

# Playbook Coaching

15.NOV.2026 15K followers → elle-peaks-

## Peak Body Method

P → purpose  
E → evaluation  
A → action  
K → knowledge

Template to fill  
lead weight  
purpose, habits  
= evaluation

Avatar: Elle  
CFO. Athlete. Wife

ANTI-VISION  
processes nation, poor time-management, bad style, insecure, fluffy, single or unhappy, bad habits, no real time or health, poor sleep, food care, routine, no sport

END RESULT  
Busy → productive  
Organized, elegant  
Independent, strong-fit  
happy couple, healthy wife, sexy body, looks younger, sporty, intelligent nice skin & hair

This is how I organize my week to hit the gym what works for me to stay fit at 35 Our couple rules to This is how we push each other to reach our fitness How can you think of own being always busy? 5 recipes I eat every day to lose belly fat what works for me to eat clean 5/7 Round 3, this I discovered this year My top trends for functional training This is my actual training plan How I reduced stress and save my skin What I do for a better posture My non-negotiable stretch after sitting all day 3 exercises I recommend in all my mom chats

## Beta Group

- (A) Diana Fernandez  
(B) Denisse Estrada  
(C) Nike  
(D) Anna Schmidt  
(E) Fia Marquez  
(F) Helen

Me as Role → My end goal:

