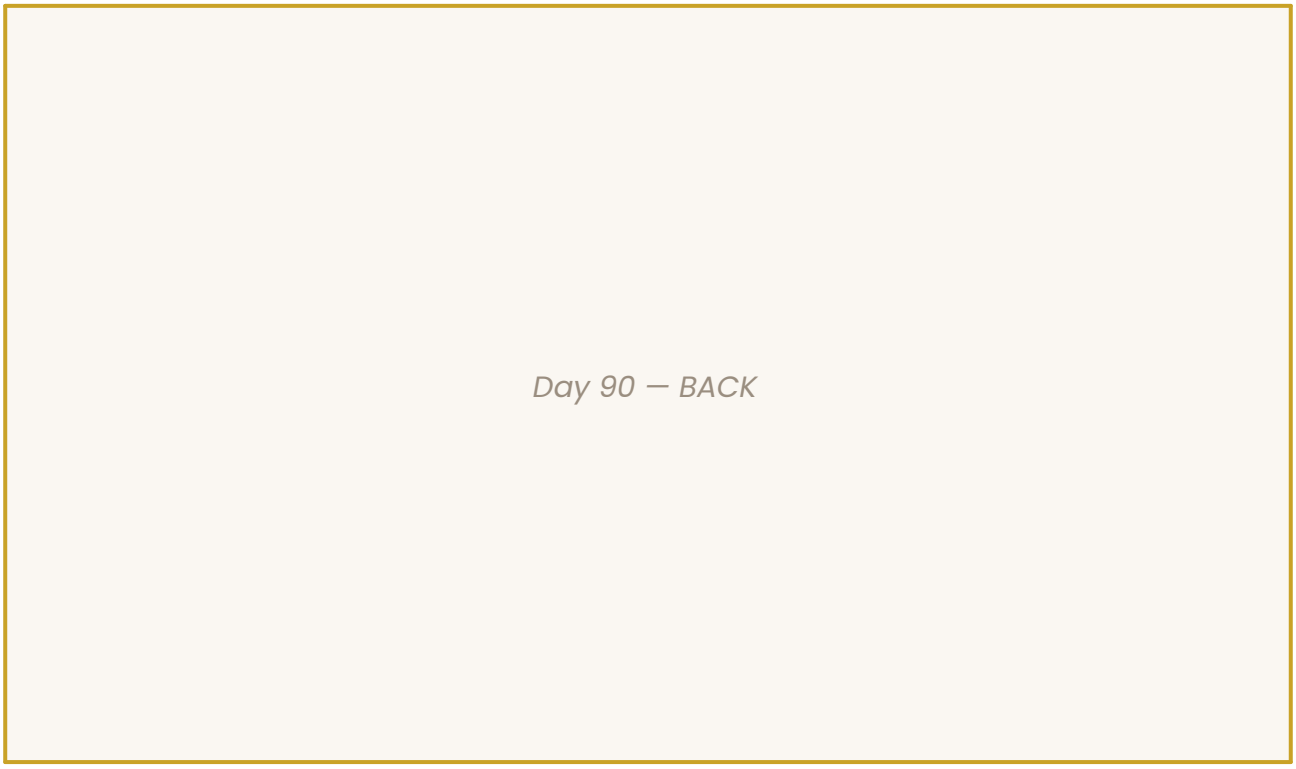
Day 90 — FRONT

Print and tape. Compare with Day 0.



Day 90 — BACK

Print and tape. Compare with Day 0.



Day 90 — LEFT SIDE

Print and tape. Compare with Day 0.



Day 90 — RIGHT SIDE

Print and tape. Compare with Day 0.

Day 90 — RIGHT SIDE

Day 90 REFLECTION

How I feel at Day 90:

What changed since last checkpoint:

My reason today:

90-DAY COMPLETION GRID

Rest days are part of the protocol. Blanks are not failures.

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10
☐ 11	☐ 12	☐ 13	☐ 14	☐ 15	☐ 16	☐ 17	☐ 18	☐ 19	☐ 20
☐ 21	☐ 22	☐ 23	☐ 24	☐ 25	☐ 26	☐ 27	☐ 28	☐ 29	☐ 30
☐ 31	☐ 32	☐ 33	☐ 34	☐ 35	☐ 36	☐ 37	☐ 38	☐ 39	☐ 40
☐ 41	☐ 42	☐ 43	☐ 44	☐ 45	☐ 46	☐ 47	☐ 48	☐ 49	☐ 50
☐ 51	☐ 52	☐ 53	☐ 54	☐ 55	☐ 56	☐ 57	☐ 58	☐ 59	☐ 60
☐ 61	☐ 62	☐ 63	☐ 64	☐ 65	☐ 66	☐ 67	☐ 68	☐ 69	☐ 70
☐ 71	☐ 72	☐ 73	☐ 74	☐ 75	☐ 76	☐ 77	☐ 78	☐ 79	☐ 80
☐ 81	☐ 82	☐ 83	☐ 84	☐ 85	☐ 86	☐ 87	☐ 88	☐ 89	☐ 90

Total Sessions: _____ / 90

LISTEN TO YOUR BODY

Your body can feel extremely heavy, blocked up, and sore from exercise — especially if you are just starting out post lymph node removal. Some days will feel painful and next to impossible. Do not force the workout. Use that day as a stretch day instead: put on a yoga stretch or stretch over an exercise ball, go for a walk in the sunshine, ground your feet in the earth. Do something that lets your body relax and unwind. Rest days are part of the protocol. Blanks in this grid are not failures — they are your body telling you what it needs. Pick it up again tomorrow. Remember your reason.

GO DEEPER — PRIVATE LAB PANEL

Additional testing through independent labs depending on your budget.

These tests go beyond what your public health system covers. Order as many or as few as you like. Each adds a deeper layer of insight into what the protocol is changing.

IMMUNE — DEEP

Measurement	Day 0	Day 30	Day 60	Day 90
NK Cell Count + Lymphocyte Subsets (cells/µL) — opt >100				
IL-6 Interleukin-6 (pg/mL) — opt <7				
Serum Amyloid A / SAA (mg/L) — opt <10				
Adiponectin (µg/mL) — opt >10				
Myeloperoxidase / MPO (pmol/L) — opt <620				

NUTRIENTS — DEEP

Measurement	Day 0	Day 30	Day 60	Day 90
Omega-3 Index (%) — opt >8%				
RBC Magnesium (mmol/L) — opt 1.65–2.55				
ApoB / Apolipoprotein B (g/L) — opt <0.9				

BONE TURNOVER — the 90-day bone answer

Measurement	Day 0	Day 30	Day 60	Day 90
CTX — bone breakdown (fasted, morning, same time each draw)				
P1NP — bone building (fasted, morning, same time each draw)				

HEAVY METALS & TOXINS

Measurement	Day 0	Day 30	Day 60	Day 90
Urine Toxic Metals — 14 panel (Pb, Hg, As, Cd + 10 more)				
Blood Metals (Pb, Hg, As, Cd)				
BPA + Phthalates (urine)				
Glyphosate (urine)				

PFAS Panel / Forever Chemicals (serum)				

GUT ECOSYSTEM

Measurement	Day 0	Day 30	Day 60	Day 90
CDSA — Comprehensive Digestive Stool Analysis				
PCR Multiplex Stool Panel				
Zonulin / intestinal permeability (ng/mL) — opt <107				

Costs vary by provider and country. The app shows providers for your location. Ask about bundle pricing for Day 0 + Day 90 repeats.

Track these across all four rounds. The Skip It Out panel tracker spreadsheet carries your Day 0 forward and charts every marker automatically — pick a marker, see the line. Free to download at skipitout.com.

SUPPLEMENT TRACKER

Supplement	BUY	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12	W13
Turkey Tail	☐													
NAC	☐													
Vitamin D3	☐													
Omega-3	☐													
Zinc	☐													
Selenium	☐													
Milk Thistle	☐													
Probiotics	☐													
B-Complex	☐													
Magnesium	☐													
Silica	☐													
Quercetin	☐													
Curcumin	☐													

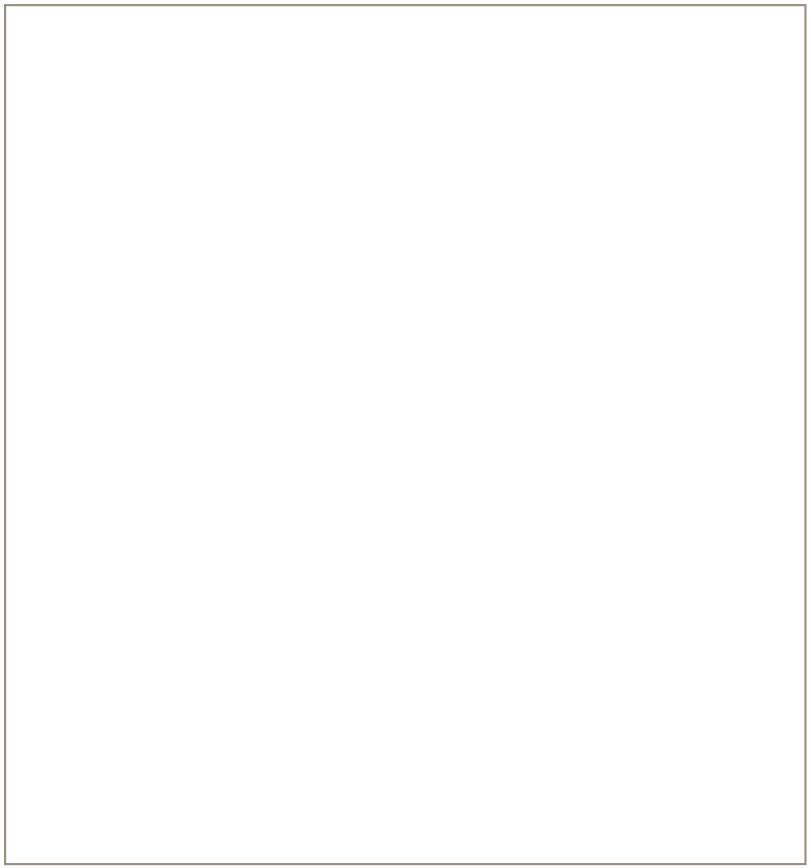
Day 90 — The Finish Line

You did it. Stick your favourite Day 90 photo here.

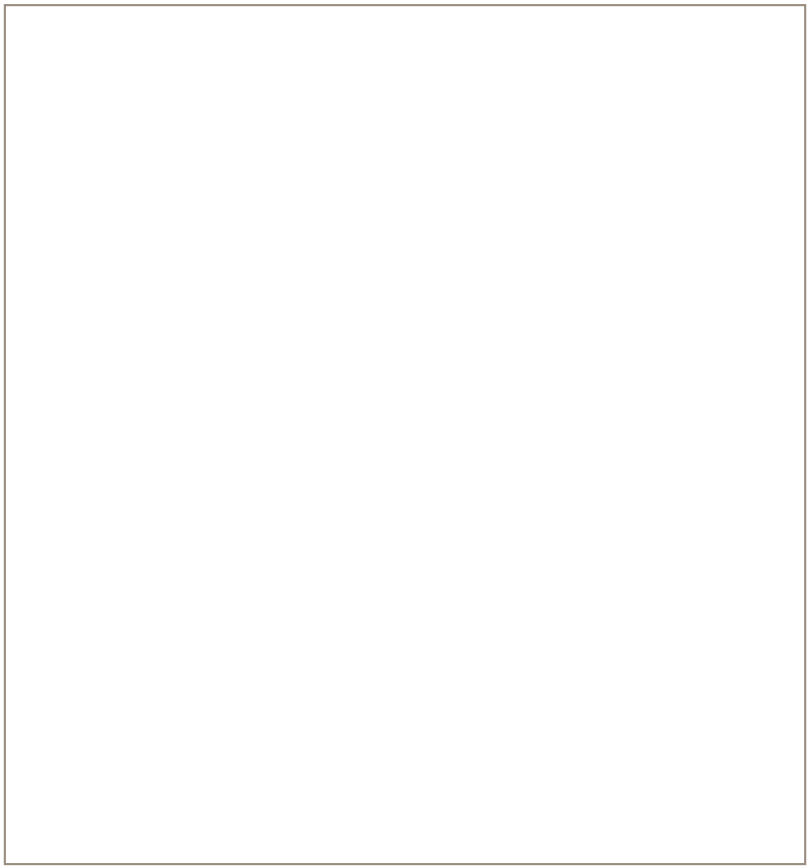
Your Day 90 Photo

FACE TO FACE

Day 0 and Day 90, side by side.



Day 0



Day 90

The bloods are your evidence.

The selfie is a timestamp of history for you to look into your own eyes and feel the growth in your internal presence.

Try to take it in the same light, same time of day, no filter, both times.

Not a measurement. Just a record.

DISCLAIMER

Skip It Out is not a medical provider, health service, or clinical tool. It does not diagnose, treat, cure, or prescribe. Nothing in this journal, the app, or any associated content should be interpreted as medical advice.

The Skip It Out protocol is a self-directed experiment on your own biology. It is not a treatment plan. Results will vary between individuals based on cancer type, treatment history, fitness level, adherence, and many other factors. No specific health outcome is promised or implied.

Before beginning any exercise program, fasting protocol, or supplement regimen described in this journal, consult your oncologist or treating physician. If you experience unusual pain, swelling, shortness of breath, chest pain, dizziness, or any symptoms of lymphedema, stop immediately and seek medical attention.

The supplements listed in this journal have published research relevant to cancer survivors but are not prescriptions. Always discuss supplements with your oncologist, particularly if you are on active treatment, hormone therapy (tamoxifen, aromatase inhibitors), or immunotherapy (checkpoint inhibitors). Some supplements may interact with medications or be contraindicated for your specific situation.

The blood testing panel and GP/oncologist letter templates are provided as patient-prepared discussion documents to facilitate informed conversations with your care team. They are not clinical recommendations. Your doctor will determine which tests are clinically appropriate for your individual situation based on your medical history.

Health system coverage, item numbers and billing information vary by country and change over time. What is funded in one health system may not be in another. Always confirm current eligibility and cost with your provider before testing.

The TCM (Traditional Chinese Medicine) dietary recommendations are based on traditional practice and are not a substitute for medical nutrition advice from a qualified dietitian or your treating physician.

The EMF (electromagnetic field) information presented reflects published research from the U.S. National Toxicology Program, the Ramazzini Institute, and other sources. This is an evolving area of research and does not represent a consensus position of all scientific bodies.

This journal and skipitout.com do not collect, store, or transmit your personal health data to any server. All data entered into the app remains on your device in local

browser storage.

By using this journal and the Skip It Out protocol, you acknowledge that you are taking personal responsibility for your health decisions and that you will work with your medical care team to ensure the protocol is appropriate for your individual circumstances.

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Skip it out

90 DAYS. YOUR BIOLOGY. YOUR PROOF

Day 90.

New skin. New blood. New data.

How I feel now vs Day 0:

The one thing I'm most proud of:

What I'm taking into the next 90 days:

Day 91.

First and most importantly — CONGRATULATIONS! You did it. You skipped your way to the end. You now have ninety days of your own data: four blood draws, plus body measurements and photos from Day 0 to today.

Now keep going.

The rounds in Skip It Out don't stop. Round 2 picks up where Round 1 finished — the same three exercises, higher numbers, the same four checkpoints. The panel tracker carries your Day 0 forward, so every round is measured against your own results. Four rounds is a year. A year to see real progress in the bloods, physically and mentally.

But if you never open this journal again, you have a memento and a new headspace that you can take forward in life. Any movement is good movement.

You get one body in this life, through till your last breath. Looking after it is a privilege.

All the best for your long, vibrant life ahead,

Lily x