

# **Women's Lean & Strong Program**

Custom Plan for 5'11", 150 lbs  
3 Light-Weight Workouts / Week

*"Consistency over intensity."*

Master Playbook

# 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

# Weekly Fitness & Meal Plan (5'11", 150 lbs, 3 Days Light Weights)

| Workout  | Breakfast                                   | Lunch                                    | Dinner   | Notes                            |
|--|---|--|--|----------------------------------|
| Full-Body (Light Weights)<br>Goblet Squat 3×12, Incline DB Press 3×12, Lat Pulldown 3×12, DB RDL 3×12, Seated Row 3×12, Plank 3×30s                          | 2 whole eggs + 1 cup Greek yogurt + berries | 5 oz chicken + 1 cup quinoa + broccoli   | 5 oz salmon + roasted veggies + 1/2 cup rice   | Light effort, focus on technique |
| Low-Impact Conditioning & Core<br>30–40 min brisk walk/cycle, Dead bug 3×10/side, Side Plank 3×30s/side  | 2 whole eggs + 1 cup Greek yogurt + berries | Turkey bowl (5 oz) + brown rice + greens | Lean beef burger (lettuce wrap) + green beans  | Zone 2 cardio, core stability    |
| Lower Body & Glutes (Light)<br>Step-Ups 3×12/leg, Hip Thrust 3×12, Leg Press 3×12, Cable Kickbacks 3×12/leg, Calf Raise 3×15, Bird-Dog 3×10/side             | 2 whole eggs + 1 cup Greek yogurt + berries | 5 oz cod + sweet corn + salad            | Chicken stir-fry (5 oz) + jasmine rice + veg   | Glute emphasis, low impact       |
| Active Recovery / Mobility<br>20–30 min easy walk + 20 min yoga/mobility   | 2 whole eggs + 1 cup Greek yogurt + berries | Greek yogurt parfait + oats + almonds    | Shrimp tacos (2–3) on corn tortillas + slaw    | Keep it light, mobility focus    |
| Upper Body (Light)<br>Seated DB Shoulder Press 3×12, Chest-Supported Row 3×12, Cable Row 3×12, Hammer Curl 2×15, Rope Pressdown 2×15, Pallof Press 3×10/side | 2 whole eggs + 1 cup Greek yogurt + berries | Chicken salad wrap + fruit               | Baked salmon (5 oz) + quinoa + asparagus       | Pump, no heavy weights           |
| Optional Conditioning<br>Incline treadmill 20–30 min (easy) + Core circuit (3 rounds): Glute bridge 12, Heel taps 12/side, Plank 30s                         | 2 whole eggs + 1 cup Greek yogurt + berries | Egg scramble bowl + avocado toast        | Sirloin strips (5 oz) + roasted potatoes + veg | Optional cardio, core work       |
| Rest / Recovery<br>Light stretching, hydration, sleep focus  | 2 whole eggs + 1 cup Greek yogurt + berries | Chicken & wild rice soup                 | Turkey meatballs + marinara + zucchini noodles | Full recovery, hydration         |

## Quick View (Meals + Workouts) – Women's Plan

| Day | Workout                | Meals (Breakfast / Lunch / Dinner)        |
|-----|------------------------|---|
| Mon | Full-Body (Light)      | Eggs+Yogurt / Chicken+Quinoa / Salmon+Veg |
| Tue | Conditioning+Core      | Same / Turkey+Rice / Burger+Veg           |
| Wed | Lower & Glutes (Light) | Same / Cod+Salad / Chicken+Rice           |
| Thu | Mobility               | Same / Yogurt+Oats / Shrimp Tacos         |
| Fri | Upper (Light)          | Same / Chicken Wrap / Salmon+Quinoa       |
| Sat | Optional Conditioning  | Same / Egg Bowl / Sirloin+Potatoes        |
| Sun | Rest                   | Same / Chicken Soup / Turkey Meatballs    |

## Quick View + Snacks – Women's Plan

| Day | Workout                | Meals (Breakfast / Lunch / Dinner)        |
|-----|------------------------|---|
| Mon | Full-Body (Light)      | Eggs+Yogurt / Chicken+Quinoa / Salmon+Veg |
| Tue | Conditioning+Core      | Same / Turkey+Rice / Burger+Veg           |
| Wed | Lower & Glutes (Light) | Same / Cod+Salad / Chicken+Rice           |
| Thu | Mobility               | Same / Yogurt+Oats / Shrimp Tacos         |
| Fri | Upper (Light)          | Same / Chicken Wrap / Salmon+Quinoa       |
| Sat | Optional Conditioning  | Same / Egg Bowl / Sirloin+Potatoes        |
| Sun | Rest                   | Same / Chicken Soup / Turkey Meatballs    |

### ■ Snack Options (aim ~110–130g protein/day)

- Protein shake (20–25g)
- Greek yogurt cup (15–20g)
- 1–2 boiled eggs (6–12g)
- Cottage cheese (15–20g)
- Tuna packet (16–18g)
- Jerky (10–12g)
- Almonds/walnuts (~6g per oz)

# Women's Weekly Plan (Mobile-Friendly)

## Mon

**Workout:** Full-Body (Light Weights) Goblet Squat 3×12, Incline DB Press 3×12, Lat Pulldown 3×12, DB RDL 3×12, Seated Row 3×12, Plank 3×30s

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: 5 oz chicken + 1 cup quinoa + broccoli | Dinner: 5 oz salmon + roasted veggies + 1/2 cup rice

## Tue

**Workout:** Low-Impact Conditioning & Core 30–40 min brisk walk/cycle, Dead bug 3×10/side, Side Plank 3×30s/side

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Turkey bowl (5 oz) + brown rice + greens | Dinner: Lean beef burger (lettuce wrap) + green beans

## Wed

**Workout:** Lower Body & Glutes (Light) Step-Ups 3×12/leg, Hip Thrust 3×12, Leg Press 3×12, Cable Kickbacks 3×12/leg, Calf Raise 3×15, Bird-Dog 3×10/side

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: 5 oz cod + sweet corn + salad | Dinner: Chicken stir-fry (5 oz) + jasmine rice + veg

## Thu

**Workout:** Active Recovery / Mobility 20–30 min easy walk + 20 min yoga/mobility

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Greek yogurt parfait + oats + almonds | Dinner: Shrimp tacos (2–3) on corn tortillas + slaw

## Fri

**Workout:** Upper Body (Light) Seated DB Shoulder Press 3×12, Chest-Supported Row 3×12, Cable Chest Fly 3×12, Cable Row 3×12, Hammer Curl 2×15, Rope Pressdown 2×15, Pallof Press 3×10/side

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Chicken salad wrap + fruit | Dinner: Baked salmon (5 oz) + quinoa + asparagus

## Sat

**Workout:** Optional Conditioning Incline treadmill 20–30 min (easy) + Core circuit (3 rounds): Glute bridge 12, Heel taps 12/side, Plank 30s

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Egg scramble bowl + avocado toast | Dinner: Sirloin strips (5 oz) + roasted potatoes + veg

## Sun

**Workout:** Rest / Recovery Light stretching, hydration, sleep focus

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Chicken & wild rice soup |  
Dinner: Turkey meatballs + marinara + zucchini noodles

## Snack Options

- Protein shake (20–25g)
- Greek yogurt (15–20g)
- Cottage cheese (15–20g)
- Tuna packet (16–18g)
- Jerky (10–12g)
- Boiled eggs (6–12g)

# Women's Weekly Grocery Checklist

## Proteins

- ✓ Eggs (18–24)
- ✓ Chicken breast (3–4 lbs)
- ✓ Salmon (2–3 lbs)
- ✓ Cod/white fish (1–2 lbs)
- ✓ Lean ground turkey (2 lbs)
- ✓ Lean ground beef (1–2 lbs)
- ✓ Greek yogurt (6–7 cups)
- ✓ Cottage cheese (2 tubs)
- ✓ Tuna packets (4–6)

## Carbs & Grains

- ✓ Quinoa
- ✓ Brown/Jasmine rice
- ✓ Whole■grain wraps
- ✓ Oats
- ✓ Potatoes (optional)

## Veggies & Greens

- ✓ Spinach
- ✓ Mixed greens
- ✓ Broccoli
- ✓ Asparagus
- ✓ Zucchini
- ✓ Peppers
- ✓ Onions
- ✓ Mushrooms
- ✓ Brussels sprouts

## Fruits

- ✓ Berries
- ✓ Apples
- ✓ Citrus (lemons/limes)

## Fats & Extras

- ✓ Avocados
- ✓ Olive oil
- ✓ Almonds/walnuts
- ✓ Chia/Flax seeds
- ✓ Salsa, Marinara, Low■sugar sauces





## Weekly Tracking Sheet – Women's Plan

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

# Monthly Tracking Sheet (4 Weeks) – Women's Plan

## Week 1

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 2

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 3

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 4

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Monthly Tracking + Progress (4 Weeks) – Women's Plan

### Week 1

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

### Week 2

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

### Week 3

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 4

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## ■ Progress Tracker

Starting Weight: \_\_\_\_ lbs

Week 1: \_\_\_\_ lbs

Week 2: \_\_\_\_ lbs

Week 3: \_\_\_\_ lbs

Week 4: \_\_\_\_ lbs

Starting Waist: \_\_\_\_ in

Week 1: \_\_\_\_ in

Week 2: \_\_\_\_ in

Week 3: \_\_\_\_ in

Week 4: \_\_\_\_ in

Photos: ■ Start ■ Week 2 ■ Week 4

Notes: \_\_\_\_\_

# 12■Week Transformation Tracker – Women's Plan

## Week 1

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 2

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 3



| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 4

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 5

| Day | Workout      | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|--------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body    | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes | ■         | ■     | ■      | ■      |       |

|     |                |   |   |   |   |  |
|-----|----------------|---|---|---|---|--|
| Thu | Mobility       | ■ | ■ | ■ | ■ |  |
| Fri | Upper          | ■ | ■ | ■ | ■ |  |
| Sat | Optional Cond. | ■ | ■ | ■ | ■ |  |
| Sun | Rest           | ■ | ■ | ■ | ■ |  |

## Week 6

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 7

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 8

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 9

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 10

| Day | Workout | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|---------|-----------|-------|--------|--------|-------|
|-----|---------|-----------|-------|--------|--------|-------|

|     |                |   |   |   |   |  |
|-----|----------------|---|---|---|---|--|
| Mon | Full-Body      | ■ | ■ | ■ | ■ |  |
| Tue | Conditioning   | ■ | ■ | ■ | ■ |  |
| Wed | Lower/Glutes   | ■ | ■ | ■ | ■ |  |
| Thu | Mobility       | ■ | ■ | ■ | ■ |  |
| Fri | Upper          | ■ | ■ | ■ | ■ |  |
| Sat | Optional Cond. | ■ | ■ | ■ | ■ |  |
| Sun | Rest           | ■ | ■ | ■ | ■ |  |

## Week 11

| Day | Workout        | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|----------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body      | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning   | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes   | ■         | ■     | ■      | ■      |       |
| Thu | Mobility       | ■         | ■     | ■      | ■      |       |
| Fri | Upper          | ■         | ■     | ■      | ■      |       |
| Sat | Optional Cond. | ■         | ■     | ■      | ■      |       |
| Sun | Rest           | ■         | ■     | ■      | ■      |       |

## Week 12

| Day | Workout      | Breakfast | Lunch | Dinner | Snacks | Notes |
|-----|--------------|-----------|-------|--------|--------|-------|
| Mon | Full-Body    | ■         | ■     | ■      | ■      |       |
| Tue | Conditioning | ■         | ■     | ■      | ■      |       |
| Wed | Lower/Glutes | ■         | ■     | ■      | ■      |       |
| Thu | Mobility     | ■         | ■     | ■      | ■      |       |

|     |                |   |   |   |   |  |
|-----|----------------|---|---|---|---|--|
| Fri | Upper          | ■ | ■ | ■ | ■ |  |
| Sat | Optional Cond. | ■ | ■ | ■ | ■ |  |
| Sun | Rest           | ■ | ■ | ■ | ■ |  |

## ■ Progress Tracker

Starting Weight: \_\_\_\_ lbs

Week 4: \_\_\_\_ lbs

Week 8: \_\_\_\_ lbs

Week 12: \_\_\_\_ lbs

Starting Waist: \_\_\_\_ in

Week 4: \_\_\_\_ in

Week 8: \_\_\_\_ in

Week 12: \_\_\_\_ in

Photos: ■ Start ■ W4 ■ W8 ■ W12

Notes: \_\_\_\_\_

# 4■Week Calendar View – Women's Plan

| Mon   | Tue  | Wed   | Thu  | Fri  | Sat  | Sun  |
|---|--|---|--|--|--|--|
| Full■Body (Light)<br>B: Eggs+Yogurt<br>L: Chicken+Quinoa<br>D: Salmon+Veg | Conditioning+Core<br>B: Eggs+Yogurt<br>L: Turkey+Rice<br>D: Burger+Veg | Lower/Glutes (Light)<br>B: Eggs+Yogurt<br>L: Cod+Salad<br>D: Chicken+Rice | Mobility/Walk<br>B: Eggs+Yogurt<br>L: Yogurt+Oats<br>D: Shrimp Tacos | Upper (Light)<br>B: Eggs+Yogurt<br>L: Chicken Wrap<br>D: Salmon+Quinoa | Optional Cond.<br>B: Eggs+Yogurt<br>L: Egg Bowl<br>D: Sirloin+Potatoes | Rest<br>B: Eggs+Yogurt<br>L: Soup<br>D: Turkey Meatballs |

**Snacks as needed:** shake, Greek yogurt, cottage cheese, tuna, jerky, boiled eggs