

Women's Fitness Playbook – How to Use Your PDFs

Step 1 – Guides

- Print Weekly Plan • Quick View in gym • Mobile PDF on phone

Step 2 – Plan

- Sunday review • Grocery Checklist • Simple rotating meals

Step 3 – Daily

- Breakfast: eggs + yogurt • Follow meals • Snacks to hit protein • Light sessions

Step 4 – Track

- Weekly/4■Week trackers • Tick meals/workouts • Notes

Step 5 – Measure

- Weight/waist weekly • Photos 2–4 weeks • Adjust if stalls

Step 6 – Cycle

- 1–4 learn • 5–8 consistent • 9–12 refine