BUILT. BY WHITE / FREE PREVIEW

HEALTH & WELLBEING FOUNDATIONS

A simple place to begin: healthy habits, tasty meals, home workouts and recovery around a busy life.

Inside this sample
A note from John, the habit chapter, a chicken recipe, Workout A and a bird-dog illustration.

The complete 58-page guide adds both two-week meal plans, weekly grocery lists, eight- and twelve-hour workday schedules, progression guidance, and two printable trackers.

Excerpts retain their original book page numbers. This preview is not the complete two-week programme.

Explore Built By White

Free app, movement routines and current programmes:
builtbywhite.ca

A healthier routine starts here

I'm John, the person behind Built By White. I'm a continental shift worker and a father to three children. Like many people, I have struggled to make time for my health while keeping up with work and family.

At one point, I gained over 65 lb in a little over a year and a half. I had questions about my weight, my energy and how to look after myself around shifts. That experience pushed me to learn more about sleep, nutrition and how the body works, and to rediscover my love for weightlifting and progressive movement.

Why I created this book

Health advice can feel like another full-time job: decide what to eat, find a workout, track everything, sleep enough and somehow fit it all into a busy day. I wanted a practical place to begin, with the decisions made easier.

This book brings the basics together in one repeatable plan. We begin with small actions that train the brain through repetition, then connect those habits to simple meals, home workouts and recovery. Think of it as a cheat sheet you can return to when life gets busy.

Start with something you can repeat
You do not need a perfect day. Choose a familiar cue, take one useful action and prepare the next step. Use the two-week plan to learn what fits, then repeat and adjust. The aim is a routine that supports your life.

Thank you for making room for your wellbeing.
John / Built By White

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Train your brain through repetition

A healthy routine begins with a deliberate choice and grows through practice. The first aim is to make a few useful actions familiar enough that you spend less time deciding whether and how to begin.

From conscious effort to more automatic habits

What people often call "subconscious habits" are actions that feel increasingly automatic. Habit research describes a learned link between a familiar cue and a repeated response. Packing lunch after dinner, for example, can become easier to start when that moment reliably reminds you. Automatic does not mean effortless or beyond your control; unfamiliar situations can still require planning. [19,20]

Familiar cue	Small action to practise	Make it easier
After breakfast	Put on shoes for a short walk.	Leave shoes ready by the door.
After dinner	Pack the next day's lunch.	Keep containers and a meal portion ready.
Before a planned shower	Begin the warm-up.	Keep the mat and workout page accessible.
After getting ready for bed	Begin the wind-down routine.	Prepare the room and tomorrow's essentials.

Keep the first action manageable

Choose one cue and one action you can repeat on a busy day. A short walk, packing one meal or starting a warm-up is enough to practise the sequence. Use our meal and workout pages to decide the details in advance. Keep support visible and review the plan when your schedule changes.

Two weeks is a starting point
Habit formation happens at different rates for different people and actions. There is no fixed deadline for becoming automatic. Use the two-week cycle to practise and learn, then repeat it. A missed opportunity is a reason to resume at the next useful cue, not to abandon the plan. [19]

Lemon-garlic chicken rice bowl

C1 | Lemon-garlic chicken rice bowl

Ingredient	180 lb plan	150 lb plan
Chicken breast, cooked	140 g	120 g
Brown rice, cooked	220 g	170 g
Mixed vegetables	250 g	200 g
Olive oil	10 g	7 g
Plain nonfat Greek yogurt	30 g	30 g

Vegetables: Broccoli and carrots. **Flavour:** 1/2 tsp garlic powder, 1/2 tsp oregano, 1 tbsp lemon juice and black pepper per serving.

Method: Coat raw chicken with the oil and seasonings. Bake at 200 C / 400 F for about 18-25 minutes, until the centre reaches 74 C / 165 F. Steam the vegetables. Weigh the cooked chicken and serve over cooked rice. Stir lemon juice into yogurt and spoon over the bowl.

Per serving, approximately
180 lb plan: **700 kcal / 57 g protein**
150 lb plan: **560 kcal / 49 g protein**
Time: 25 minutes. Makes one portion; multiply for batch cooking.

Meat/fish, rice, potatoes, pasta and beans are weighed cooked. Other foods are weighed as served. Cooking times are estimates; use a thermometer. Citrus, herbs, spices and water add small amounts omitted from these estimates. [12,13]

Workout A: build the foundation

Exercise	Reps per set	Easier starting version
1. Squat	10-14	Sit down to a stable chair and stand up.
2. Push-up	6-12	Use a wall or stable high counter.
3. Glute bridge	10-15	Use a short, comfortable lift from the floor.
4. Self-resisted row	8-12 each arm	Apply light resistance with the opposite hand.
5. Dead bug	6-10 each side	Move one heel along the floor at a time.
6. Calf raise	12-20	Hold a wall lightly for balance.

Week 1: two sets per exercise. **Week 2:** two sets, with an optional third set for exercises 1-4 only if recovery and extra time allow. The row is eight to twelve repetitions per arm, per set. Start below the printed range if necessary.

Quality before extra repetitions

Keep squat and push-up range comfortable. Avoid lifting the hips by arching the lower back in a bridge. During core work, stop before your back position becomes uncomfortable. A controlled set is more useful than rushed repetitions.

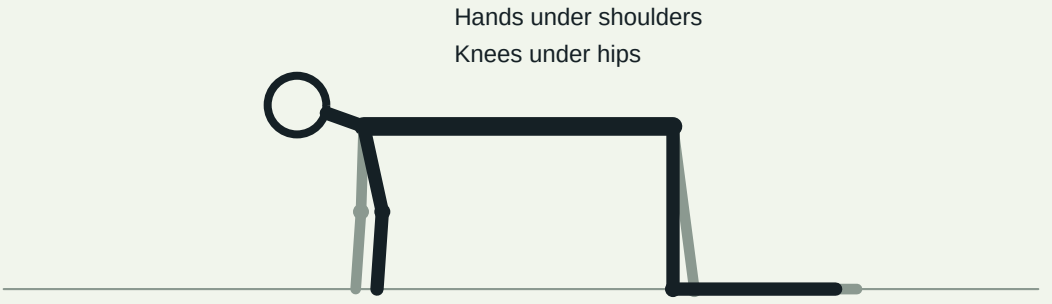
Record one useful detail
Write the variation, sets and reps, plus how many good repetitions seemed to remain. Example: counter push-up, 2 x 8, about 3 reps left. This is your starting point for progression.

Technique is on pages 42-47, including illustrated examples. Keep walking separate from strength work; the calendar suggests slots for both.

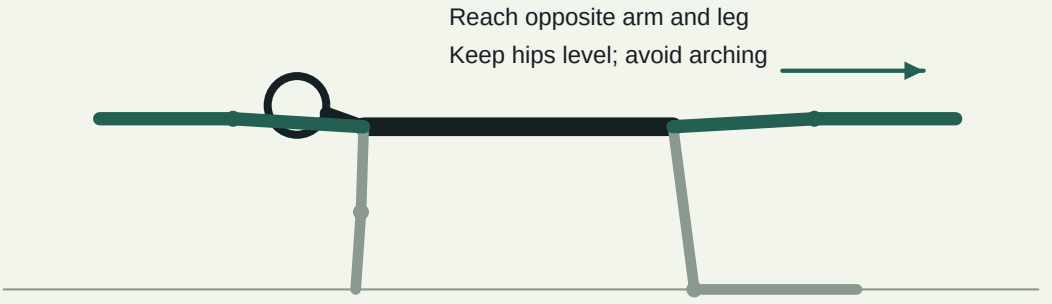
Bird dog: start and reach

Use these schematic positions alongside the written technique. Choose a range you can control; your proportions and movement may differ from the drawing.

1 / START



2 / MOVE, THEN RETURN



Move with control

Begin on hands and knees. Reach one arm forward and the opposite leg backward, keeping hips level. Pause briefly and return. Change sides. Lift only as high as you can control without arching your back.

Easier starting option
Move one arm or one leg at a time, then return before changing sides.