COACHMAURA

WEIGHT LOSS WITH THE SAINTS

Growing in Virtue and Strength

PHASE 1 — RESTORE
Theological Virtues · Weeks 1–3

PHASE 2 — RESHAPE
Cardinal & Moral Virtues · Weeks 4–12

Faith · Hope · Love
Temperance · Prudence · Justice · Fortitude
Kindness · Humility · Diligence · Meekness · Generosity

Virtue · Fitness · Nutrition · Pause & Pivot · Identity

Coach Maura LLC
NASM Certified Personal Trainer & Nutrition Coach
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HOW TO USE THIS WORKBOOK

Welcome. You are holding twelve weeks of carefully crafted content designed to do something most health programs never attempt — change not just your body, but the woman living inside it.

Before you dive in, here is everything you need to know to get the most out of this experience.

THIS IS A DAILY WORKBOOK.

Each week contains five days of content — Monday through Friday. Every day has two pages: a content page and a reflection page. The content page introduces the virtue, the saint, and the day's theme. The reflection page is yours — a place to write, track, pray, and process. Do not skip the reflection pages. That is where the real transformation happens. **THE FIVE DAILY THEMES NEVER CHANGE.**

Monday — LivingtheVirtue Meet the week's virtue and let it set the tone for everything that follows.

Tuesday — VirtueinFitness Apply the virtue to your movement and strength training practice.

Wednesday — VirtueinNutrition Bring the virtue to the table, literally.

Thursday— Pause & Pivot Practice the signature strategy that will change your relationship with food, stress, and old habits forever.

Friday — Identity Close the week by declaring who you are becoming. This is the most important day of every week.

YOU HAVE A SAINT WALKING BESIDE YOU EVERY SINGLE DAY.

Each day's content page features a different saint — men and women who lived the virtue you are practicing that week in real, imperfect, sometimes messy human lives. Their feast days are noted. Their stories are grounded in historical record. They are not decorations. They are companions. Talk to them. Ask for their intercession. Let their lives speak to yours.

YOUR HABITS BUILD EVERY SINGLE WEEK.

Week 1 introduces one new health habit. Week 2 adds another — while keeping Week 1 going. By Week 12 you will be carrying all twelve habits simultaneously, most of them without even thinking about it. That is not willpower. That is formation. Each week's intro page shows you your full habit stack so you always know exactly what you are carrying.

THE SCIENCE IS HERE FOR A REASON.

Every week intro page includes at least one science-backed fact about your weekly habit, with its source cited. You are a woman who deserves to know the why behind what she is being asked to do. The research is here to confirm what your body already suspects — these habits work, and they work together.

START WHERE YOU ARE.

Do not wait for Monday. Do not wait until the kids are back in school or the holidays are over or life feels less crazy. Begin today, with today's page, exactly as you are. The saints did not have perfect conditions either. They just began.

"We have to begin again, humbly and patiently."
— St. Francis de Sales

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THE ORDER OF THE VIRTUES

A Note Before You Begin

The twelve virtues in this program were not chosen randomly, and they were not arranged casually. They follow a sequence that mirrors the ancient wisdom of the Church — and if you pay attention to the arc as you move through the weeks, you will find that the program is not just teaching you habits. It is forming you.

PHASE 1 — RESTORE: THE THEOLOGICAL VIRTUES

We begin with the three Theological Virtues: Faith, Hope, and Charity. These are called theological virtues because they are not acquired through human effort alone — they are infused by God, given to us at Baptism, and oriented entirely toward Him. They are the foundation. And that is exactly why they come first.

Before we talk about food or fitness or behavior change, we establish the ground beneath your feet. **Faith** says: I believe this is possible, even before I have evidence. **Hope** says: I expect good things for my body and my future, because I know who holds them. **Charity** says: I am worth loving — by God, by others, and by myself. Without these three, every health program is built on sand. With them, you are building on bedrock.

PHASE 2 — RESHAPE: THE CARDINAL VIRTUES

From that foundation, we move into the Cardinal Virtues: Temperance, Prudence, Justice, and Fortitude. These are called cardinal virtues — from the Latin ***cardo***, meaning hinge — because all of the moral life hinges on them. They are the four great pillars of human excellence, recognized not just by the Church but by philosophers and thinkers across every culture and tradition.

Temperance arrives in Week 4 to govern your appetite — to introduce the radical, countercultural idea that enough is a form of freedom. **Prudence** comes in Week 5 to bring wisdom and discernment to your choices — asking not just what you want, but what you actually need. **Justice** arrives in Week 6 to insist that your body deserves what it is owed — not as a luxury, not as a reward, but as a matter of right relationship with the body God gave you. And **Fortitude** closes the cardinal virtues in Week 7 — the halfway point — because that is exactly where fortitude is needed most. When the novelty has worn off and the real work has begun, fortitude is the virtue that keeps you in the room.

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THE ORDER OF THE VIRTUES

A Note Before You Begin

PHASE 2 — RESHAPE CONTINUED: THE MORAL VIRTUES

After the cardinal virtues, we enter the Moral Virtues — the virtues of character that govern how we live in relationship with our bodies, our habits, and the people around us.

Kindness arrives in Week 8 to turn all that has been built inward — toward a gentler, more generous relationship with your own body and your own stumbles. **Humility** comes in Week 9 to bring honest, accurate self-knowledge to your eating — the hunger scale as an act of truth-telling. **Diligence** arrives in Week 10 to address the faithfulness required to keep showing up when nothing feels dramatic or exciting anymore. **Meekness** comes in Week 11 to quiet the internal noise — the self-criticism, the comparison, the harsh inner voice — and replace it with something stronger and far more sustainable. And **Generosity** closes the program in Week 12, because the woman who has walked this road for twelve weeks is now, finally, ready to give from a full cup rather than an empty one.

THE ARCHITECTURE OF A CONVERTED LIFE

This is not an accident. This is the architecture of a converted life. You begin in God — Faith, Hope, Love — and you move through wisdom and justice and courage into the daily, practical, embodied habits of a woman who knows who she is and lives accordingly.

The theological virtues give you the ***why***. The cardinal virtues give you the ***structure***. The moral virtues give you the daily texture of a life well-lived. Together, they do not just change your body. They form your soul.

Begin.

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YOUR FOUNDATION FOR CHANGE

Before Week 1 begins, here is the complete picture of what you are building over the next twelve weeks. Every habit listed below will be introduced one at a time, one week at a time. You will never be asked to do everything at once — but by the end you will be doing all of it, and it will feel like the most natural thing in the world.

Week	Virtue	Nutrition Habit	Movement
Week 1	Faith	Food Tracking	Walk 15min/day
Week 2	Hope	Protein 0.7–1g/lb ideal	Add strength training 2–3x/week, 20–30 min
Week 3	Love	Sleep Hygiene	Continue strength + walking
Week 4	Temperance	One Healthy Swap	Continue strength + walking
Week 5	Prudence	Increased Water	Continue strength + walking
Week 6	Justice	Eat the Rainbow	Continue strength + walking
Week 7	Fortitude	30g Fiber Daily	Continue strength + walking
Week 8	Kindness	Whole Foods Only	Continue strength + walking
Week 9	Humility	Eat Without Distraction	Continue strength + walking
Week 10	Meekness	Hunger Scale 2–8	Continue strength + walking
Week 11	Diligence	Extra 2–3k Steps	Continue strength + walking
Week 12	Generosity	Stress Management	Continue strength + walking

ABOUT YOUR STRENGTH TRAINING PROGRAM

Beginning in Week 2, you will add strength training to your weekly movement. Aim for 2–3 sessions per week of 20–30 minutes each, on alternating days — never two days in a row for the same muscle groups. Your Resistance Band Workout Guide and Dumbbell Cheat Sheets are included at the back of this workbook. Start there. Keep it simple. Progress gradually.

Women over 50 who lift weights are not just building muscle — they are building bone, boosting metabolism, improving balance, and investing in the quality of every decade ahead. The weights are not optional. They are essential.

WALKING AS PRAYER

In Week 1 your only movement is walking — 15 minutes a day. This is intentional. Before you add anything else, we want you to experience movement as something you do ***with*** God, not something you do to burn off last night's dinner. Walk slowly. Pray. Notice your body. Thank God for legs that move. This is the foundation everything else is built on.

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FROM MY HEART TO YOURS

A Letter from Coach Maura

I am not afraid.
I was born to do this.
— St. Joanof Arc · Patron Saint of Weight Loss with the Saints

I did not become a health and wellness coach because I had it all figured out.

I became one because I did not — and I refused to believe that was the end of the story.

I have been a personal trainer and nutrition coach since the mid-1990s. I have held certifications, studied the research, built programs, and coached hundreds of women through some of the most challenging seasons of their lives. And through all of it — all the credentials and the knowledge and the years of experience — the thing that has made the biggest difference in my coaching has never been what I learned in a textbook.

It has been what I lived.

I understand frustration. I understand the exhaustion of trying every program, every diet, every approach — and still finding yourself back where you started, wondering what is wrong with you. I understand weight loss and regain, the demoralizing cycle of making progress only to watch it unravel again. I understand disordered eating habits — the restricting, the bargaining, the all-or-nothing thinking that masquerades as discipline. I understand menopause belly, the way your body seems to change the rules on you overnight without anyone warning you it was coming.

I understand all of it because I have lived every bit of it.

And I want you to know something that took me a long time to believe for myself: there is nothing wrong with you. Your body is not broken. Your willpower is not the problem. The approach is the problem — and that is something we can fix.

What changed everything for me was not a new diet or a harder workout. It was faith. It was the moment I stopped fighting my body and started bringing it — all of it, the struggle and the frustration and the history — to God. It was learning to pause in the moments of temptation and pivot toward prayer instead of toward the pantry. It was discovering that the woman I was becoming was more important than the number on the scale, and that God had far more to say about my identity than any mirror ever could.

That is what this program is. It is everything I wish someone had handed me — the science, the faith, the practical habits, and the saints who walked hard roads before us and still found their way to wholeness.

I did not write this for the woman who has it all together. I wrote it for the woman who is tired of pretending she does. I wrote it for the woman who has tried everything and is wondering if anything will ever actually work. I wrote it for the woman who suspects, somewhere deep down, that the missing piece might not be another meal plan — but a different kind of foundation altogether.

CREDENTIALS

NASM
CertifiedPersonal

Trainer

Precision
NutritionCoach

Clean Health
Certified

Dietetic Technician

BA Psychology

Training Women
Since1995

St.JoanofArc
Feast Day: May 30

With faith and love,
Coach Maura

NASM Certified Personal Trainer · Precision Nutrition Coach
Clean Health Certified · DTR · BA Psychology

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WEEK 1 — FAITH

"Now faith is the assurance of things hoped for, the conviction of things not seen." — Hebrews 1...

MON	TUE	WED	THU	FRI
St. Peter	St. Thomas	St. Anthony of Padua	St. John the Baptist	The Hemorrhaging Woman

THE VIRTUE OF FAITH

Faith is the first and most foundational of the three Theological Virtues — and the reason this program begins here. The Catechism of the Catholic Church defines faith as the virtue by which we believe in God and believe all that He has said and revealed to us, because He is truth itself. But faith is not passive. It is a living, active, daily decision to trust — to take God at His word even when our circumstances, our bodies, or our emotions are telling us a different story.

For your health journey, faith is everything. It is what says ***I believe this process will work even when the scale does not move this week.*** Without faith as your foundation, every healthy habit becomes a white-knuckled act of self-discipline that eventually runs dry. With faith, it becomes an act of worship that sustains you for the long haul. This week, we begin where all transformation must begin —w ith trust

THIS WEEK'S HABIT: FOOD TRACKING

This week we are focusing on one foundational habit: tracking what you eat. Before you groan — hear me out! Tracking is not about obsessing over every calorie or making yourself feel guilty for every bite. It is simply about awareness. Most people underestimate how much they eat by 30–50%. Tracking for even one week shines a light on patterns you did not know were there — the afternoon handful of crackers, the extra pour of olive oil, the bedtime snack that snuck in. Knowledge is not condemnation. Knowledge is power.

SCIENCE SAYS

In a large study by Kaiser Permanente's Center for Health Research, participants who tracked their food consistently lost **twice as much weight** as those who didn't — without following any specific diet. Awareness alone changes behavior.

MOVEMENT THIS WEEK

This week your only movement goal is **walking — 15 minutes a day.** That is it. Before we add anything else, we want you to experience movement as something you do ***with*** God, not something you do to burn off last night's dinner. Walk slowly. Pray. Notice your body. Thank God for legs that move and lungs that breathe. This is the foundation everything else is built on.

Coming in Week 2: We will begin your strength training program — simple, 20–30 minute sessions, 2–3 times per week on alternating days, using your Resistance Band Workout Guide or Dumbbell Cheat Sheets found at the back of this workbook. Get ready. It is going to change everything.

YOUR HABIT STACK THIS WEEK

✓ **Week 1: Track your food daily**

SOURCES

Science Fact: Hollis JF et al. (2008). American Journal of Preventive Medicine. Kaiser Permanente Center for Health Research.

Virtue Definition: Catechism of the Catholic Church, §1814–1816. Libreria Editrice Vaticana.

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DAY 1 | LIVING THE VIRTUE

St. Peter
Feast Day: June 29 · Feast of Sts. P eterandPaul

VIRTUE IN FOCUS — FAITH

Faith is the first and most foundational of the three Theological Virtues — and for good reason. The Catechism of the Catholic Church defines faith as the virtue by which we believe in God and believe all that He has said and revealed to us, because He is truth itself. But faith is not passive. It is not simply agreeing with a set of doctrines in our head. Faith is a living, active, daily decision to trust — to take God at His word even when our circumstances, our bodies, or our emotions are telling us a different story.

For your health journey, faith is everything. It is what says ***I believe this process will work even when the scale does not move this week.*** It is what says ***I trust that caring for my body is worth it, even when I do not feel like it.*** Without faith as your foundation, every healthy habit becomes a white-knuckled act of self-discipline that eventually runs dry. With faith, it becomes an act of worship that sustains you for the long haul. This week, we begin where all transformation must - with trust.

SAINT SPOTLIGHT · ST. PETER

St. Peter is one of the most beloved and relatable figures in all of Scripture — precisely because he got it so spectacularly wrong, and yet Jesus chose him anyway. A fisherman by trade, Peter was impulsive, passionate, and deeply human. He was the one who stepped out of the boat to walk on water — and then immediately sank when he took his eyes off Jesus. He declared he would never deny Christ — and then denied Him three times before the rooster crowed. And yet Jesus looked at this man — this walking contradiction of faith and fear — and said: ***Upon this rock I will build my Church.***

Peter's story is a masterclass in what faith actually looks like in real life. It is not perfect trust. It is not the absence of doubt or failure. It is the willingness to reach out your hand and cry ***Lord, save me*** — and to get back in the boat and keep going. For women on a health journey, Peter is the patron saint of every restart. Every Monday morning fresh start. Every time you ate the whole sleeve of crackers the night before and wondered if you were too far gone to try again. You are not. Peter proves it. Faith is not about never falling — it is about always returning.

After the Resurrection, Jesus met Peter on the shore of the Sea of Galilee and asked him three times ***'Do you love me?'*** — once for every denial. Three times Peter said yes. Three times Jesus responded with a mission: ***Feed my sheep.*** This is the God we serve — the One who does not disqualify us because of our worst moments but commissions us through them. Whatever you denied yourself last week, whatever you turned away from — He is on the shore, asking the same question. And your yes is enough to begin again.

St. Peter, when I am struggling to track my food honestly this week — when I want to look away from what I am eating and pretend it is not happening — pray for me. Give me the courage to look clearly, without shame, at what I am putting into this body. Help me keep my eyes on Jesus even when the waters feel choppy. And when I sink, remind me to reach out my hand. Amen.

"Do you love me? ... Feed my sheep." — John 21:17

PAUSE & PIVOT
When you feel like skipping your food log today, pause. Ask St. Peter to intercede for your courage to look honestly — without shame, without quitting. Then pivot: open your tracker and write down one thing.

IDENTITY DECLARATION
I am becoming a woman who pays attention. I honor my body by showing up — imperfectly and faithfully — one meal, one entry, one moment of trust at a time.

JOURNAL PROMPT
Where in your health journey have you felt like Peter — called to something you almost talked yourself out of? What did your return look like? What would it look like today?

Feast Day: June 29 · Feast of Sts. Peter and Paul · Historical Sources: Butler's Lives of the Saints (1956). Catholic Encyclopedia, New Advent (newadvent.org). Acts of the Apostles; Matthew 16:18; John 21:15–17.

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MY REFLECTION & DAILY TRACKER

FAITH REFLECTION

Today's prompt: Where have you felt called to something you almost talked yourself out of? What did your return look like?

FOOD TRACKING CHECK-IN

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I track my food today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

What did I do for movement today? (Walk 15 min goal this week)

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Peter's intercession?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who pays attention. I honor my body by showing up — imperfectly and faithfully — one meal, one entry, onemoment of trust at a time."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Thomas the Apostle
Feast Day: July 3

FAITH IN THE GYM

Faith in fitness looks like lacing up your shoes on the days you absolutely do not want to. It looks like trusting that the third set matters even when you cannot feel it yet. It looks like believing that the woman you are becoming is worth the effort of today's workout — even when today's workout is fifteen minutes in your living room with a resistance band and sheer determination. Strength is built in the repetition of faithful showing up, not in the grand dramatic moments.

Your body is not the enemy. It is the temple. And tending a temple is an act of reverence, not punishment. This week, every time you move your body — whether it is a full strength session or a walk around the block — do it as an act of faith. Faith that you are worth caring for. Faith that God designed you to be strong. Faith that the effort you put in today is planting seeds you will harvest for years to come.

SAINT SPOTLIGHT · ST. THOMAS THE APOSTLE

Thomas gets a bad reputation. We call him Doubting Thomas as if doubt were the worst thing a person could bring to Jesus. But here is what I love about this man — he did not walk away. He stayed with the group. He kept showing up to the upper room even in his uncertainty. And when Jesus appeared and offered His hands and His side, Thomas did not hedge. He fell to his knees and said, ***My Lord and my God.*** Full stop. No qualifications. Complete, wholehearted surrender — from the man who had demanded proof.

That is faith forged through honest wrestling. And lovely, that is exactly what happens in a good strength training session. You show up uncertain. You do the work anyway. And somewhere in the middle of that third set when your arms are shaking and you want to quit — you discover something you did not know you had. Thomas would understand completely. He went on to bring the Gospel all the way to India — the doubter became one of the most courageous missionaries in Church history. Showing up in doubt is not weakness. It is the beginning of something extraordinary.

Tradition holds that Thomas founded the Church in India around 52 AD and was martyred there with a spear in 72 AD. The Thomas Christians of Kerala, one of the oldest Christian communities in the world, trace their origins directly to him. The man who needed to touch the wounds of Christ carried those wounds to the ends of the earth. Your doubts do not disqualify you from a mission. They may be exactly what equip you for one.

St. Thomas, on the days I doubt that my body can change, that this process is working, or that I am capable of becoming stronger — pray for me. Give me the faith to keep showing up even when I cannot yet see the results. Help me reach out and touch the truth: that God made me for strength, and I am walking toward it one faithful workout at a time. Amen.

"My Lord and my God!" — John 20:28

PAUSE & PIVOT
Ifyou want to skip your workout today, pause. Ask St. Thomas to intercede for your faith in the process. Then pivot — put on your shoes and commit to just ten minutes. Doubt and all.

IDENTITY DECLARATION
I am becoming a woman who shows up even in doubt. My body grows stronger because I keep returning — to the weights, to the work, to the woman God made me to be.

JOURNAL PROMPT
What does doubt look like in your fitness journey? Where have you surprised yourself by showing up anyway — and what did you discover on the other side?

Feast Day: July 3 · Historical Sources: Catholic Encyclopedia, New Advent (newadvent.org). Butler's Lives of the Saints (1956). John 20:24–29. Acts of Thomas (early Christian tradition).

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MY REFLECTION & DAILY TRACKER

FAITH REFLECTION

Today's prompt: What does doubt look like in your fitness journey? Where have you surprised yourself by showing up anyway?

FOOD TRACKING CHECK-IN

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I track my food today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

What did I do for movement today? (Walk 15 min goal this week)

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Thomas's intercession for faithfulness in movement?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who shows up even in doubt. .My body grows stronger because I keep returning — to the weights, to the work, to the woman God made me to be."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Anthony of Padua
Feast Day: June 13

FAITH AT THE TABLE

Faith in nutrition means trusting the process before you see the results. It means choosing protein at breakfast even when you are not sure it matters yet. It means tracking on the hard days and the easy days — because consistency is just faith practiced in the kitchen. It means resisting the pull of the all-or-nothing mentality that says if lunch went sideways, the whole day is lost. It is not. One meal does not make or break a health journey. One faithful choice at a time, repeated over weeks and months — that is what does.

This week, eat like a woman who believes her choices matter. Because they do. Every single one. The glass of water you chose over the soda. The protein you added to your salad. The moment you paused before the second helping and asked, ***Am I actually hungry?*** These are not small things. These are acts of faith in the body God gave you — and He is paying attention to every one of them.

SAINT SPOTLIGHT · ST. ANTHONY OF PADUA

St. Anthony of Padua is best known for finding lost things. Keys. Wallets. Glasses perched on top of heads. But what most people forget is that before he was the patron of lost things, he was a man who lost everything by choice — wealth, comfort, a promising career in the Augustinian order — and surrendered it all to become a Franciscan friar after witnessing the martyrdom
of five missionaries. He gave up the life he had planned to find the life he was called to. Out of that radical surrender came one of the greatest preachers in Church history.

Lovely, many of us have lost something too. Our energy. Our confidence in our bodies. The woman we used to be before life got so heavy. Anthony knows what it is to search. He also knows what it is to find. Ask him today to help you find your way back — one nourishing meal, one faithful choice, one logged entry at a time. He is famously good at locating what we thought was gone for good. Your health is not gone. Your strength is not gone. Your best years in this body are not behind you. They are right here, waiting to be found.

Anthony was born in Lisbon in 1195 and died at just 35 years old in Padua in 1231 — one of the shortest lives in the calendar of saints, and one of the most packed. He was canonized less than a year after his death, a record in Church history, because his holiness was so obvious and his miracles so immediate that no one could argue with it. He is the patron of lost articles, the poor, and — I would argue — anyone who is trying to find their way back to something good. That is you, lovely. He is already looking.

St. Anthony, help me find what I have lost — my energy, my confidence, my trust in my own body. When I reach for food out of stress or boredom or habit, pause me. Help me find my way back to intention. I believe my body is worth nourishing. Pray for me today. Amen.

"Ask and it will be given to you; seek and you will find." — Matthew 7:7

PAUSE & PIVOT
When you reach for something out of stress or boredom, pause. Ask St. Anthony to help you find your way back to your intention. Then pivot — drink a glass of water and log what you are actually feeling.

IDENTITY DECLARATION
Iam becoming a womanwho nourishes herself with faith and intention. What I thought was lost, I am finding again — one meal, one choice, one faithful day at a time.

JOURNAL PROMPT
What have you lostin your health journey that you most want to find again? Energy? Confidence? Strength? Trust in yourself? Bring it to St. Anthony today and write it down.

Feast Day: June 13 · Historical Sources: Butler's Lives of the Saints (1956). Catholic Encyclopedia, New Advent (newadvent.org). Franciscan Media — Saint of the Day. Canonized: May 30, 1232 by Pope Gregory IX.

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MY REFLECTION & DAILY TRACKER

FAITH REFLECTION

Today's prompt: What have you lost in your health journey that you most want to find again? Bring it to St. Anthony today.

FOOD TRACKING CHECK-IN

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I track my food today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

What did I do for movement today? (Walk 15 min goal this week)

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Anthony's intercession in my nutrition choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who nourishes her self with faith and intention. What I thought was lost, I am finding again — one meal, onechoice, one faithful day at a time."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. John the Baptist
Feast Day:June 24 · Birth of St. John the Baptist

THE POWER OF THE PAUSE

The Pause & Pivot is your most powerful tool this week — and every week. It is the moment between the impulse and the action where faith lives. Before you reach for food you do not need, before you talk yourself out of logging, before you give up on the day because one meal went sideways — pause. Take one breath. Turn to God. Then move forward with intention. That gap — that tiny sacred space between stimulus and response — is where transformation actually happens.

The Pause & Pivot is not about being perfect. It is not about never having a craving or never feeling pulled toward an old habit. It is about building the reflex of returning — returning to God, returning to your intention, returning to the woman you are becoming. Every time you pause, you are practicing faith. Every time you pivot, you are choosing her. Do it imperfectly. Do it a hundred times a day if you need to. It counts every time.

SAINT SPOTLIGHT · ST. JOHN THE BAPTIST

John the Baptist lived in the wilderness on locusts and wild honey. Now, I am not suggesting that as a meal plan — we have come too far together for that. But what John understood was the power of the pause. He stepped back from the noise of the world, got very quiet, and listened for the voice of God. And out of that desert silence came the most important announcement in human history: ***Behold the Lamb of God.*** John had to get still before he could speak clearly. The wilderness was not a detour. It was the preparation.

Your pauses will not be quite so dramatic. But they matter just as much. When you stop in the middle of a craving and ask, ***What do I actually need right now?*** — that is your wilderness moment. That is you getting quiet enough to hear something true. John's whole mission was to prepare the way — to clear the path so that something greater could come through. Your Pause & Pivot does the same thing. It clears the path between your old habits and your new identity. Prepare the way, lovely. He is already coming toward you.

John the Baptist holds the unique distinction of being one of only three people — along with Jesus and Mary — whose birth is celebrated as a feast day in the Catholic Church, not just their death. His birth on June 24 was foretold by an angel, announced through a miracle, and marked by his mother Elizabeth leaping for joy in the womb. Before he spoke a single word, before he preached a single sermon, before he baptized a single soul — his very existence was a cause for rejoicing. So is yours.

St. John the Baptist, help me hear God's voice in the middle of my cravings and my chaos. When I am pulled toward old habits, give me the grace to stop, to get quiet, and to listen. Help me prepare the way for the woman I am becoming — one faithful pause at a time. Amen.

"Prepare the way of the Lord, make his paths straight." — Mark 1:3

PAUSE & PIVOT
Today IS the Pause & Pivot practice. Every time you feel pulled toward an old habit, stop completely. Ask St. John the Baptist to intercede for your awareness and courage. Then pivot toward your best next choice.

IDENTITY DECLARATION
I am becoming a woman who pauses before she reacts. In the silence between impulse and action, I hear God's voice — and I choose the woman I am becoming.

JOURNAL PROMPT
Describe a moment this week when you successfully paused before making a health choice. What did you hear in that pause? What did you choose? How did it feel?

Feast Day: June 24 · Birth of St. John the Baptist · Historical Sources: Catholic Encyclopedia, New Advent (newadvent.org). Butler's Lives of the Saints (1956). Luke 1:5–25; 1:57–80; Mark 1:1–8; John 1:29–34.

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MY REFLECTION & DAILY TRACKER

FAITH REFLECTION

Today's prompt: Describe a moment this week when you paused before a health choice. What did you hear? What did you choose?

FOOD TRACKING CHECK-IN

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I track my food today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

What did I do for movement today? (Walk 15 min goal this week)

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? What did I pivot toward?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who pauses before she reacts. In the silence between impulse and action, I hear God's voice — and I choose the woman I am becoming."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

The Hemorrhaging Woman

Feast Day:Unnamed Woman of the Gospels · Luke8:43–48

FAITH AND WHO YOU ARE

You are not your past choices. You are not the woman who gave up before. You are not the number on the scale or the size on the tag or the diagnosis in the chart. You are a daughter of God, made in His image, called to flourish. Faith is the foundation of identity — and your identity is not built on what you have done or failed to do. It is built on Whose you are. That does not change. Ever.

This is the hardest thing for many of us to believe — especially women who have spent decades defining themselves by how well they served everyone else, or how much they weighed, or how far they fell short. But faith says otherwise. Faith says you were known before you were formed. Faith says you are chosen, beloved, and enough — right now, today, in this body, in this season. Let that truth be the ground beneath your feet as you close out this first week.

SAINT SPOTLIGHT · THE HEMORRHAGING WOMAN

She had been bleeding for twelve years. Twelve years of being considered unclean — unable to worship in the Temple, unable to be touched, set apart from her community by a body that would not cooperate. Twelve years of doctors and disappointment and spending everything she had on cures that did not work. And yet — she pressed through the crowd. She did not announce herself. She did not ask permission. She reached out and touched the hem of His garment. And immediately she was healed.

Jesus stopped. In the middle of a pressing crowd, He felt power go out from Him and He turned and said, ***Daughter.*** Not 'woman.' Not 'you there.' Daughter. That one word rewrote her entire identity in a single breath. That is what faith does. It does not just heal the body — it restores the name. You are not your diagnosis. You are not your history. You are not your struggle or your size or your shame. You are His daughter. Reach out today. He has already stopped and turned toward you.

The Eastern Church celebrates this woman as a saint under the name Veronica or Berenice, and tradition holds that she later became a devoted follower of Jesus and carried her testimony throughout the ancient world. She who had been invisible — unclean, untouchable, unnamed — became a witness. The woman who could not be seen became someone no one could ignore. That is what happens when Jesus calls you Daughter. Your story does not end in the crowd. It begins there.

Lord, I am reaching. Like this woman, I have tried so many things and spent so much of myself searching for something that sticks. Let me touch the hem of Your garment today. Heal what needs healing — in my body, in my mind, in the story I tell myself about who I am. Call me Daughter. I am listening. Amen.

"Daughter, your faith has made you well; go in peace." — Luke 8:48

PAUSE & PIVOT

When you hear the old voice that says you are too far gone or too broken to change, pause. Ask the Hemorrhaging Woman to intercede for your courage to reach anyway. Then pivot — speak your identity declaration out loud, right where you are.

IDENTITY DECLARATION

I am a daughter of God. My identity is not built on my history or my struggles — it is built on Whose I am. I reach. I am healed. I am becoming.

JOURNAL PROMPT

What old identity label have you been carrying that no longer belongs to you? What does Jesus call you instead? Write both down today — and then cross out the first one.

Feast Day: Unnamed Woman of the Gospels · Luke 8:43–48 · Historical Sources: Luke 8:43–48; Matthew 9:20–22; Mark 5:25–34. Eastern Christian tradition: Saint Veronica/Berenice. Eusebius of Caesarea, Church History, Book VII, Chapter 18.

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MY REFLECTION & DAILY TRACKER

FAITH REFLECTION

Today's prompt: What old identity label have you been carrying that no longer belongs to you? What does Jesus call you instead? Write both — then cross out the first.

FOOD TRACKING CHECK-IN

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I track my food today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

What did I do for movement today? (Walk 15 min goal this week)

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward my true identity as a daughter of God?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:
"I am a daughter of God. My identity is not built on my history or my struggles — it is built on Whose I am. I reach. I am healed. I am becoming."

ONE WIN FROM TODAY

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WEEK 2 — HOPE

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil."

MON	TUE	WED	THU	FRI
St. Monica	St. JudeThaddaeus	Bl. Chiara Badano	St. Bernadette	St.Faustina

THE VIRTUE OF HOPE

Hope is not wishful thinking. It is not crossing your fingers and hoping for the best. The Catechism of the Catholic Church defines hope as the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength but on the help of the Holy Spirit. Hope is confident expectation rooted in God's faithfulness — not our own track record.

For your health journey, hope means believing that your body can change — not because you have never failed before, but because God is not finished with you yet. It means showing up to Week 2 with fresh eyes even if Week 1 was imperfect. It means eating your protein even before you see results, because hope acts ***before*** the evidence arrives.

THIS WEEK'S HABIT: PROTEIN

This weekwe addprotein — specifically, a goal of 0.7–1g of protein per pound of your ***ideal*** body weight every single day. This is not a punishment. This is medicine. Women over 50 experience a natural decline in the body's ability to use protein to build and maintain muscle — a process called anabolic resistance. Protein is your most powerful nutritional weapon against muscle loss, fatigue, and a slowing metabolism. Prioritize it at every single meal, starting with breakfast.

SCIENCE SAYS
Women over 50 need **0.7–1g of protein per pound of ideal body weight** daily to preserve muscle, support fat loss, and keep metabolism strong — significantly more than standard dietary guidelines recommend.

SCIENCE SAYS
Women lose an average of **1–2% of bone density every year after menopause** — sometimes 3–5% in the first five years, with up to 20% total loss in the first 5–7 years. Resistance training twice weekly is the most powerful non-medication intervention to slow and reverse that loss.

MOVEMENT THIS WEEK

This week you add **strength training — 2–3 sessions per week, 20–30 minutes each, on alternating days.** Turn to your Resistance Band Workout Guide or Dumbbell Cheat Sheets at the back of this workbook to get started. Keep it simple. Follow the program. Do not try to do too much too fast — progressive overload works best when it is gradual and consistent. Continue your daily 15-minute walk from Week 1. Walking and strength training together are the most powerful combination for womenover 50. You are already doing both. Keep going.

YOUR HABIT STACK THIS WEEK

✓ Week 1: Track your food daily

✓ **Week 2: Hit your protein goal — 0.7–1g per lb of ideal body weight**

SOURCES

Protein Fact: Stanford Lifestyle Medicine (2023). Protein Needs for Adults 50+. lifestylemedicine.stanford.edu
Bone Density Fact: Mass General Brigham — Menopause and Osteoporosis (2024). Bone Health & Osteoporosis Foundation. UCLA Health.
Virtue Definition: Catechism of the Catholic Church, §1817–1821. Libreria Editrice Vaticana.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

DAY 1 | LIVING THE VIRTUE

St. Monica
Feast Day: August 27

VIRTUE IN FOCUS — HOPE

Hope is not wishful thinking. It is not crossing your fingers and telling yourself it will all work out. The Catechism of the Catholic Church defines hope as the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength but on the help of the Holy Spirit. Hope is confident expectation rooted in God's faithfulness — not our own track record.

For your health journey, hope means believing that your body can change — not because you have never failed before, but because God is not finished with you yet. It means showing up to this week with fresh eyes even if last week was imperfect. It means eating your protein even before you see results, because hope acts ***before*** the evidence arrives. Hope is the virtue that keeps you in the game when discouragement whispers that it is not worth trying again.

SAINT SPOTLIGHT · ST. MONICA

St. Monica prayed for her son Augustine for seventeen years. Seventeen years of tears, of pleading, of watching him chase pleasure and philosophy while her prayers seemed to disappear into the silence. There were no signs of progress. There was no encouraging feedback. There was no scale moving in the right direction — just a mother on her knees, day after day, hoping against hope in a God who had not yet shown His hand.

And then, when she had nearly given up — he came home. St. Augustine became one of the greatest minds and saints in the history of the Church. The Confessions he wrote are still read sixteen centuries later. Monica's hope was not naive. It was not passive. It was active, faithful, persistent hope that refused to accept that what she saw in the present was all there was to see. Lovely, you may be in your seventeen-year season right now. Your breakthrough is coming. Do not stop praying. Do not stop showing up.

St. Monica, I know what it is to hope for something I cannot yet see. I have prayed and tried and waited and sometimes given up. Pray for my perseverance this week. Help me show up even when results are slow, even when the mirror has not caught up with the work I am doing. Teach me your patient, faithful hope. Amen.

"But if we hope for what we do not see, we wait for it with patience." — Romans 8:25

Source: St. Monica: Butler's Lives of the Saints (1956). The Confessions of St. Augustine, Book IX. Catholic Encyclopedia, New Advent.

PAUSE & PIVOT
When discouragement whispers that it is not working, pause. Ask St. Monica to intercede for your hope. Then pivot — name one thing that has changed since you started, however small.

IDENTITY DECLARATION
I am becoming a woman of patient, faithful hope. I do not need to see the whole staircase. I take the next step and trust the One who holds the outcome.

JOURNAL PROMPT
Where in your health journey have you felt like Monica — praying and waiting and not yet seeing results? What would it mean to refuse to give up for one more week?

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MY REFLECTION & DAILY TRACKER

HOPE REFLECTION

Today's prompt: Where have you felt like Monica — waiting for something you cannot yet see? What would faithful hope look like for you this week?

PROTEIN TRACKER

Breakfast protein source	
Lunch protein source	
Dinner protein source	
Snack protein source	

Estimated protein total today: _____ **g**

Goal: 0.7–1g per lb of ideal body weight

MOVEMENT TODAY

Strength training session completed? Circle: Yes / No / Rest Day

What did I do for movement today?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Monica's intercession for patient hope?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman of patient, faithful hope. I do not need to see the whole staircase. I take the next step and trust the One who holds the outcome."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Jude Thaddaeus
Feast Day: October 28

HOPE IN THE GYM

Hope in fitness looks like picking up the weights again after a week off. It looks like believing that today's workout matters even though you cannot see the results yet. It looks like trusting that the process is working even when the mirror disagrees. The women who transform their bodies are not the ones who never missed a workout. They are the ones who kept coming back.

This week you are adding strength training to your program — 2 to 3 sessions per week, 20 to 30 minutes each, on alternating days. See your Resistance Band Workout Guide or Dumbbell Cheat Sheets at the back of this workbook to get started. This is a beginning, not a performance. Show up with hope and let the work do the rest.

SAINT SPOTLIGHT · ST. JUDE THADDAEUS

St. Jude is the patron saint of hopeless causes — which tells you everything you need to know about the kind of hope he specializes in. He was one of the twelve apostles, often confused with Judas Iscariot, which may explain why people only called on him when all other options had been exhausted. His very name became associated with the cases no one else would touch — the desperate, the impossible, the situations that had run out of human solutions.

And yet. He is one of the most prayed-to saints in the Catholic tradition. Why? Because he delivers. Not because hopeless cases are not hopeless — but because with God, the definition of hopeless is considerably more flexible than we tend to think. Lovely, if you have written your body off as a hopeless case — if you have told yourself it is too late, too broken, too far gone — St. Jude would like a word with you. Pick up the weights. He has seen worse. And he has a very good track record.

St. Jude, I come to you with the parts of my health journey that feel genuinely hopeless. The places where I have tried so many times that trying again feels foolish. Pray for me. Remind me that you specialize in exactly this kind of situation — and that God does not recognize the word impossible. Give me the hope to pick up the weights one more time. Amen.

"May the God of hope fill you with all joy and peace in believing." — Romans 15:13

Source: St. Jude Thaddaeus: Catholic Encyclopedia, New Advent (newadvent.org). Butler's Lives of the Saints. Feast Day: October 28.

PAUSE & PIVOT
When your body feels too far gone to bother with a workout, pause. Ask St. Jude to intercede for the impossible hope that gets you off the couch. Then pivot — put on your shoes and begin.

IDENTITY DECLARATION
I am becoming a woman who brings her hopeless cases to God and watches them become something else entirely. I pick up the weights. I show up. I am not a lost cause.

JOURNAL PROMPT
What part of your health feels most like a hopeless case right now? What would it mean to hand that specific thing to St. Jude and begin again anyway?

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MY REFLECTION & DAILY TRACKER

HOPE REFLECTION

Today's prompt: What part of your health feels most like a hopeless case? What would it look like to hand it to St. Jude and begin again?

PROTEIN TRACKER

Breakfast protein source	
Lunch protein source	
Dinner protein source	
Snack protein source	

Estimated protein total today: _____ **g**

Goal: 0.7–1g per lb of ideal body weight

MOVEMENT TODAY

Strength training session completed? Circle: Yes / No / Rest Day

What did I do for movement today?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Jude's intercession for hope in my fitness?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who brings her hopeless cases to God and watches them become something else entirely. I pick up the weights. I show up. I am not a lost cause."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

Bl. Chiara Badano
Feast Day: October 29

HOPE AT THE TABLE

Hope in nutrition means choosing your protein this morning even though you cannot see the muscle it will build yet. It means drinking your water even though thirst has not arrived. It means making the nourishing choice not because it feels immediately rewarding but because you have placed your hope in what your body is becoming — and that woman deserves to be fed well today.

This week's nutritional focus is protein — 0.7 to 1 gram per pound of your ideal body weight, every single day. This is your most important nutritional habit. Protein builds and preserves muscle, keeps you full, stabilizes blood sugar, and supports your metabolism. Start with breakfast. Front-load your protein early and the rest of the day becomes dramatically easier.

SAINT SPOTLIGHT · BLESSED CHIARA BADANO

Chiara Badano was seventeen years old when she was diagnosed with bone cancer. She was athletic, joyful, deeply faithful — a young woman who had everything ahead of her and then, almost overnight, had that future rewritten by a diagnosis that had no good ending. And yet what Chiara did with the time she had left is one of the most extraordinary testimonies of hope in recent Catholic history.

She refused to let the cancer define her identity. She continued to love, to pray, to serve her friends and her community from her hospital bed with a joy that bewildered everyone who witnessed it. She is reported to have said, 'For you, Jesus, for you' — offering each wave of pain as a gift. She died in 1990 and was beatified by Pope Benedict XVI in 2010. Chiara knew something that is very hard to learn and very easy to forget: hope is not about what is happening to your body. It is about what you believe is happening through it. Eat your protein today. Nourish the body you have been given. That is an act of hope that Chiara would recognize immediately.

Blessed Chiara, you found joy in a body that was failing you — and you called that joy an act of hope. Help me find gratitude for this body that is healing, this body that is growing stronger, this body that God is not finished with yet. Pray for me as I nourish it today with intention and love. Amen.

"For I know the plans I have for you, declares the Lord — plans for welfare and not for evil, to give you a future and a hope." — Jeremiah 29:11

Source: Blessed Chiara Badano: Vatican News (2010). Beatification by Pope Benedict XVI. Movimento dei Focolari biography. Feast Day: October 29.

PAUSE & PIVOT
When you want to skip your protein or choose the easier option, pause. Ask Blessed Chiara to intercede for your hope in what your body is becoming. Then pivot — add the protein.

IDENTITY DECLARATION
Iam becoming a woman who nourishes her body with the same hope and intention she brings to prayer. What I feed my body matters. I choose well today.

JOURNAL PROMPT
Chiara found hopein the middle of suffering. Where is God asking you to find hope in the middle of your health struggle? What would nourishing your body as an act of hope actually look like?

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MY REFLECTION & DAILY TRACKER

HOPE REFLECTION

Today's prompt: Where is God asking you to find hope in the middle of your health struggle? What does nourishing your body as an act of hope look like?

PROTEIN TRACKER

Breakfast protein source	
Lunch protein source	
Dinner protein source	
Snack protein source	

Estimated protein total today: _____ **g**

Goal: 0.7–1g per lb of ideal body weight

MOVEMENT TODAY

Strength training session completed? Circle: Yes / No / Rest Day

What did I do for movement today?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask Blessed Chiara's intercession in my nutrition choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who nourishes her body with the same hope and intention she brings to prayer. What I feed my body matters. I choose well today."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Bernadette
Feast Day:April16

HOPE IN THE PAUSE

The Pause & Pivot is an act of hope. When you stop before the old habit and turn toward God instead, you are saying: I believe there is something better on the other side of this moment. I believe I am capable of choosing differently. I believe that this pause is not a defeat — it is a doorway.

This week, as you practice the Pause & Pivot, let hope be what fills the gap. When you pause before the pantry raid, before the skipped workout, before the old story about yourself — let hope speak first. Let it remind you who you are becoming and why you began. Then pivot toward the choice that honors her.

SAINT SPOTLIGHT · ST. BERNADETTE SOUBIROUS

Bernadette Soubirous was fourteen years old, asthmatic, illiterate, and from one of the poorest families in Lourdes when Our Lady appeared to her in a grotto at Massabielle. Nobody believed her. The local priest thought she was making it up. The police interrogated her. The townspeople mocked her. Even her own mother doubted her. And yet Bernadette returned to the grotto again and again — not because she was certain everyone would eventually believe her, but because she had seen something true and she could not unsee it.

She was asked once how she endured the disbelief and the ridicule and the long years of suffering that followed. Her answer was characteristic of the woman: 'My job is to inform, not to convince.' That is what the Pause & Pivot asks of you. Your job is not to convince your feelings, not to wait until everything makes sense, not to feel hopeful before you act. Your job is to pause, to turn, and to take the next faithful step. The hope comes in the turning.

St. Bernadette, you returned to the grotto even when no one believed you. Pray for my courage to return to my best choices even when I do not feel like it — even when the old habits are louder than the new ones. Help me pause. Help me pivot. Help me trust that hope is already waiting on the other side of this moment. Amen.

"Return to your stronghold, O prisoners of hope." — Zechariah 9:12

Source: St. Bernadette Soubirous: Butler's Lives of the Saints. Franz Werfel, The Song of Bernadette (1941). Catholic Encyclopedia, New Advent. Feast Day: April 16.

PAUSE & PIVOT
In every moment of temptation today, pause. Ask St. Bernadette to intercede for the stubborn, faithful hope that returns to the right choice regardless of how it feels. Then pivot.

IDENTITY DECLARATION
I am becoming a woman who returns. Not perfectly. Not without struggle. But faithfully, again and again, to the choice that honors who I am becoming.

JOURNAL PROMPT
Bernadette returned to the grotto eighteen times. How many times have you returned to your health journey after giving up? What does that faithful returning say about who you actually are?

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MY REFLECTION & DAILY TRACKER

HOPE REFLECTION

Today's prompt: How many times have you returned to your health journey after giving up? What does that faithful returning say about who you actually are?

PROTEIN TRACKER

Breakfast protein source	
Lunch protein source	
Dinner protein source	
Snack protein source	

Estimated protein total today: _____ **g**

Goal: 0.7–1g per lb of ideal body weight

MOVEMENT TODAY

Strength training session completed? Circle: Yes / No / Rest Day

What did I do for movement today?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? What did I pivot toward?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who returns. Not perfectly. Not without struggle. But faithfully, again and again, to the choice that honors who I am becoming."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Faustina Kowalska
Feast Day: October 5

HOPE AND WHO YOU ARE

Your identity is not built on your history of failures. It is not built on the diets that did not work or the months you fell off the program or the mornings you chose the couch over the workout. Your identity is built on who God says you are — and He is relentlessly, stubbornly, scandalously hopeful about you.

Hope as an identity virtue says: I am not who I was. I am not even fully who I will be. I am becoming — and the becoming is holy. Every faithful choice you make this week is a declaration of that identity. Not 'I am trying to be healthy.' But 'I am a woman who takes care of herself.' Present tense. Already true. Spoken in hope.

SAINT SPOTLIGHT · ST. FAUSTINA KOWALSKA

St. Faustina was a Polish nun with a third-grade education who received one of the most extraordinary private revelations in modern Catholic history — the Divine Mercy message and chaplet. She was not impressive by the world's standards. She was not educated or influential or particularly remarkable to look at. She was a kitchen sister in a convent, doing ordinary work, living an ordinary life. And God chose her to carry a message of hope to the entire world: that His mercy is greater than any sin, any failure, any history.

Her diary, which she was commanded to write despite her lack of education, has been translated into more than twenty languages and read by millions. The message she carried is simple and it is for you today: ***Jesus, I trust in You.*** Not Jesus, I have it all together. Not Jesus, I have not failed this time. Simply: I trust You. That trust — that hope — is the deepest identity declaration of this entire program. You are a woman who trusts. That is who you are.

St. Faustina, you carried a message of mercy to a world that had forgotten it was available. Remind me today that God's mercy meets me exactly where I am — in my imperfect choices, my incomplete progress, my stubborn hope. Help me declare with you: Jesus, I trust in You. Not in my consistency. Not in my willpower. In Him. Amen.

"Jesus, I trust in You." — St. Faustina Kowalska, Divine Mercy Diary

Source: St. Faustina Kowalska: Diary of Saint Maria Faustina Kowalska: Divine Mercy in My Soul (1987). Marian Press. Canonized by Pope John Paul II, April 30, 2000. Feast Day: Oct 5

PAUSE & PIVOT
When theold identity — the one built on failure and frustration — tries to speak today, pause. Ask St. Faustina to intercede for the identity rooted in divine mercy. Then pivot — speak your declaration out loud.

IDENTITY DECLARATION
Iam a woman who trusts God with her body, her history, and her becoming. Jesus, I trust in You — with this meal, this workout, this week, this body, this life.

JOURNAL PROMPT
St.Faustina was ordinary by every measurable standard — and God used her to change the world. What ordinary faithful act have you been dismissing as not enough? How does it look through the lens of divine mercy?

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MY REFLECTION & DAILY TRACKER

HOPE REFLECTION

Today's prompt: What ordinary faithful act have you been dismissing as not enough? How does it look through the lens of divine mercy and hope?

PROTEIN TRACKER

Breakfast protein source	
Lunch protein source	
Dinner protein source	
Snack protein source	

Estimated protein total today: _____ **g**

Goal: 0.7–1g per lb of ideal body weight

MOVEMENT TODAY

Strength training session completed? Circle: Yes / No / Rest Day

What did I do for movement today?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward my true identity as a woman who trusts God with her body?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman who trusts God with her body, her history, and her becoming. Jesus, I trust in You — with this meal, this workout, this week, this body, this life."

ONE WIN FROM TODAY

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WEEK 3 — LOVE & CHARITY

MON	TUE	WED	THU	FRI
St. Francis of Assisi	Bl. Pier Giorgio Frassati	St. Gianna Beretta Molla	St. Vincent dePaul	St. Teresa of Calcutta.

THE VIRTUE OF LOVE & CHARITY

Charity — from the Latin ***caritas***, meaning love rooted in God — is the greatest of the three Theological Virtues. St. Paul makes this unmistakably clear: without love, everything else is noise. But charity is not just the love we extend outward to others. It begins in right relationship with God and, from that abundance, flows outward — to our neighbors, our families, and yes, to ourselves.

For many women over 50, self-care has been crowded out by decades of caring for everyone else first. Charity this week invites you to make a radical claim: caring for your body is not selfish. It is an act of love — love for the God who made you, for the people who need you well, and love for the woman God is still shaping inside this body of yours.

THIS WEEK'S HABIT: SLEEP HYGIENE

This week we add sleep hygiene — a consistent bedtime routine that protects 7–9 hours of quality sleep every night. This is not optional and it is not indulgent. Sleep is when your body repairs muscle, consolidates memory, regulates hunger hormones, and does the quiet biological work that no supplement can replicate. Caring for your sleep is an act of charity toward your own body. St. Gianna Beretta Molla — a physician saint who understood the body as a sacred gift — would insist on it.

SCIENCE SAYS

A study published in ***Physiological Reports*** found that even **one night of poor sleep reduces muscle protein synthesis by 18%** — meaning the protein you ate and the workout you did the day before are both less effective when you are underslept. Poor sleep also raises hunger hormones, making cravings significantly harder to resist.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily 15-minute walk.** You are three weeks in and building beautiful momentum. This week, pay attention to how your sleep affects your energy in workouts — you will feel the difference immediately when you are well rested versus underslept. Let that be your motivation to protect your bedtime like the appointment iti s.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Hit your protein goal — 0.7–1g per lb of ideal body weight
- ✓ **Week 3: Protect 7–9 hours of sleep with a consistent bedtime routine**

SOURCES

Sleep Fact: Lamon S et al. (2021). Physiological Reports, 9(1), e14660. Deakin University / University of Melbourne.
Virtue Definition: Catechism of the Catholic Church, §1822–1829. Libreria Editrice Vaticana.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Francis of Assisi
Feast Day: October 4

VIRTUE IN FOCUS — LOVE & CHARITY

Charity —from the Latin *caritas , meaning love rooted in God — is the greatest of the three Theological Virtues.*
St. Paul makes thisunmistakably clear in 1 Corinthians 13: without love, everything else is noise. Without love, faith is hollow and hope is merely wishful thinking. Charity is the virtue that gives the other two their meaning.

But charity is not just the love we extend outward to others. It begins in right relationship with God and, from that abundance, flows outward — to our neighbors, our families, and yes, to ourselves. For many women over 50, self-care has been crowded out by decades of caring for everyone else first. Charity this week invites you to make a radical claim: caring for your body is not selfish. It is an act of love — love for the God who made you, love for the people who need you well, and love for the woman God is still shaping inside this body of yours.

SAINT SPOTLIGHT · ST. FRANCIS OF ASSISI

Francis of Assisi began his life as a wealthy merchant's son with expensive tastes, a love of parties, and ambitions of becoming a great knight. He ended it in total poverty, surrounded by brothers he had gathered from every walk of life, having rebuilt the Church almost single-handedly through the sheer force of his joy. What happened in between is one of the most dramatic conversion stories in Christian history — and it began with a single act of charity.

Francis encountered a leper on the road, a man whose condition made him untouchable by the standards of medieval society. Everything in Francis recoiled. And then something shifted. He climbed down from his horse, embraced the leper, and kissed his hand. Later he wrote that what had seemed bitter to him became sweet, and what had seemed sweet became bitter. That one act of charity cracked him open and let God in. He never looked back.

The lesson for your health journey is this: charity often begins with the thing you most want to avoid. The workout you dread. The meal you keep putting off. The habit that requires you to get off your comfortable horse. Francis would tell you that the sweetness is on the other side of the thing that seems bitter. He would also tell you — with that famous Franciscan joy — that it is worth it every single time.

St. Francis, you found sweetness where the world saw only bitterness. Help me find the same — in the discipline of this program, in the habits that feel hard, in the body I am still learning to love. Teach me to care for myself the way you cared for the lepers: with tenderness, without flinching, with great love. Amen.

"And above all these put on love, which binds everything together in perfect harmony." — Colossians 3:14

PAUSE & PIVOT
When you want toskip your sleep routine or stay up too late, pause. Ask St. Francis to intercede for the charity that cares for your own body first. Then pivot — begin your bedtime routine.

IDENTITY DECLARATION
I am becoming a woman who loves herself with the same tenderness she offers others. Caring for my body is an act of charity — for God, for my family, and for the woman I am becoming.

JOURNAL PROMPT
Francis found sweetness where he expected bitterness. What health habit have you been dreading that might actually become sweet if you approached it with charity rather than obligation?

Feast Day: October 4 · Sources: Butler's Lives of the Saints (1956). G.K. Chesterton, St. Francis of Assisi (1923). Francis of Assisi: Early Documents, ed. Armstrong et al. (1999). Franciscan Media.

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MY REFLECTION & DAILY TRACKER

LOVE & CHARITY REFLECTION

Today's prompt: What health habit have you been dreading that might become sweet if you approached it with love instead of obligation?

HABIT CHECK-IN: SLEEP HYGIENE

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Francis's intercession for self-charity?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who loves herself with the same tenderness she offers others. Caring for my body is an act of charity — forGod, for my family, and for myself."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

Bl. Pier Giorgio Frassati
Feast Day: July 4

LOVE IN THE GYM

Love in fitness is not the love of the result — the smaller waist, the stronger arms, the number on the scale. Love in fitness is the love of the practice itself, the love of what your body can do, the love of showing up for yourself the way you would show up for someone you cherish. When you approach your workout as an act of love rather than an act of punishment or obligation, everything changes.

This week, bring charity to your movement. Be generous with your effort and gentle with your expectations. Celebrate what your body does — not just what it looks like. Every rep, every step, every set completed is a small act of love for the woman you are becoming. That is worth celebrating.

SAINT SPOTLIGHT · BLESSED PIER GIORGIO FRASSATI

Pier Giorgio Frassati was twenty-four years old when he died of polio in 1925 — a disease he likely contracted while caring for the sick poor of Turin. He was the son of a wealthy and influential Italian family, handsome, athletic, beloved by everyone who knew him. He climbed mountains. He skied. He rowed. He played sports with the kind of exuberant physical joy that made everyone around him want to be more alive.

And he used every bit of that energy in the service of charity. He gave away his tram fare to pay for medicine for the poor and walked home. He brought food to families who had none. He sat with the sick and the dying when no one else would. He was known to give the coat off his back — literally — in the middle of a Turin winter. His love was not abstract or theoretical. It was physical, concrete, incarnate. It showed up in person and stayed.

Pier Giorgio is the patron of young people and of those who love the outdoors — but I would add strength training to his portfolio without hesitation. He understood that a strong, healthy body is a gift to be used in love. He used his completely. He is beatified, and his cause for canonization continues. Pick up your weights today in his honor. He would be delighted.

Blessed Pier Giorgio, you poured every ounce of your physical strength into love. Help me do the same — to lift, to walk, to move with the joy of someone who knows their body is a gift meant to be used in service. Pray for my strength today. And pray for my joy. Amen.

"Whatever you do, work heartily, as for the Lord and not for men." — Colossians 3:23

PAUSE & PIVOT
When your workout feels like a burden rather than a gift, pause. Ask Blessed Pier Giorgio to intercede for the joy that makes movement feel like love. Then pivot — begin with gratitude.

IDENTITY DECLARATION
I am becoming a woman who moves her body with joy and intention. My strength is a gift — to myself, to the people I love, and to the God who made me capable of this.

JOURNAL PROMPT
PierGiorgio used his physical strength entirely in service of love. How might your health and fitness — what you are building right now — ultimately become a gift to the people around you?

Feast Day: July 4 · Sources: Marco Bello, Blessed Pier Giorgio Frassati: An Ordinary Christian (2004). Vatican News, Beatification 1990 by Pope John Paul II. Franciscan Media.

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MY REFLECTION & DAILY TRACKER

LOVE & CHARITY REFLECTION

Today's prompt: How might the health and strength you are building right now become a gift to the people you love most?

HABIT CHECK-IN: SLEEP HYGIENE

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask Bl. Pier Giorgio's intercession for joy in movement?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who moves her body with joy and intention. My strength is a gift — to myself, to the people I love, and to theGod who made me capable of this."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Gianna Beretta Molla
Feast Day: April 28

LOVE AT THE TABLE

Love at the table looks like choosing food that nourishes rather than food that numbs. It looks like eating with gratitude and attention rather than guilt and hurry. This week's habit is sleep — and the connection between sleep and nutrition is more direct than most women realize. When you are underslept, your hunger hormones shift dramatically: ghrelin rises, leptin falls, and your brain begins craving the densest, most caloric foods available. Poor sleep does not just make you tired. It makes good nutritional choices feel nearly impossible.

Loving your body at the table this week means protecting your sleep so that the good choices you want to make are actually within reach. You cannot outrun a chronically disrupted nervous system with willpower. But you can love yourself enough to go to bed.

SAINT SPOTLIGHT · ST. GIANNA BERETTA MOLLA

St. Gianna Beretta Molla was a pediatrician, a wife, a mother of four, and a saint who died in 1962 at thirty-nine years old — one week after the birth of her fourth child. She had been diagnosed during her pregnancy with a uterine fibroma and was given three medical options. She chose the one that protected her unborn daughter at the greatest risk to herself. She did not survive. Her daughter Gianna Emanuela is alive today and has spoken publicly about her mother's sacrifice her entire life.

What makes Gianna remarkable for our purposes is not only her final act of heroic love, but the way she lived every ordinary day before it. She was a doctor who understood the body as a sacred instrument of God's love. She took her own health seriously. She rested when she needed to rest, ate well, stayed active, and modeled for her patients and her family what it looked like to care for a body as though it belonged to God — because she believed it did.

Gianna's medical training gave her a phrase that has stayed with me: ***the body is the instrument of the soul.*** When we neglect our bodies — when we deny them sleep, nourishment, movement, rest — we are not being humble or selfless. We are being careless with something that was entrusted to us. St. Gianna would prescribe sleep. Take your medicine.

St. Gianna, you understood the body as God's instrument — to be cared for with the same precision and love you gave your patients. Help me care for my own body with that same medical-grade tenderness. Give me the grace to protect my sleep, nourish my body, and treat myself like a patient worth caring for. Amen.

"Do you not know that your body is a temple of the Holy Spirit within you?" — 1 Corinthians 6:19

PAUSE & PIVOT
When you wan to stay up late scrolling instead of protecting your sleep, pause. Ask St. Gianna to intercede for the self-charity that sends you to bed. Then pivot — begin your sleep routine.

IDENTITY DECLARATION
I am becoming a woman who treats her body as the sacred instrument it is. Sleep is medicine. Rest is love. I give myself both without guilt.

JOURNAL PROMPT
St. Gianna treated herown body with the same care she gave her patients. How would you treat your body differently if you approached it with a doctor's precision and a saint's love?

Feast Day: April 28 · Sources: Pietro Molla & Elio Guerriero, Saint Gianna Molla: Wife, Mother, Doctor (2004). Canonized May 16, 2004 by Pope John Paul II. Vatican News.

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MY REFLECTION & DAILY TRACKER

LOVE & CHARITY REFLECTION

Today's prompt: How would you care for your body differently if you approached it with a doctor's precision and a saint's love — the way St. Gianna did?

HABIT CHECK-IN: SLEEP HYGIENE

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Gianna's intercession for loving self-care?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I a m becoming a woman who treats her body as the sacred instrument it is. Sleep is medicine. Rest is love. I give myself both without guilt."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Vincent de Paul
Feast Day: September 27

LOVE IN THE PAUSE

The Pause & Pivot is an act of love. When you stop before the craving, before the old habit, before the story that says you cannot do this — and you turn toward God instead — you are choosing the loving response over the reactive one. Love, as St. Thomas Aquinas defined it, is willing the good of the other. In the Pause & Pivot, you are willing your own good. That counts. That is love too.

This week, as you pause, bring the virtue of charity with you into the gap. Ask not just ***What do I want?*** but ***What does this woman — the one I am becoming — actually need right now?*** Love her enough to answer honestly. Then pivot toward the response that honors her.

SAINT SPOTLIGHT · ST. VINCENT DE PAUL

St. Vincent de Paul is one of the great organizers of charity in Church history — the man who systematized the care of the poor in seventeenth-century France with a thoroughness and practicality that would impress a modern nonprofit director. He founded the Congregation of the Mission, the Daughters of Charity, and the Confraternities of Charity. He is the reason we have the Society of St. Vincent de Paul today, serving the poor in almost every country on earth.

But here is what most people do not know about Vincent: he was not naturally warm. By his own admission, he had a harsh and choleric temperament — he was quick to anger, impatient, not naturally inclined toward gentleness. He worked against his own nature for years, deliberately practicing charity until it became second nature. The warmth and compassion he became famous for was not a personality trait. It was a virtue he built, one choice at a time, through the daily practice of pausing before his reactive impulse and pivoting toward love.

That is exactly what you are doing. You do not have to feel charitable toward your body to act with charity toward it. You do not have to feel motivated to make the loving choice. Vincent did not feel like visiting the galley slaves. He went anyway. Go to bed. Drink your water. Take your walk. The feeling follows the action, not the other way around.

St. Vincent, you built the virtue of charity one reluctant act at a time. Pray for me as I do the same — as I pause before my reactive impulses and try, again, to pivot toward the loving choice. Intercede for my consistency, my patience with myself, and my courage to act even when I do not feel like it. Amen.

"Let all that you do be done in love." — 1 Corinthians 16:14

PAUSE & PIVOT
In every tempting moment today, pause. Ask St. Vincent to intercede for the charity that chooses the loving response even when it is hard. Then pivot toward the choice that honors your body.

IDENTITY DECLARATION
Iam becominga woman who builds virtue one choice at a time. I do not need to feel like it. I show up anyway — and the feeling follows.

JOURNAL PROMPT
Vincent built his warmth against his own nature. What health habit are you building against your own resistance? What does it mean that the effort itself is the virtue?

Feast Day: September 27 · Sources: Butler's Lives of the Saints (1956). Jose Maria Roman, St. Vincent de Paul: A Biography (1999). Catholic Encyclopedia, New Advent.

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MY REFLECTION & DAILY TRACKER

LOVE & CHARITY REFLECTION

Today's prompt: What health habit are you building against your own resistance? What does it mean that the effort itself — the showing up — is the virtue?

HABIT CHECK-IN: SLEEP HYGIENE

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? What did I choose?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who builds virtue one choice at a time. I do not need to feel like it. I show up anyway — and the feeling follows."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Teresa of Calcutta
Feast Day: September 5

LOVE AND WHO YOU ARE

Your identity as a beloved daughter of God is not something you earn. It is not contingent on your consistency, your progress, your protein intake, or your sleep score. It is given — freely, completely, irrevocably — by the God who is love itself. You are loved not because of what you do but because of Whose you are.

And from that love — from that secure, unshakeable foundation — everything else flows. The healthy choices. The faithful habits. The willingness to try again after a hard week. You do not build your identity through your actions. Your actions flow from your identity. Let love be the ground this week. Let everything else grow from there.

SAINT SPOTLIGHT · ST. TERESA OF CALCUTTA

Mother Teresa spent nearly fifty years in what her spiritual directors called the dark night of the soul — a prolonged absence of felt consolation in prayer, a sense that God was silent and distant, a darkness that never fully lifted from the time she began her work in the slums of Calcutta until the end of her life. This was not publicly known until after her death, when her private letters were published.

And yet she served. And yet she loved. And yet she smiled that famous smile and held the dying and washed the sick and built a congregation of thousands of sisters who are still serving the poorest of the poor in over 130 countries today. She did all of this without the felt experience of God's presence — on faith alone, on love alone, on the identity of a woman who knew she was called even when she could not feel the One who called her.

She said: ***'Do small things with great love.'*** Not great things with great love. Small things. The tracked meal. The glass of water. The fifteen-minute walk. The bedtime routine. These are your small things. Do them with great love — love for God, love for the people who need you well, love for yourself. That is enough. It is more than enough. Mother Teresa proved it for fifty years.

St. Teresa of Calcutta, you served without consolation, loved without feeling loved in return, and built something eternal out of small daily acts. Help me do the same — to make my small health choices with great love, even on the days when nothing feels inspiring. Remind me that love is not a feeling. It is a decision I make, one small thing at a time. Amen.

"We love because he first loved us." — 1 John 4:19

PAUSE & PIVOT
When the oldvoice says your small efforts do not matter, pause. Ask St. Teresa to intercede for the love that does small things with great intention. Then pivot — do the small thing.

IDENTITY DECLARATION
I am a woman who does small things with great love. My identity is not built on grand gestures — it is built on faithful daily choices made with intention and charity.

JOURNAL PROMPT
Mother Teresa served in the dark for fifty years without feeling God's presence. What would it mean to make your health choices from love and identity rather than from motivation or feeling?

Feast Day: September 5 · Sources: Brian Kolodiejchuk, ed., Mother Teresa: Come Be My Light (2007). Canonized September 4, 2016 by Pope Francis.

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MY REFLECTION & DAILY TRACKER

LOVE & CHARITY REFLECTION

Today's prompt: What would it mean to make your health choices from love and identity rather than waiting to feel motivated? What does that change?

HABIT CHECK-IN: SLEEP HYGIENE

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward love — for God, for others, for myself?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

" I am a woman who does small things with great love. My identity is not built on grand gestures — it is built on faithful daily choices made with intention and charity."

ONE WIN FROM TODAY

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WEEK 4 — TEMPERANCE

MON	TUE	WED	THU	FRI
St. Augustine	St. Thomas Aquinas	St. Charles Borromeo	St. Margaret of Cortona.	St. Martha of Bethany

THE VIRTUE OF TEMPERANCE

Temperance is the cardinal virtue that governs our appetites — ordering our desires toward what is truly good rather than what merely feels good in the moment. It is not repression. It is not joyless restriction. St. Thomas Aquinas described temperance as the virtue that brings beauty and order to our inner life — the difference between a life governed by impulse and a life governed by wisdom.

For your health journey, temperance is the virtue that makes sustainable change possible. It is the small voice that says ***enough*** before the plate is empty, ***not tonight*** before the pantry is raided, and ***one swap at a time*** before the all-or-nothing thinking takes over. Enough is not deprivation. Enough is freedom.

THIS WEEK'S HABIT: ONE HEALTHY SWAP

This week we add one intentional healthy swap — replacing one habitual less-nourishing choice with a better one. Just one. This might be swapping an afternoon cookie for a handful of almonds, your morning creamer for a lighter option, or your evening chips for sliced vegetables with hummus. The swap itself matters less than the practice of choosing deliberately. You are training the muscle of temperance, one small decision at a time.

SCIENCE SAYS

A 2024 systematic review found it takes an average of **59–66 days — not the commonly cited 21 days** — to form a new habit. Small, consistent swaps repeated daily rewire the brain far more effectively than dramatic overhauls. One faithful swap, done daily, changes everything.

A NOTE FROM YOUR COACH — WEEK 4 IS THE DANGER ZONE

Your weights are going up. Your strength is increasing. But the mirror has not caught up yet — and that is completely normal. Here is what is happening inside your body right now: your nervous system is learning to recruit more muscle fibers (neural adaptation), your bones are responding to the mechanical load by building new tissue, and your metabolism is shifting. **Do not quit now.** The visible changes are coming. Trust the process. This is exactly where faith meets fitness.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** You are now at Week 4 — and this is one of the most important things your coach need s to tell you right now:

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Hit your protein goal — 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep with a consistent bedtime routine
- ✓ **Week 4: Make one intentional healthy swap every day**

SOURCES

Habit Formation: 2024 systematic review. News-Medical Life Sciences. Median habit formation times of 59–66 days.

Virtue Reference: Aquinas, Thomas. Summa Theologica, II-II, Q. 141. On Temperance.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Augustine
Feast Day: August 28

VIRTUE IN FOCUS — TEMPERANCE

Temperance is the cardinal virtue that governs our appetites — ordering our desires toward what is truly good rather than what merely feels good in the moment. It is not repression or joyless restriction. St. Thomas Aquinas described temperance as the virtue that brings beauty and order to our inner life — the difference between a life governed by impulse and a life governed by wisdom.

For your health journey, temperance is the virtue that makes sustainable change possible. It is the small voice that says ***enough*** before the plate is empty, ***not tonight*** before the pantry is raided, and ***one swap at a time*** before the all-or-nothing thinking takes over. Enough is not deprivation. Enough is freedom. And freedom, as the saints remind us, is what virtue is for.

SAINT SPOTLIGHT · ST. AUGUSTINE OF HIPPO

Augustine of Hippo is the patron saint of the struggle — specifically, the struggle between what we want and what we know is good. His Confessions, written in 397 AD, remain one of the most psychologically honest documents in human history: a brilliant man cataloguing his own disordered appetites with devastating clarity and asking God to fix what he could not fix himself. His famous prayer — ***Lord, make me chaste, but not yet*** — has made readers laugh and wince in equal measure for sixteen centuries.

What Augustine understood, eventually, was that the disordered appetite is not the problem itself. It is a symptom — a sign of a heart that is searching for something it has not yet found in the right place. His Confessions open with one of the most famous lines in Christian literature: ***Our heart is restless until it rests in Thee.*** The restlessness that drives us to the pantry at ten o'clock, to the second glass of wine, to the endless scroll — Augustine knew that restlessness intimately. He also found the only thing that actually satisfies it.

Augustine was converted at thirty-two and became one of the greatest theologians in Church history. He wrote more than five million words. He served as Bishop of Hippo for thirty-five years. And he did all of it as a man who had learned, the hard way, that temperance is not the enemy of joy. It is the condition of it. You cannot fully enjoy what you cannot govern. The woman who has learned to say ***enough*** is the freest woman in the room.

St. Augustine, you know what it is to want the wrong things very badly. Pray for my temperance this week — not the joyless, white-knuckled kind, but the kind that comes from finally wanting the right things more than the wrong ones. Help me find in God what I have been looking for in the pantry. Make me restless for the right rest. Amen.

"Our heart is restless until it rests in Thee." — St. Augustine, Confessions I.1

PAUSE & PIVOT
When youreach for something out of restlessness rather than hunger, pause. Ask St. Augustine to intercede for the temperance that knows the difference. Then pivot — ask what you are actually hungry for.

IDENTITY DECLARATION
I am becoming a woman who governs her appetites with wisdom and freedom. I know what enough feels like — and enough is beautiful.

JOURNAL PROMPT
Augustine wrote that our hearts are restless until they rest in God. Where in your eating or health habits do you recognize that restlessness? What are you actually hungry for?

Feast Day: August 28 · Sources: Augustine of Hippo, Confessions (397 AD). Peter Brown, Augustine of Hippo: A Biography (1967, rev. 2000). Catholic Encyclopedia, New Advent.

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MY REFLECTION & DAILY TRACKER

TEMPERANCE REFLECTION

Today's prompt: Where in your eating habits do you recognize Augustine's restlessness? What are you actually hungry for when you reach for food you don't need?

HABIT CHECK-IN: ONE HEALTHY SWAP

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Augustine's intercession for temperance?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who governs her appetites with wisdom and freedom. I know what enough feels like — and enough is beautiful."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Thomas Aquinas
Feast Day: January 28

TEMPERANCE IN THE GYM

Temperance in fitness is not about doing less — it is about doing the right amount with wisdom and intention. It is the virtue that prevents the two most common fitness mistakes: doing too much too fast and burning out, or doing so little that no adaptation occurs. Temperance finds the middle path — the progressive, sustainable, faithful path — and stays on it even when both extremes are calling.

This week, practice temperance in your workouts. Do not compare your weights or your reps to anyone else. Do not push so hard that you cannot move tomorrow. And do not let the perfect be the enemy of the good. The temperate workout — the one you actually complete and can repeat next week — is always better than the extreme one you cannot sustain.

SAINT SPOTLIGHT · ST. THOMAS AQUINAS

St. Thomas Aquinas was, by all accounts, a large man — so large that a semi-circular piece was reportedly cut from the table where he worked so he could sit comfortably. He was slow to speak in school, so slow that his classmates nicknamed him the Dumb Ox. His teacher, Albertus Magnus, famously retorted: 'You call him a Dumb Ox, but I tell you this Dumb Ox shall bellow so loud that his bellowing will fill the world.' He was right.

Thomas went on to write the Summa Theologica — arguably the most comprehensive and systematic work of theology ever produced by a single human being. He wrote on every aspect of human life, including virtue, including temperance, with a precision and clarity that has never been surpassed. And what he understood about temperance is that it is not the suppression of desire but the education of it — teaching our appetites to want what is actually good, and to want it in the right measure, at the right time, in the right way.

Thomas was not a fast mover, but he was a faithful one. He wrote slowly, thought deeply, and built something that has lasted nearly eight centuries. Temperance in your fitness program looks the same way: not fast, not dramatic, but faithful and thorough. Keep going, Dumb Ox. The world will hear you.

St. Thomas Aquinas, you understood temperance better than almost anyone — not as restriction but as rightly ordered desire. Help me want the right things in my fitness: not perfection, not extremes, but the faithful, sustainable effort that builds something lasting. Pray for my wisdom and my patience. Amen.

"Let your moderation be known unto all men." — Philippians 4:5

PAUSE & PIVOT
When you are tempted to either skip your workout entirely or push to an unsustainable extreme, pause. Ask St. Thomas to intercede for temperate, wise effort. Then pivot — do the faithful middle.

IDENTITY DECLARATION
I am becoming a woman of wise, sustainable effort. I do not need extremes. I need faithfulness — and faithfulness, done temperately, builds everything.

JOURNAL PROMPT
Thomas built one ofhistory's greatest works slowly, without drama. What in your health journey have you been approaching with all-or-nothing thinking? What would the temperate, faithful middle look like?

Feast Day: January 28 · Sources: G.K. Chesterton, St. Thomas Aquinas: The Dumb Ox (1933). Thomas Aquinas, Summa Theologica, II-II Q.141 (On Temperance). Butler's Lives of the Saints.

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MY REFLECTION & DAILY TRACKER

TEMPERANCE REFLECTION

Today's prompt: What in your fitness journey have you been approaching with all-or-nothing thinking? What would the wise, temperate middle look like?

HABIT CHECK-IN: ONE HEALTHY SWAP

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Thomas's intercession for wise, temperate effort?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman of wise, sustainable effort. I do not need extremes. I need faithfulness — and faithfulness, done temperately, builds everything."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Charles Borromeo
Feast Day: November 4

TEMPERANCE AT THE TABLE

Temperance at the table is this week's work in its most literal form. This week's habit is one healthy swap — replacing one habitual less-nourishing choice with a better one. Just one. This is temperance in action: not a dramatic dietary overhaul, not acleanse,not arestriction — but a single, deliberate, rightly ordered choice that says ***I want something better for my body today than I settled for yesterday.***

Choose your swap wisely. Make it specific and repeatable. And then do it — not perfectly, not forever, but today. Temperance does not ask for grand gestures. It asks for one right choice, made with intention, in this moment. That is enough to change a life, one day at a time.

SAINT SPOTLIGHT · ST. CHARLES BORROMEO

Charles Borromeo was twenty-two years old when his uncle became Pope Pius IV and appointed him Cardinal-Nephew — one of the most powerful positions in the sixteenth-century Church. He had wealth, influence, and access that most people could not imagine. He also had a speech impediment that made public speaking agonizing, a naturally reserved temperament, and — by his own admission — appetites for comfort and ease that he had to work against his entire life.

Charles chose to use his position not for personal advancement but for reform. He was the driving force behind the final sessions of the Council of Trent, the reform document that shaped the Catholic Church for centuries. He reformed seminaries, revised the catechism, and during the plague of 1576 in Milan, personally sold his furniture and silver to feed the sick and dying — while his own household starved with the poor.

His personal motto was ***Humilitas*** — humility. But the virtue he practiced most visibly was temperance: the deliberate, daily governance of his own appetites and comforts in favor of what was genuinely good. He made one right choice at a time, for decades, until those choices reshaped an institution. Your one healthy swap this week is the same kind of work. Small. Deliberate. Repeated. Reforming.

St. Charles, you reformed the Church one temperate choice at a time. Help me reform my table the same way — one faithful swap, one right choice, one small step toward the woman I am becoming. Give me the clarity to choose well and the consistency to keep choosing. Amen.

"Do not be conformed to this world, but be transformed by the renewal of your mind." — Romans 12:2

PAUSE & PIVOT
When you reach for the habitual choice you are trying to swap, pause. Ask St. Charles to intercede for the temperate clarity that chooses the better option. Then pivot — make the swap.

IDENTITY DECLARATION
I am becoming a woman who chooses deliberately. One swap. One right choice. Repeated daily. That is how transformation happens — quietly, faithfully, from the inside out.

JOURNAL PROMPT
Charles reformed an institution one choice at a time. What one nutritional swap, repeated daily for the rest of this program, has the most potential to change your health? Why that one?

Feast Day: November 4 · Sources: Butler's Lives of the Saints (1956). Catholic Encyclopedia, New Advent. Margaret Yeo, Reformer: St. Charles Borromeo (1938).

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MY REFLECTION & DAILY TRACKER

TEMPERANCE REFLECTION

Today's prompt: What is your one intentional healthy swap this week? Write it specifically. Why did you choose that one?

HABIT CHECK-IN: ONE HEALTHY SWAP

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Charles's intercession for temperate nutritional choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who chooses deliberately. One swap. One right choice. Repeated daily. That is how transformation happens —quietly, faithfully, from the inside out."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Margaret of Cortona
Feast Day: February 22

TEMPERANCE IN THE PAUSE

Temperance lives most powerfully in the pause. It is the virtue that operates in the gap between the impulse and the action — the moment where desire presents itself and wisdom responds. Without the pause, appetite wins by default. With the pause, temperance has the space to do its work.

This week, when you feel the pull of a disordered appetite — food, distraction, numbing, avoidance — pause. Let temperance ask its question: ***Is this what I actually want, or is this what I want right now?*** There is a difference. The temperate woman knows the difference. She is not ruled by the present moment. She is governed by her best self — the one she is becoming, one pause at a time.

SAINT SPOTLIGHT · ST. MARGARET OF CORTONA

Margaret of Cortona is one of the most dramatic conversion stories in the Franciscan tradition — and one of the most relevant for women who understand what it is to be defined by your past choices. She lived for nine years as the mistress of a nobleman, bearing him a son, knowing her situation was wrong but finding herself unable — or unwilling — to leave it. She was publicly known as a woman of loose morals in her town. Her own father refused to take her back.

When her lover was murdered and she found his body, something broke open in her. She walked to the Franciscan church in Cortona with her young son, publicly confessed her sins, and began one of the most severe penitential lives of the medieval period. She fasted, prayed, cared for the sick and poor, and eventually founded a hospital. She had the gift of mystical prayer and experienced visions of Christ. She died in 1297 and was canonized in 1728.

What Margaret teaches us about temperance is that the disordered appetite does not have the last word. No matter how long the pattern has run, no matter how entrenched the habit, the pause is always available. The pivot is always possible. Margaret pivoted from nine years of disorder to decades of heroic virtue. Your Pause & Pivot today is the same grace in a smaller key. Take it.

St. Margaret, you know what it is to be defined by your worst choices — and you know what it is to refuse to let those choices be the final word. Pray for my courage to pause in my moments of disorder and pivot toward something better. Remind me that no habit is too entrenched for grace. Amen.

"Create in me a clean heart, O God, and renew a right spirit within me." — Psalm 51:10

PAUSE & PIVOT
In every moment of disordered appetite today, pause. Ask St. Margaret to intercede for the temperate courage that chooses differently this time. Then pivot.

IDENTITY DECLARATION
I am becoming a woman who pauses before she acts. The habit does not define me. The pivot does. I choose again — wisely, freely, with grace.

JOURNAL PROMPT
Margaret refused to let nine years of disorder be her final identity. What old pattern or choice have you been letting define you that does not belong to the woman you are becoming?

Feast Day: February 22 · Sources: Butler's Lives of the Saints (1956). Cuthbert, O.F.M., A Tuscan Penitent: Life of St. Margaret of Cortona (1907). Canonized 1728 by Pope Benedict XIII.

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MY REFLECTION & DAILY TRACKER

TEMPERANCE REFLECTION

Today's prompt: What old habit or pattern have you been letting define you that does not belong to the woman you are becoming? What would the pivot look like?

HABIT CHECK-IN: ONE HEALTHY SWAP

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? What did I choose instead?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who pauses before she acts. The habit does not define me. The pivot does. I choose again — wisely, freely,with grace."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Martha of Bethany
Feast Day: July 29

TEMPERANCE AND WHO YOU ARE

The temperate woman is not a woman who has no desires. She is a woman whose desires are rightly ordered — who wants the right things, in the right measure, in the right way. Her identity is not built on deprivation. It is built on freedom. The freedom of the woman who is not controlled by her cravings, her habits, her emotional eating, or the food noise that fills the space where peace should be.

You are becoming that woman. Not because you have achieved perfect moderation — no one does. But because you are choosing, again and again, to pause before the impulse and ask for the grace of a rightly ordered appetite. That choosing, repeated over time, is how identity is formed. You are not who you were. You are becoming who you are meant to be.

SAINT SPOTLIGHT · ST. MARTHA OF BETHANY

Martha of Bethany gets a bad reputation in most homilies — she is the busy one, the anxious one, the one Jesus gently corrects while her sister Mary sits at his feet. But Martha's story does not end in the kitchen. The most important thing Martha of Bethany ever said was not a complaint about her sister. It was a confession of faith that stands as one of the great declarations in all of Scripture: ***I believe that you are the Christ, the Son of God, who is coming into the world.*** She said this before Peter. She said it at the tomb of her brother Lazarus, in the middle of her grief.

Martha was not defined by her busyness. She was defined by her faith. And that faith had been ordered rightly — not displaced by activity, not drowned in anxiety, but present and strong when it mattered most. The temperance Martha needed was not the temperance of doing less. It was the temperance of knowing what mattered most — and putting it first even in the middle of everything else that demanded her attention.

That is your temperance work too. In the middle of a busy life, in the middle of everything that is demanding your attention, knowing what matters most — this body, this habit, this one healthy swap — and putting it first. Not because you have nothing else to do. Because you know who you are.

St. Martha, help me order my life with the temperance that puts first things first. When I am anxious and distracted and reaching for the wrong things, remind me of your confession: I believe. Help me believe that caring for my body matters, that the order of my appetites matters, that what I choose today is forming the woman I will be tomorrow. Amen.

"I believe that you are the Christ, the Son of God." — John 11:27

PAUSE & PIVOT
When busyness or anxiety pulls you toward a disordered choice, pause. Ask St. Martha to intercede for the temperate wisdom that puts first things first. Then pivot toward the right choice.

IDENTITY DECLARATION
I am a woman who knows what matters most — and puts it first. My identity is not built on busyness or perfect performance. It is built on what I believe and who I am becoming.

JOURNAL PROMPT
Martha's identity was her faith, not her busyness. What is your deepest identity — the one that holds when everything else feels chaotic? How does temperance serve that identity?

Feast Day: July 29 · Sources: Catholic Encyclopedia, New Advent. Butler's Lives of the Saints (1956). Luke 10:38–42; John 11:1–44; John 12:2.

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MY REFLECTION & DAILY TRACKER

TEMPERANCE REFLECTION

Today's prompt: What is your deepest identity — the one that holds when everything feels chaotic? How does the virtue of temperance serve and protect that identity?

HABIT CHECK-IN: ONE HEALTHY SWAP

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward the temperate choice that honors who I truly am?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman who knows what matters most—and puts it first. My identity is not built on busyness or perfect performance. It is built on what I believe and who I am becoming."

ONE WIN FROM TODAY

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WEEK 5 — PRUDENCE

"The prudent sees danger and hides himself, but the simple go on and suffer for it."—Proverbs ...

MON	TUE	WED	THU	FRI
St. Ignatius of Loyola.	St. Teresa of Ávila	Bl. Margaret of Castello.	St. Isidore of Seville	St. Benedict of Nursia.

THE VIRTUE OF PRUDENCE

Prudence is called the charioteer of the virtues — the virtue that guides all the others. It is practical wisdom: the ability to discern the right course of action in any given situation and to act on that discernment with courage and clarity. Prudence is not caution for its own sake. It is the capacity to see clearly, choose wisely, and act decisively.

For your health journey, prudence means pausing before you eat to ask the right questions: ***Am I actually hungry? What does my body actually need right now? What choice will I be glad I made in an hour?*** Prudence does not moralize. It clarifies. Athned s ipnace be tweenimpulseandaction, it plants wisdom.

THIS WEEK'S HABIT: INCREASED WATER

This week we add intentional hydration — aiming for half your body weight in ounces of water per day as a starting point. Most women walk around mildly dehydrated without realizing it — and mild dehydration masquerades as hunger, fatigue, brain fog, and cravings. Before you reach for a snack, drink a full glass of water and wait fifteen minutes. You may be surprised how often the craving disappears entirely.

SCIENCE SAYS

Research published in the journal ***Obesity*** found that drinking about **17oz of water 30 minutes before meals helped people lose 44% more weight** over 12 weeks. Studies also show that **37% of people regularly mistake thirst for hunger** — that afternoon craving may simply be dehydration.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** This week, try drinking a full glass of water before or during every workout. Proper hydration improves exercise performance, reduces muscle soreness, and helps your body burn fat moreefficiently. Your strengthtrainingis even more effective when you are well hydrated.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Hit your protein goal — 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: Make one intentional healthy swap every day
- ✓ **Week 5: Drink half your body weight in ounces of water daily**

SOURCES

Water Fact: Dennis EA et al. (2010). Obesity, 18(2), 300–307. Virginia Tech / University of Birmingham.
Thirst/Hunger: Mattes RD & Campbell WW. (2009). Physiology & Behavior, 97(5).
Virtue Reference: Aquinas, Thomas. Summa Theologica, II-II, Q. 47. On Prudence.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Ignatius of Loyola
Feast Day: July 31

VIRTUE IN FOCUS — PRUDENCE

Prudence is called the charioteer of the virtues — the virtue that guides all the others. It is practical wisdom: the ability to discern the right course of action in any given situation and to act on that discernment with courage and clarity. Prudence is not caution for its own sake. It is not timidity or paralysis. It is the capacity to see clearly, choose wisely, and act decisively.

For your health journey, prudence is the virtue that asks the right questions before you act: ***Am I actually hungry? What does my body actually need right now? What choice will I be glad I made in an hour?*** Prudence does not moralize. It clarifies. And in the space between impulse and action, it plants wisdom where instinct used to grow.

SAINT SPOTLIGHT · ST. IGNATIUS OF LOYOLA

Ignatius of Loyola was a Spanish soldier with a vain streak, a hot temper, and ambitions of military glory when a cannonball shattered his leg at the Battle of Pamplona in 1521. During his long convalescence, with nothing to read but lives of the saints and a life of Christ, he began paying attention to something he had never noticed before: the difference in how he felt when he imagined worldly success versus when he imagined serving God. One left him empty after the feeling passed. The other left him peaceful and energized. That discernment — that noticing — became the foundation of the Spiritual Exercises and the Society of Jesus.

Ignatius built one of the greatest religious orders in history on the foundation of practical prudence: the daily examination of conscience, the discernment of spirits, the careful attention to what actually bears fruit in the soul. He understood that wisdom is not found in dramatic moments of revelation but in the patient, daily practice of paying attention to what is actually happening inside you.

That is exactly what this week's habit asks. Before you reach for a drink or a snack, pause and pay attention. Are you hungry or thirsty? Tired or bored? Stressed or genuinely in need? Ignatius would call this the examen of the body — the disciplined, compassionate, clear-eyed attention to what is actually going on so you can respond with wisdom rather than react with habit. Practice it today.

St. Ignatius, you built a life of prudence on the ruins of a life of impulse. Help me do the same — to pay attention to what my body is actually telling me, to discern the difference between genuine need and habitual reach, and to act with the clarity that comes from honest self-examination. Pray for my wisdom today. Amen.

"The prudent sees danger and hides himself, but the simple go on and suffer for it." — Proverbs 22:3

PAUSE & PIVOT
Before youeat or drink anything today, pause for one moment. Ask St. Ignatius to intercede for the prudent discernment that knows what you actually need. Then pivot — respond with wisdom.

IDENTITY DECLARATION
Iam becoming a woman who discerns before she acts. I pay attention to what my body is actually telling me — and I respond with wisdom, not habit.

JOURNAL PROMPT
Ignatiusbuilt hislife on discerning the difference between what felt good and what was actually good. Where in your health journey have you been confusing the two?

Feast Day: July 31 · Sources: Philip Caraman, Ignatius Loyola (1990). Ignatius of Loyola, Spiritual Exercises (1548). Butler's Lives of the Saints. Canonized 1622.

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MY REFLECTION & DAILY TRACKER

PRUDENCE REFLECTION

Today's prompt: Where in your health journey have you been confusing what feels good in the moment with what is actually good for you? What does prudence say?

HABIT CHECK-IN: INCREASED WATER

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Ignatius's intercession for prudent discernment?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it

"I am becoming a woman who discerns before she acts. I pay attention to what my body is actually telling me — and I respond with wisdom, not habit."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Teresa of Ávila
Feast Day:October15

PRUDENCE IN THE GYM

Prudence in fitness means knowing your body well enough to train it wisely. It means the wisdom to progress gradually — adding weight, reps, or time only when the body is genuinely ready — and the wisdom to rest when rest is what is needed. It means choosing exercises that serve your actual goals rather than exercises that look impressive but do not fit where you are right now.

Prudent exercise for women over 50 looks like: consistency over intensity, form over weight, progressive overload over dramatic effort, and recovery as sacred as the workout itself. The prudent woman trains for decades, not months. She is still lifting at seventy because she never trained in a way that broke her body at fifty-five.

SAINT SPOTLIGHT · ST. TERESA OF ÁVILA

Teresa of Ávila is one of only two women named Doctors of the Church, and she earned it with a combination of mystical depth and administrative brilliance that still astonishes historians. She reformed the Carmelite order in sixteenth-century Spain — a task that required her to navigate hostile church authorities, insufficient funds, difficult personalities, and her own chronic illness — with a practicality and good humor that is almost startling in a mystic of her stature.

Teresa was deeply practical about the body. She famously said, among other things, that God moves among the pots and pans — meaning that holiness is not confined to the chapel but is found in the ordinary, physical, embodied work of daily life. She also understood that a sick or depleted body is a harder instrument for God to work with, and she was pragmatic about caring for her own health even as she pushed the limits of what a woman of her time was supposed to accomplish.

Teresa's prudence was not timid. She was bold, decisive, and unafraid to challenge authorities who got in her way. But her boldness was grounded in discernment — she prayed before she acted, paid attention to what God was actually asking rather than what she assumed, and moved with the confidence of a woman who had done her homework. That is the prudence your fitness practice needs: bold enough to push, wise enough to listen.

St. Teresa, you were bold and practical in equal measure. Help me train my body with the same combination — the courage to push past comfort and the wisdom to know when to rest. Pray for my prudence in the gym this week, and for the good humor to find God among the dumbbells. Amen.

"The beginning of wisdom is this: Get wisdom, and whatever you get, get insight." — Proverbs 4:7

PAUSE & PIVOT
When you are tempted to train too hard or skip recovery, pause. Ask St. Teresa to intercede for the bold prudence that trains wisely for the long term. Then pivot — choose the sustainable path.

IDENTITY DECLARATION
I am becoming a woman who trains with wisdom and boldness. I am in this for decades, not months. I build my body with the prudence of a woman who intends to still be lifting at seventy.

JOURNAL PROMPT
Teresa was bold and practical in equal measure. Where in your fitness journey do you tend toward reckless extremes? Where toward timid avoidance? What would Teresa's bold prudence look like for you?

Feast Day: October 15 · Sources: Teresa of Ávila, The Interior Castle (1577). Teresa of Ávila, The Way of Perfection (1566). Doctor of the Church declared 1970 by Pope Paul VI. Butler's Lives.

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MY REFLECTION & DAILY TRACKER

PRUDENCE REFLECTION

Today's prompt: Where do you tend toward reckless excess or timid avoidance in your fitness? What would bold, prudent training actually look like for you this week?

HABIT CHECK-IN: INCREASED WATER

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Teresa's intercession for wise, bold fitness choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who trains with wisdom and boldness. I am in this for decades, not months. I build my body with the prudence ofa woman who intends to still be lifting at seventy."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

Bl. Margaret of Castello
Feast Day: April 13

PRUDENCE AT THE TABLE

Prudence at the table is the habit of pausing before you eat to ask one simple question: ***Am I hungry or am I thirsty?*** This week's habit — increased water intake — is born directly from this prudent question. Research shows that 37% of people regularly mistake thirst for hunger, reaching for food when what their body actually needs is hydration. The prudent woman drinks first. She waits fifteen minutes. Then she reassesses.

Prudence also governs portion sizes, meal timing, and the wisdom to recognize emotional eating versus physical hunger. It is the virtue that notices patterns — the 3pm crash, the late-night habit, the stress reach — and responds with wisdom rather than reaction. Drink your water today. Then notice what happens to the cravings.

SAINT SPOTLIGHT · BLESSED MARGARET OF CASTELLO

Blessed Margaret of Castello was born in 1287 in Umbria, Italy, with severe physical disabilities — she was dwarf, lame, blind, and hunchbacked. Her parents were so ashamed of her appearance that they walled her into a cell attached to a church and essentially abandoned her there when she was six years old. She emerged fourteen years later, at twenty, when her parents brought her to a shrine hoping for a miracle — and when the miracle did not come, abandoned her again, this time in a strange city.

What Margaret did next is one of the most extraordinary examples of prudence in the history of the Church. With no resources, no connections, and no conventional means of supporting herself, she built a life of extraordinary fruitfulness in the city of Città di Castello. She was taken in by a series of families, taught children, counseled prisoners, cared for the sick, and eventually became a Dominican tertiary whose holiness was so obvious that people came from across the region to seek her counsel.

Margaret's prudence was the wisdom of a woman who had to work with exactly what she had — a broken body, no advantages, and a God she trusted completely. She did not wait for better circumstances. She did not excuse herself from the work because of her limitations. She discerned what was possible in her situation and did it, faithfully, for the rest of her life. She was beatified in 1609. Drink your water today. Margaret had far less to work with, and she built something beautiful.

Blessed Margaret, you built a life of wisdom and fruitfulness from almost nothing. Pray for my prudence this week — the practical wisdom that works with what I have, that chooses well within my actual circumstances, that nourishes my body faithfully without waiting for perfect conditions. Amen.

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." — Matthew 7:7

PAUSE & PIVOT
Before you reach for a snack this week, pause. Drink a full glass of water first. Ask Blessed Margaret to intercede for prudent discernment. Wait fifteen minutes. Then reassess.

IDENTITY DECLARATION
I am becoming a woman who works wisely with what she has. I nourish my body with prudence and attention — starting with the simplest, most powerful tool: water.

JOURNAL PROMPT
Margaret built something beautiful with almost nothing. What health resources do you have right now — time, food access, support — that you have been underutilizing or taking for granted?

Feast Day: April 13 · Sources: Mary Catherine Levri, Bl. Margaret of Castello (1979). Dominican Order documentation. Beatified 1609 by Pope Paul V.

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MY REFLECTION & DAILY TRACKER

PRUDENCE REFLECTION

Today's prompt: What health resources do you have right now that you have been underusing? How would prudent, grateful attention to what you already have change your approach?

HABIT CHECK-IN: INCREASED WATER

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask Bl. Margaret's intercession for prudent nutritional choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who works wisely with what she has. I nourish my body with prudence and attention — starting with the simplest, most powerful tool: water."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Isidore of Seville
Feast Day: April 4

PRUDENCE IN THE PAUSE

Prudence is the virtue that makes the Pause & Pivot most powerful. Without prudence, the pause is just a hesitation — a momentary delay before the same old habit resumes. With prudence, the pause becomes a space for genuine discernment: What is actually happening in me right now? What do I actually need? What choice will serve the woman I am becoming?

This week, when you pause, bring prudence into the gap. Let it ask the hard, honest, clarifying questions before you act. Let it distinguish between genuine hunger and emotional need, between legitimate rest and avoidance, between the voice of wisdom and the voice of habit. Then pivot with confidence. The prudent woman acts decisively — because she has taken the time to see clearly first.

SAINT SPOTLIGHT · ST. ISIDORE OF SEVILLE

St. Isidore of Seville is the patron saint of the internet — which is either deeply ironic or perfectly appropriate, depending on how you feel about scrolling at midnight. He was the Bishop of Seville in the late sixth and early seventh centuries, and he spent his life trying to preserve, organize, and transmit all of human knowledge at a time when the Roman Empire was collapsing and much of what had been learned was at risk of being lost forever.

His masterwork, the ***Etymologiae***, was an encyclopedia of everything known to the ancient world — the arts, sciences, theology, history, law, agriculture, and more — compiled with meticulous care and remarkable prudence. He understood that knowledge without wisdom is dangerous, and he organized what he gathered not merely for accumulation but for use. He wanted people to be able to find what they needed, apply it well, and live better for knowing it.

Isidore's prudence was the prudence of the scholar who knows that information is only valuable when it is rightly ordered and wisely applied. The nutrition research, the sleep science, the strength training principles in this program — Isidore would want you to know them deeply and use them wisely. Not as rules to follow from fear, but as tools to apply with discernment. That is what the pause gives you: the moment to apply what you know rather than acting from what you feel.

St. Isidore, you organized all human knowledge in service of wisdom. Help me organize my own knowledge of my body and my habits in service of the same — so that when I pause, I have something true and wise to pivot toward. Give me the prudence to use what I know, not just accumulate it. Amen.

"Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth." — Proverbs 4:5

PAUSE & PIVOT
In every moment of impulse today, pause. Ask St. Isidore to intercede for the wisdom to apply what you already know about your body and your needs. Then pivot with confidence.

IDENTITY DECLARATION
Iambecoming awoman who uses what she knows. The wisdom is already in me — the pause gives it space to speak, and the pivot puts it to work.

JOURNAL PROMPT
Isidore organized knowledge for practical use. What do you already know about your body and your health that you have not yet been applying wisely? What is one thing you could act on today?

Feast Day: April 4 · Sources: Catholic Encyclopedia, New Advent. Isidore of Seville, Etymologiae (c. 600–625 AD). Butler's Lives of the Saints. Patron of Internet declared 1997.

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MY REFLECTION & DAILY TRACKER

PRUDENCE REFLECTION

Today's prompt: What do you already know about your body and your health that you have not yet been applying? What would prudent action on that knowledge look like today?

HABIT CHECK-IN: INCREASED WATER

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? What did I know — and actually use?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who uses what she knows. The wisdom is already in me — the pause gives it space to speak, and the pivot puts it to work."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Benedict of Nursia
Feast Day: July 11

PRUDENCE AND WHO YOU ARE

The prudent woman is not the woman who has all the answers. She is the woman who asks the right questions — and has learned to trust what the honest answers reveal. Her identity is built on clear seeing: she knows herself, her tendencies, her genuine needs, and her areas of weakness. And she works with all of it, honestly, without illusion or self-deception.

You are becoming that woman. Not because you are perfect, but because you are paying attention. You are learning what your body actually needs versus what habit tells you it wants. You are discovering where your genuine hunger lives versus where your emotional hunger pretends to live. That honest, clear-eyed self-knowledge is prudence in action — and it is forming the most reliable, most authentic version of you.

SAINT SPOTLIGHT · ST. BENEDICT OF NURSIA

Benedict of Nursia founded Western monasticism and wrote a Rule that has governed the daily life of monks and nuns for fifteen centuries. The Rule of Saint Benedict is a masterpiece of practical prudence — it regulates everything from prayer and work to food and sleep and the manner of receiving guests, with a wisdom that is so balanced and humane that it is still cited as a model of leadership and community organization by business schools and management theorists today.

Benedict's genius was the genius of the wisely ordered life. He understood that human beings need structure — not as a cage but as a trellis, something for the soul to grow up against. He understood that the right amount of food, sleep, work, and prayer — not too much of any one thing — produces a human being who can go the distance. His motto was ***ora et labora***: pray and work. The balance of contemplation and action, rest and effort, is the same balance your health program is building.

Benedict also understood that the wise life is a local life — that transformation happens not in dramatic retreats or grand gestures but in the faithful keeping of small, daily commitments in ordinary circumstances. Your habits. Your tracker. Your water. Your walk. Your bedtime. These are your Rule of Life. Keep them faithfully. Benedict would recognize exactly what you are building — and he would approve.

St. Benedict, you built a Rule of Life that has sustained communities for fifteen centuries. Help me build mine — the daily habits, the faithful rhythms, the wise structure that supports the woman I am becoming. Pray for my prudence and my perseverance in the ordinary, beautiful work of living well. Amen.

"Listen carefully, my son, to the master's instructions, and attend to them with the ear of your heart." — Rule of St. Benedict, Prologue

PAUSE & PIVOT
When you are tempted to abandon your daily habits because life feels chaotic, pause. Ask St. Benedict to intercede for the prudent faithfulness that keeps the Rule even on hard days. Then pivot — do the habit.

IDENTITY DECLARATION
I am a woman with a Rule of Life. My daily habits are not burdens — they are the trellis on which I am growing. I keep them faithfully, and they are forming me.

JOURNAL PROMPT
Benedict's Rule of Life governed everything — food, sleep, work, prayer — in right proportion. What does your Rule of Life look like right now? What one element most needs prudent, intentional structure?

Feast Day: July 11 · Sources: Benedict of Nursia, Rule of Saint Benedict (c. 516 AD). Patron of Europe declared 1964. Butler's Lives of the Saints. Catholic Encyclopedia, New Advent.

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MY REFLECTION & DAILY TRACKER

PRUDENCE REFLECTION

Today's prompt: What does your current Rule of Life — your daily habits and rhythms — look like? What one element most needs more prudent, intentional structure?

HABIT CHECK-IN: INCREASED WATER

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? Notes on how it felt:

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward the prudent, structured choice that honors the Rule I am building?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman with a Rule of Life. My daily habits are not burdens — they are the trellis on which I am growing. I keep them faithfully, and they are forming me."

ONE WIN FROM TODAY

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WEEK 6 — JUSTICE

MON	TUE	WED	THU	FRI
Dorothy Day	St. Thomas More	St. Ambrose	Bl. OscarRomero	St. Catherine of Siena

THE VIRTUE OF JUSTICE

Justice is the cardinal virtue that gives to each what they are rightfully owed — in our relationships, our communities, and our own lives. For women who have spent decades giving to everyone else first, justice turns inward with a quiet but powerful question: ***What does your body rightfully deserve?***

The answer is not complicated. Your body deserves to be fed well. It deserves color and variety and real nourishment. It deserves to be treated not as a machine to be managed or a problem to be fixed, but as a sacred dwelling place that is owed the very best you can give it. Justice says: your body has rights. Honoring them is not indulgence. It is moral duty.

THIS WEEK'S HABIT: EAT THE RAINBOW

This week we add color — specifically, the practice of eating at least three different colored fruits or vegetables every day. Red, orange, yellow, green, purple — each color represents a unique family of phytonutrients and antioxidants that your body cannot get any other way. This is not about perfection. It is about variety. Fill half your plate with color and let the rest follow naturally.

SCIENCE SAYS

A 2022 umbrella review published in the journal ***Molecules*** confirmed that colorful fruits and vegetables — rich in carotenoids, flavonoids, and polyphenols — **significantly reduce chronic inflammation**,one of the primary drivers of weight gain, fatigue, and muscle loss in women over 50.

YOUR STRENGTH IS SHOWING

Six weeks of consistent strength training produces measurable changes in muscle tone, posture, grip strength, and endurance. Non-scale victories to look for this week: stairs feeling easier, carrying groceries without fatigue, better posture in photos, clothes fitting differently. The scale is one data point. Your body tells a much richer story.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** You are at Week 6 — and something worth celebrating is happening. Women who have been consistent with strength training for 6 weeks begin to see real, measurable changes in muscle tone, posture, and endurance. The scale may not reflect it yet, but your body is being rebuilt from the inside out. Stay the course.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Hit your protein goal — 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: Make one intentional healthy swap every day
- ✓ Week 5: Drink half your body weight in ounces of water daily
- ✓ **Week 6: Eat at least 3 different colors of fruits or vegetables daily**

SOURCES

Rainbow Fact: Blumfield M et al. (2022). Molecules, 27(13), 4061. Nutrition Research Australia / Bond University.
Virtue Reference: Aquinas, Thomas. Summa Theologica, II-II, Q. 58. On Justice.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

Dorothy Day
Cause for Canonization Opened 2012

VIRTUE IN FOCUS — JUSTICE

Justice is the cardinal virtue that gives to each what they are rightfully owed — in our relationships, our communities, and our own lives. It is the virtue of right relationship: with God, with others, and with ourselves. And for many women who have spent decades giving to everyone else first, justice turns inward with a quiet but powerful question: ***What does your body rightfully deserve?***

The answer is not complicated. Your body deserves to be fed well. It deserves color and variety and real nourishment. It deserves to be treated not as a machine to be managed or a problem to be fixed, but as a sacred dwelling place that is owed the very best you can give it. Justice says: your body has rights. Honoring them is not indulgence. It is moral duty.

SAINT SPOTLIGHT · DOROTHY DAY

Dorothy Day is one of the most compelling and complicated figures in twentieth-century American Catholicism — a woman who had an abortion, a common-law marriage, and a bohemian life in Greenwich Village before her conversion at thirty, and who went on to found the Catholic Worker Movement and spend the next five decades feeding, housing, and advocating for the poorest of the poor with a ferocity that made both the Church and the government uncomfortable.

Dorothy understood justice not as an abstract principle but as a daily, embodied practice. She believed that every person — regardless of their circumstances, their choices, or their past — was owed dignity, nourishment, and a place at the table. The Catholic Worker houses she founded served meals to the destitute every single day, not because the recipients had earned it, butbecause justice demanded it. She famously said: ***The greatest challenge of the day is how to bring about a revolution of the heart.***

Lovely, the revolution of the heart Dorothy was calling for begins exactly where you are sitting right now. When you fill your plate with color — when you choose the rainbow of vegetables and fruits that your body is owed — you are practicing the same justice she gave to the poor: the conviction that this body, this life, this person deserves what is genuinely good. Start the revolution at your own table.

Dorothy Day, you gave the poor what justice demanded — dignity, nourishment, a place at the table. Help me give myself the same. Pray for my conviction that my body deserves real nourishment, that the colorful, whole foods on my plate are an act of justice I owe to the life God gave me. Amen.

"Learn to do good; seek justice." — Isaiah 1:17

PAUSE & PIVOT
When you reach for a processed food instead of a colorful whole food, pause. Ask Dorothy Day to intercede for the justice that gives your body what it is owed. Then pivot — choose the color.

IDENTITY DECLARATION
I am becoming a woman who gives her body what it rightfully deserves. Real food. Color. Nourishment. This is not indulgence — it is justice.

JOURNAL PROMPT
Dorothy gave the poor what justice demanded. What has your body been asking for — in nourishment, in rest, in care — that you have been withholding? What would justice toward yourself look like?

Cause for Canonization Opened 2012 · Sources: Robert Ellsberg, ed., Dorothy Day: Selected Writings (1992). Jim Forest, All Is Grace: A Biography of Dorothy Day (2011). Cause opened by Archdiocese of New York, 2012.

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MY REFLECTION & DAILY TRACKER

JUSTICE REFLECTION

Today's prompt: What has your body been asking for that you have been withholding? What would justice toward yourself — real, practical nourishment — look like today?

HABIT CHECK-IN: EAT THE RAINBOW

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask Dorothy Day's intercession for just, nourishing choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who gives her body what it rightfully deserves. Real food. Color. Nourishment. This is not indulgence — it is justice."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Thomas More
Feast Day: June 22

JUSTICE IN THE GYM

Justice in fitness means giving your body what it is owed — adequate challenge, adequate recovery, and adequate respect for what it has already accomplished. It means not punishing your body for last night's dinner with an extra-hard workout. It means not demanding performance from a body you have not adequately fueled or rested. And it means celebrating what your body can do rather than resenting what it cannot yet do.

At six weeks into your strength training program, your body has been doing extraordinary work. It deserves to be acknowledged. Take a moment this week to notice what has changed — in your strength, your endurance, your posture, the way the stairs feel. That recognition is an act of justice. Your body has earned it.

SAINT SPOTLIGHT · ST. THOMAS MORE

Thomas More was one of the most accomplished men of his era — lawyer, scholar, statesman, humanist, Lord Chancellor of England, friend of Erasmus, author of Utopia, and father of four children whom he educated with a thoroughness and tenderness unusual for his time. He served King Henry VIII with complete loyalty until the moment the King's demands required him to betray his conscience — and then he resigned, went to prison, and eventually to the scaffold, rather than sign an oath he could not in justice sign.

His famous last words — ***I die the King's good servant, but God's first*** — are a perfect summary of what justice actually requires. Justice is not merely giving others their due. It is giving God His due — which means living and dying in right relationship with truth, regardless of the cost. Thomas More paid the highest possible cost and did not flinch.

For your fitness journey, Thomas More's justice looks like this: showing up for your body not because anyone is watching, not because you will get a reward, but because your body is owed your faithful effort. Not the King's good servant. God's first — and this body He gave you deserves to be treated as the sacred thing it is.

St. Thomas More, you gave to God what was God's — even when it cost you everything. Help me give my body what it is owed: faithful effort, adequate rest, and honest acknowledgment of what it has accomplished. Pray for my justice in the gym this week. Amen.

"Give to everyone what you owe them." — Romans 13:7

PAUSE & PIVOT
When you are tempted to punish your body with excessive exercise or withhold rest it has earned, pause. Ask St. Thomas More to intercede for just, balanced training. Then pivot.

IDENTITY DECLARATION
I am becoming a woman who gives her body its due — faithful effort and honored rest in equal measure. I train for God first, not for anyone's approval.

JOURNAL PROMPT
Thomas More gave God what was God's even at the cost of his life. What is your body asking for that justice demands you give it — more challenge, more rest, more acknowledgment?

Feast Day: June 22 · Sources: Peter Ackroyd, The Life of Thomas More (1998). Robert Bolt, A Man for All Seasons (1960). Canonized 1935 by Pope Pius XI.

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MY REFLECTION & DAILY TRACKER

JUSTICE REFLECTION

Today's prompt: What is your body asking for that justice demands you give it? More challenge, more recovery, more acknowledgment of what it has already accomplished?

HABIT CHECK-IN: EAT THE RAINBOW

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Thomas More's intercession for just treatment of my body?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

" I am becoming a woman who gives her body its due—faithful effort and honored rest in equal measure. I train for God first, not foranyone's approval."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Katharine Drexel
Feast Day: March 3

JUSTICE AT THE TABLE

Justice at the table this week means filling your plate with color — the reds, oranges, yellows, greens, and purples that represent the full spectrum of phytonutrients your body needs and cannot get any other way. Each color is a different family of antioxidants and anti-inflammatory compounds. Each one does a different job in your body. Together, they reduce the chronic inflammation that drives weight gain, fatigue, joint pain, and disease in women over 50.

Giving your body the rainbow is an act of nutritional justice — giving it what it is genuinely owed rather than what is convenient or habitual. Aim for three different colors at every meal this week. Not perfectly. Faithfully. That is all justice ever asks.

SAINT SPOTLIGHT · ST. KATHARINE DREXEL

Katharine Drexel was born in 1858 into one of the wealthiest families in Philadelphia. Her father was a banking partner of J.P. Morgan. She inherited what would be the equivalent of several hundred million dollars in today's currency. And she gave virtually all of it away — specifically to the education and care of Native American and African American communities at a time when both groups were systematically denied the most basic educational opportunities in the United States.

Katharine founded the Sisters of the Blessed Sacrament in 1891 and spent her inheritance building schools, missions, and eventually Xavier University of Louisiana — the only historically Black Catholic university in the country. She understood justice as the demand to give to the marginalized what they had been unjustly denied: education, dignity, opportunity, and a place in the Church.

What Katharine teaches us about nutrition and justice is profound: she did not wait for the systems to change before she acted. She used what she had — her resources, her influence, her inheritance — to give others what justice demanded. Your inheritance this week is a plate. Fill it with color. Give your body what justice demands. Katharine spent a fortune ensuring others had what they needed to flourish. You can fill half your plate with vegetables. She would call that the bare minimum.

St. Katharine, you used everything you had to give others what justice demanded. Help me use what I have — this meal, this plate, this choice — to give my body the nourishment it rightfully deserves. Pray for my generosity with myself this week. Amen.

"He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" — Micah 6:8

PAUSE & PIVOT
When you reach for a beige, processed meal instead of a colorful one, pause. Ask St. Katharine to intercede for the justice that gives your body what it deserves. Then pivot — add the color.

IDENTITY DECLARATION
I am becoming a woman who eats with justice and intention. I fill my plate with color because my body deserves what is genuinely good — not just what is convenient.

JOURNAL PROMPT
Katharine used her inheritance to give others what was rightfully theirs. What nutritional "inheritance" — access to good food, cooking knowledge, time to prepare — do you have that you have not been fully using?

Feast Day: March 3 · Sources: Lou Baldwin, Saint Katharine Drexel: Apostle to the Oppressed (2000). Canonized October 1, 2000 by Pope John Paul II.

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MY REFLECTION & DAILY TRACKER

JUSTICE REFLECTION

Today's prompt: What colors did you eat today? What nutritional resources do you have access to that you haven't been fully using to nourish your body?

HABIT CHECK-IN: EAT THE RAINBOW

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Katharine's intercession for just, colorful nourishment?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who eats with justice and intention. I fill my plate with color because my body deserves what is genuinely good— not just what is convenient."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

Bl. Oscar Romero
FeastDay:March24 · Beatified2015

JUSTICE IN THE PAUSE

Justice in the pause means giving yourself what is rightfully yours — the moment of clarity, the honest assessment, the fair treatment you would give anyone else in your situation. Many women are profoundly unjust to themselves in the pause: they fill that gap with self-criticism, with shame, with standards they would never apply to another person. That is not justice. That is the opposite of it.

This week, when you pause, practice justice. Ask: would I speak to a dear friend the way I am about to speak to myself? Would I hold her to the standard I am about to hold myself to? Justice demands that you treat yourself with the same fairness, compassion, and dignity you would extend to someone you love.

SAINT SPOTLIGHT · BLESSED OSCAR ROMERO

Archbishop Oscar Romero of El Salvador was shot dead while celebrating Mass on March 24, 1980 — assassinated by a death squad linked to the Salvadoran military for his outspoken defense of the poor and his denunciation of state violence. He had not always been a prophet of justice. He was appointed Archbishop in 1977 precisely because he was seen as a safe, conservative choice who would not make trouble.

What changed him was the murder of his friend, the Jesuit priest Rutilio Grande, just weeks after his appointment. Romero attended the wake, spent the night in prayer, and emerged the next morning a different man. He spent the remaining three years of his life using his weekly Sunday homily — broadcast on radio across the country — to name what was happening to thepoor and demand that it stop. His last public words,spoken the day before his death, were addressed to the soldiers: ***Stop the repression. In the name of God, stop the killing.***

Romero's justice was born in a single night of prayer — a long pause in the presence of God that changed everything. Your Pause & Pivot today will not be quite so dramatic. But the principle is the same: in the silence, in the turning, something true is revealed. Pause long enough to hear it.

Blessed Oscar, you paused in the presence of a murdered friend and emerged a prophet. Help me pause long enough to hear what is true — about my body, my choices, and the justice I owe myself. Give me the courage to act on what I hear, even when the old habits are louder. Amen.

"Justice, and only justice, you shall follow." — Deuteronomy 16:20

PAUSE & PIVOT
When the voice of self-criticism fills the pause, stop. Ask Blessed Oscar to intercede for the justice that treats yourself fairly. Then pivot — speak to yourself the way you would speak to someone you love.

IDENTITY DECLARATION
Iam becoming a woman who treats herself with justice. I am as fair to myself as I am to others. I speak to myself with the dignity I would give to someone I love.

JOURNAL PROMPT
Romero's pause changed history. What pause in your own life — a moment of honest, prayerful stillness — has changed the direction of something important? What would happen if you paused more deliberately today?

Feast Day: March 24 · Beatified 2015 · Sources: Jon Sobrino, Archbishop Romero: Memories and Reflections (1990). Beatified May 23, 2015 by Pope Francis.

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MY REFLECTION & DAILY TRACKER

JUSTICE REFLECTION

Today's prompt: Are you treating yourself with justice — the same fairness and dignity you would extend to a dear friend? Where are you being unjust to yourself?

HABIT CHECK-IN: EAT THE RAINBOW

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? Was I just to myself in that moment?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who treats herself with justice. I am as fair to myself as I am to others. I speak to myself with the dignity I would give to someone I love."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Catherine of Siena
Feast Day: April 29

JUSTICE AND WHO YOU ARE

Justice as an identity virtue asks a foundational question: who are you, really — and are you living in right relationship with that truth? The just woman is not performing a version of herself for external approval. She is living from the inside out, in right relationship with God, with herself, and with the reality of who she is and what she needs.

You are becoming that woman. A woman who knows her body has rights — to good food, to adequate rest, to strong muscles, to care and attention. A woman who gives her body what it is owed not out of guilt or obligation but out of the deep, settled conviction that she is worth it. That conviction is justice. It is also, slowly, beautifully, becoming your identity.

SAINT SPOTLIGHT · ST. CATHERINE OF SIENA

Catherine of Siena never went to school. She taught herself to read as an adult and dictated most of her writings because she learned to write only late in life. She was the twenty-fourth of twenty-five children. She had no formal education, no institutional power, and no obvious qualifications for the role she played in fourteenth-century European politics and Church history.

And yet she wrote letters to popes, kings, and cardinals that commanded rather than petitioned. She is credited with persuading Pope Gregory XI to return the papacy to Rome from Avignon — ending a sixty-seven-year exile — through the sheer force of her conviction that this was what justice required. She called the Pope ***Babbo*** — Papa — with the confidence of a daughter who knows she has the right to speak because truth is on her side.

Catherine is a Doctor of the Church. She is the patron of Italy and of Europe. She said: ***Be who God meant you to be and you will set the world on fire.*** That is your identity declaration for this week and every week. You are not trying to become someone new. You are becoming more fully who God already made you. That woman — the one He meant you to be — is worth feeding well, training faithfully, and treating with justice in every choice you make today.

St. Catherine, you knew who you were with a clarity that moved popes. Help me know myself with the same conviction — to live in right relationship with the woman God made me, to give her what she is owed, and to act from that identity with the confidence of a daughter who knows she belongs to God. Amen.

"Be who God meant you to be and you will set the world on fire." — St. Catherine of Siena

PAUSE & PIVOT
When you act from guilt or obligation rather than identity, pause. Ask St. Catherine to intercede for the justice of living fully as who God made you. Then pivot — act from your truest self.

IDENTITY DECLARATION
I am who God meant me to be. I give my body what justice demands — not from guilt, not from obligation, but from the deep conviction that this woman is worth it.

JOURNAL PROMPT
Catherine said: 'Be who God meant you to be and you will set the world on fire.' Who did God mean you to be in your health and your body? What would living fully as that woman look like?

Feast Day: April 29 · Sources: Sigrid Undset, Catherine of Siena (1954). Doctor of the Church declared 1970 by Pope Paul VI. Patron of Italy and Europe.

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MY REFLECTION & DAILY TRACKER

JUSTICE REFLECTION

Today's prompt: Who did God mean you to be in your body and your health? What would living fully as that woman — not who you think you should be, but who He made you — look like?

HABIT CHECK-IN: EAT THE RAINBOW

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward living as the woman God meant me to be?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am who God meant me to be. I give my body what justice demands — not from guilt or obligation, but from the deep conviction that this woman is worth it."

ONE WIN FROM TODAY

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WEEK 7 — FORTITUDE

MON	TUE	WED	THU	FRI
St. Joan of Arc	St. Maximilian Kolbe	St. Kateri Tekakwitha	Sts. Perpetua& Felicity	St. Edith Stein

THE VIRTUE OF FORTITUDE

Fortitude is the virtue of courage — the steady, patient, persistent courage that keeps going when everything in you wants to stop. It is not the dramatic courage of a battlefield. It is the quiet, daily courage of a woman who shows up again on a hard Tuesday when no one is watching and nothing feels inspiring. You are at the halfway point. This virtue arrived exactly when you need it most.

Fortitude does not require that you feel strong. It only requires that you act as if you are — and trust that the strength will follow. The saints of this week gave everything, in circumstances far harder than a difficult Wednesday workout. If they could hold the line, so can you.

THIS WEEK'S HABIT: 30g FIBER DAILY

This week we add a daily fiber goal of 30 grams. Fiber feeds your gut microbiome, slows digestion, improves satiety, stabilizes blood sugar, and reduces inflammation. Most American women get less than 15 grams per day — half the recommendation. The good news is that if you have been eating the rainbow since Week 6, you are already building toward this goal. Add beans, lentils, oats, chia seeds, and vegetables with the skin on, and you will get there faster than you think.

SCIENCE SAYS

Approximately **90% of American women do not meet their daily fiber recommendation.** Research consistently links adequate fiber intake with reduced obesity risk, improved insulin sensitivity, better gut health, and greater satiety — meaning you feel fuller on fewer calories.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** You are at the halfway point of this program — and your body has been quietly doing extraordinary work. This week, try adding one extra set to your strongest exercise. Not because you have to. Because you can.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Hit your protein goal — 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: Make one intentional healthy swap every day
- ✓ Week 5: Drink half your body weight in ounces of water daily
- ✓ Week 6: Eat at least 3 different colors of fruits or vegetables daily
- ✓ **Week 7: Reach 30g of fiber every day**

SOURCES

Fiber Fact: USDA Dietary Guidelines for Americans 2020–2025. Frontiers in Nutrition, 2025.
Virtue Reference: Aquinas, Thomas. Summa Theologica, II-II, Q. 123. On Fortitude.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Joan of Arc
Feast Day: May 30

VIRTUE IN FOCUS — FORTITUDE

Fortitude is the virtue of courage — the steady, patient, persistent courage that keeps going when everything in you wants to stop. It is not the dramatic courage of a single heroic moment. It is the quiet, daily courage of a woman who shows up again on a hard Tuesday when no one is watching and nothing feels inspiring. You are at the halfway point of this program. This virtue arrived exactly when you need it most.

Fortitude does not require that you feel strong. It only requires that you act as if you are — and trust that the strength will follow. The saints of this week gave everything, in circumstances far harder than a difficult Wednesday workout. They did not feel courageous every day. They acted courageously every day. That is the difference that makes all the difference.

SAINT SPOTLIGHT · ST. JOAN OF ARC

Joan of Arc was seventeen years old when she led the French army to victory at Orléans — a military engagement that changed the course of the Hundred Years' War. She was nineteen when she was burned at the stake by the English and their Burgundian allies, condemned by a church tribunal in a trial that the Catholic Church later declared invalid. She was canonized in 1920, five centuries after her death.

What is extraordinary about Joan is not the military victories — though they were extraordinary. It is the composure. At her trial, interrogated by some of the most learned theologians in France, she held her own with a clarity and courage that astonished everyone in the room. She was a peasant girl who had never been to school. She answered questions about theology and church authority with precision and without flinching. When asked if she knew she was in God's grace, she said: ***If I am not, God grant I may be. If I am, God keep me in it.*** She was not going to be rattled by a question designed to trap her.

Joan is the patron saint of this program — and her words are its battle cry: ***I am not afraid. I was born to do this.*** You were born for this too. For the strength. For the discipline. For the transformation. You were not born to shrink and hide in the easy life. You were born for this particular fight, in this particular body, at this particular time. Joan would tell you to pick up your shield — which in your case is a resistance band — and go.

St. Joan, you faced the tribunal without flinching and the flames without breaking. Pray for my fortitude this week — not the dramatic kind, but the daily, faithful kind that shows up for the workout, tracks the food, eats the fiber, and refuses to quit just because results are not yet visible. I am not afraid. I was born for this. Amen.

"I am not afraid. I was born to do this." — St. Joan of Arc

PAUSE & PIVOT
When discouragement says to quit at the halfway point, pause. Ask St. Joan to intercede for the fortitude that refuses to stop. Then pivot — do the thing that scares you. You were born for this.

IDENTITY DECLARATION
I am not afraid. I was born for this — for the strength, for the discipline, for the transformation that is already happening. I do not quit at the halfway point.

JOURNAL PROMPT
Joan said "I am not afraid — I was born for this." What part of your health journey have you been afraid of? What would it mean to say those words about that specific fear?

Feast Day: May 30 · Sources: Régine Pernoud, Joan of Arc: By Herself and Her Witnesses (1964). Canonized May 16, 1920 by Pope Benedict XV. Patron of France.

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MY REFLECTION & DAILY TRACKER

FORTITUDE REFLECTION

Today's prompt: What part of your health journey have you been afraid of? Say the words: 'I am not afraid. I was born to do this.' What changes when you mean them?

HABIT CHECK-IN: 30G FIBER DAILY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Joan's intercession for courageous fortitude?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am not afraid. I was born to do this—for the strength, for the discipline, for the transformation that is already happening in me right now."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Maximilian Kolbe
Feast Day: August 14

FORTITUDE IN THE GYM

Fortitude in the gym is the virtue that gets you through the last set. It is the quiet, stubborn courage that says one more rep when your muscles are shaking, one more minute when the walk is hard, one more session when motivation left weeks ago and only habit remains. This is where real strength is built — not in the sessions that feel good, but in the ones that require fortitude just to begin.

At week seven, you are in the place where fortitude is doing its most important work. The novelty is gone. The early motivation has faded into something quieter and more reliable. You are not working out because you feel like it. You are working out because you are a woman who works out. That identity — that settled, fortified commitment — is more valuable than any single session. Show up today. Fortitude is waiting.

SAINT SPOTLIGHT · ST. MAXIMILIAN KOLBE

Maximilian Kolbe was a Polish Franciscan priest who founded one of the largest Catholic publishing operations in the world before World War II, was arrested by the Gestapo in 1941, and was sent to Auschwitz. In July of that year, when ten prisoners were selected to die by starvation in reprisal for an escape, Maximilian stepped forward and volunteered to take the place of a young father who had wept at the selection. The commandant, reportedly stunned, agreed.

Maximilian spent the next two weeks in the starvation bunker leading the other condemned prisoners in prayer and song. Guards later testified that they had never seen anything like it — the condemned man ministering to the others, keeping their spirits alive until most of them had died. Maximilian was the last survivor. He was killed by lethal injection on August 14, 1941. The man whose place he took, Franciszek Gajowniczek, lived to attend Maximilian's canonization in 1982.

Maximilian's fortitude was not the fortitude of gritted teeth and white knuckles. It was the fortitude of a man so rooted in love and prayer that fear had nowhere to take hold. That is the kind of fortitude your fitness practice is building — not the grim, joyless endurance of willpower, but the steady, rooted courage of a woman who knows why she is here and keeps going because she loves what she is building. Pick up the weights. Maximilian faced worse.

St. Maximilian, your fortitude was rooted in love so deep that fear could not reach it. Pray for my courage in the gym this week — not the white-knuckled kind but the rooted, love-grounded kind that keeps going because the why is bigger than the hard. Help me show up with that kind of strength. Amen.

"I can do all things through him who strengthens me." — Philippians 4:13

PAUSE & PIVOT
When you want to stop before the workout is done, pause. Ask St. Maximilian to intercede for the love-rooted fortitude that keeps going anyway. Then pivot — one more set.

IDENTITY DECLARATION
I am becoming a woman whose strength is rooted in love, not willpower. I show up not because I feel like it but because I know why it matters. That why is bigger than the hard.

JOURNAL PROMPT
Maximilian's fortitude was rooted in love, not willpower. What is your deepest why for building your health? Is it rooted in love? What does it look like when you act from that why?

Feast Day: August 14 · Sources: Patricia Treece, A Man for Others: Maximilian Kolbe, Saint of Auschwitz (1982). Canonized October 10, 1982 by Pope John Paul II.

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MY REFLECTION & DAILY TRACKER

FORTITUDE REFLECTION

Today's prompt: What is your deepest why for building your health and strength? Is it rooted in love? How does acting from love change the quality of your effort?

HABIT CHECK-IN: 30G FIBER DAILY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Maximilian's intercession for love-rooted fortitude?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman whose strength is rooted in love, not willpower. I show up not because I feel like it but because I know why itmatters."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Kateri Tekakwitha
Feast Day: July 14

FORTITUDE AT THE TABLE

Fortitude at the table looks like choosing the fiber-rich foods when the processed option is easier, cheaper, or more immediately satisfying. It looks like eating the beans and the vegetables and the oats when your taste buds are lobbying for something else. It looks like building a nutritional practice that serves your body for decades rather than a diet that feels good for a week.

This week's habit — 30 grams of fiber daily — requires fortitude because it requires planning, intentionality, and the courage to eat differently than the culture around you. Most Americans get half the recommended fiber. The fortitude to close that gap is not glamorous. It is beans and broccoli and chia seeds. It is also, quietly and powerfully, one of the most important nutritional choices you can make for your long-term health.

SAINT SPOTLIGHT · ST. KATERI TEKAKWITHA

Kateri Tekakwitha was born in 1656 in what is now upstate New York, the daughter of a Mohawk chief and an Algonquin Christian mother who died of smallpox when Kateri was four. The same epidemic left Kateri with severely damaged eyesight and scarred skin — physical marks she carried for the rest of her life. She converted to Catholicism at twenty despite fierce opposition from her family and clan, who considered her conversion a betrayal of her people.

She fled to a Christian Mohawk settlement near Montreal, where she spent the remaining four years of her life in intense prayer, fasting, and care for the sick and elderly. She died at twenty-four. At the moment of her death, witnesses reported that the scars on her face disappeared. She was canonized in 2012 by Pope Benedict XVI — the first Native American saint.

Kateri's fortitude was the fortitude of a woman who paid an enormous price for her faith and her convictions — social ostracism, family rejection, physical suffering — and never wavered. She knew what she believed and she lived it, regardless of what it cost her. The fortitude to eat differently than everyone around you, to choose the fiber over the fast food, to build habits that set you apart from the default culture — Kateri would recognize that fortitude. She paid a much higher price for hers. Honor her with yours.

St. Kateri, you held fast to what you knew was true at enormous personal cost. Pray for my fortitude at the table this week — the courage to choose what nourishes my body even when convenience and culture are pulling in a different direction. Give me the strength to make the harder, better choice. Amen.

"She is clothed with strength and dignity." — Proverbs 31:25

PAUSE & PIVOT
When you reach for the low-fiber, processed option, pause. Ask St. Kateri to intercede for the fortitude that chooses what is harder and better. Then pivot — choose the fiber.

IDENTITY DECLARATION
Ia m becoming a woman who chooses what nourishes, even when it is harder. My daily choices reflect who I am — not who the culture around me defaults to.

JOURNAL PROMPT
Kateri paida real social price for choosing differently than the people around her. What social or cultural pressures make your healthy eating harder? What does fortitude look like in that specific context?

Feast Day: July 14 · Sources: Kateri Tekakwitha: First Nations woman of the Mohawk-Algonquin people. Canonized October 21, 2012 by Pope Benedict XVI.

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MY REFLECTION & DAILY TRACKER

FORTITUDE REFLECTION

Today's prompt: What did you eat today that contributed to your 30g fiber goal? What made it easy or hard? What would fortitude look like in tomorrow's food choices?

HABIT CHECK-IN: 30G FIBER DAILY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Kateri's intercession for fortitude in nutrition?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who chooses what nourishes, even when it is harder. My daily choices reflect who I am — not who the culturearound me defaults to."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

Sts. Perpetua & Felicity
Feast Day: March 7

FORTITUDE IN THE PAUSE

Fortitude in the pause is the courage to stop — really stop — before the habitual reach. It sounds simple. It is not. The pause requires you to stand in the gap between the impulse and the action without flinching, without filling the silence with the old response, without letting discomfort push you into the familiar pattern. That standing — that patient, courageous holding of the pause — is an act of fortitude.

The women who master the Pause & Pivot are not the ones who feel no impulse. They are the ones who have developed the fortitude to let the impulse pass without acting on it. That fortitude grows every single time you pause. Every pause is a rep. Every pivot is a victory. You are getting stronger in the most important gym of all.

SAINT SPOTLIGHT · STS. PERPETUA AND FELICITY

Perpetua was atwenty-two-year-oldnoblewoman, newly married, nursing her infant son, when she was arrested for being a Christian in Carthage in 203 AD. Felicity was her slave — eight months pregnant at the time of their arrest. They were imprisoned together, gave birth in prison, and faced the arena together three days after Felicity delivered her daughter. They were mauled by wild beasts and then executed by gladiators.

What is extraordinary about their account — preserved in a text that Perpetua herself began writing in prison and that a contemporary completed after her death — is the composure. Perpetua describes visions, dreams, and conversations with her family with a clarity and peace that defies the circumstances. When her father begged her to recant and save her life, she held a small earthenware pot before him and asked if it could be called anything other than what it was. Then she said: neither can I be called anything other than what I am. A Christian.

Perpetua and Felicity stood in the pause of the arena — the moment between the open gate and whatever came through it — and did not run. They had built, through prayer and faith and the daily practice of their baptismal identity, a fortitude that nothing could shake. Your pause is not the arena. But the principle is the same: know who you are before the gate opens. Then hold.

Sts. Perpetua and Felicity, you stood in the arena and did not flinch. Pray for my fortitude in the small arenas of daily life — the moment before the pantry, the moment before the skipped workout, the moment before the old story. Help me hold the pause long enough to pivot. I know who I am. Help me act like it. Amen.

"Be watchful, stand firm in the faith, act like men, be strong." — 1 Corinthians 16:13

PAUSE & PIVOT
In every moment of temptation today, pause. Ask Sts. Perpetua and Felicity to intercede for the fortitude that holds the pause without flinching. Then pivot — act from who you are.

IDENTITY DECLARATION
I am becoming a woman who holds the pause. I know who I am before the gate opens — and that knowledge is my greatest strength.

JOURNAL PROMPT
Perpetua said she could not be called anything other than what she was. What is the truest thing you can say about who you are becoming in this program? Can you hold that identity in the hard moments?

Feast Day: March 7 · Sources: The Passion of Saints Perpetua and Felicity (c. 203 AD) — one of the earliest Christian documents written by a woman. Butler's Lives of the Saints.

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MY REFLECTION & DAILY TRACKER

FORTITUDE REFLECTION

Today's prompt: What is the truest thing you can say about who you are becoming? Say it like Perpetua — 'I cannot be called anything other than what I am.' What are you?

HABIT CHECK-IN: 30G FIBER DAILY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? Did I hold the pause? What did I choose?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who holds the pause. I know who I am before the gate opens — and that knowledge is my greatest strength."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Edith Stein
Feast Day: August 9

FORTITUDE AND WHO YOU ARE

Fortitude as an identity virtue is the settled, unshakeable conviction that who you are is worth defending — worth the effort, worth the discipline, worth the cost of showing up again when everything in you wants to stop. The fortified woman does not need to feel brave. She acts brave, from the foundation of an identity that is secure enough to withstand the days when nothing feels possible.

You are building that foundation right now. Every workout completed when you did not feel like it. Every fiber-rich meal chosen when something easier was available. Every pause held, every pivot taken, every identity declaration spoken into the mirror on a hard morning. These are the bricks of a fortified identity. They are building something that will hold.

SAINT SPOTLIGHT · ST. EDITH STEIN

Edith Stein was one of the most brilliant philosophers of the twentieth century — a student of Edmund Husserl, a pioneer of phenomenology, a woman who earned her doctorate at a time when women were barely permitted to attend university. She was also a Jewish atheist who converted to Catholicism at thirty, became a Carmelite nun, and was murdered at Auschwitz in 1942.

What is extraordinary about Edith is the consistency of her intellectual and spiritual courage across the most extreme circumstances. She continued to write and think and pray through her conversion, through the rise of Nazism, through her religious life, through the increasing threat to herself and her family. When she was finally arrested and taken to the camps, she reportedly comforted the other prisoners with a calm that witnesses described as almost supernatural. She had built, through years of rigorous intellectual and spiritual practice, an identity so fortified that even Auschwitz could not break it.

She said: ***Do not accept anything as love which lacks truth, and do not accept anything as truth which lacks love.*** The truth about your body — what it needs, what it can do, what it is becoming — is inseparable from the love you bring to caring for it. Edith Stein built her fortitude on that inseparable union. So are you.

St. Edith Stein, you built a fortified identity through truth and love in circumstances that would have broken most of us. Pray for my fortitude this week — the kind rooted in truth about who I am and love for the body God gave me. Help me build something that holds, day by day, one faithful choice at a time. Amen.

"For God gave us a spirit not of fear but of power and love and self-control." — 2 Timothy 1:7

PAUSE & PIVOT
When fear or discouragement threatens your identity, pause. Ask St. Edith to intercede for the fortitude rooted in truth and love. Then pivot — speak your declaration and act from it.

IDENTITY DECLARATION
I am a woman of fortitude. My identity is built on truth and love — and it holds in the hard moments, the boring moments, and the beautiful moments alike.

JOURNAL PROMPT
Edith Stein said don't accept love without truth or truth without love. What is the truest thing about your health journey right now? What is the most loving thing you can do with that truth today?

Feast Day: August 9 · Sources: Waltraud Herbstrith, Edith Stein: A Biography (1992). Canonized October 11, 1998 by Pope John Paul II. Co-Patron of Europe.

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MY REFLECTION & DAILY TRACKER

FORTITUDE REFLECTION

Today's prompt: What is the truest thing about your health journey right now? What is the most loving response to that truth? How does fortitude serve both?

HABIT CHECK-IN: 30G FIBER DAILY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward the fortified identity God is building in me?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman of fortitude. My identity is built on truthandlove— and it holds in the hard moments, the boring moments, and the beautiful moments alike."

ONE WIN FROM TODAY

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WEEK 8 — KINDNESS

MON	TUE	WED	THU	FRI
St. Philip Neri	St. Josephine Bakhita	St. John Bosco	Bl. André Bessette	St. Francis de Sales

THE VIRTUE OF KINDNESS

Kindness — the moral virtue of genuine warmth, generosity of spirit, and tender care for others — arrives this week to turn its gaze inward. You have spent seven weeks building habits, learning virtues, and pressing forward. This week, kindness asks a different question: ***How are you speaking to yourself about all of this?***

Many women are their own harshest critics. The voice that says ***you should have done better, tried harder, started sooner*** is not the voice of God. Kindness silences that voice — not with false positivity, but with the same tender regard you would offer a dear friend. You would never speak to someone you love the way you sometimes speak to yourself. This week, that changes.

THIS WEEK'S HABIT: WHOLE FOODS ONLY

This week we focus on whole foods — choosing foods that are as close to their natural state as possible and minimizing ultra-processed items. This does not have to be perfect. It means cooking more, reading labels, choosing real ingredients over packaged shortcuts when you can. Think: if your great-grandmother would recognize it as food, it counts. If it has fifteen ingredients and was manufactured in a lab, pause and consider a whole food alternative.

SCIENCE SAYS

In a landmark NIH randomized controlled trial, participants eating ultra-processed foods consumed an average of **500 more calories per day** than when eating whole foods — even though both diets were matched for the same macronutrients and both groups rated the food equally enjoyable.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** This week, practice kindness in your movement too. If a workout feels hard, do not criticize yourself — celebrate that you showed up. If you miss a session, do not spiral — just return the next day without drama. Kindness in movement builds the kind of sustainable relationship with exercise that lasts.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Protein 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: One intentional healthy swap daily
- ✓ Week 5: Half your body weight in oz of water daily
- ✓ Week 6: 3+ colors of fruits or vegetables daily
- ✓ Week 7: 30g of fiber daily
- ✓ **Week 8: Choose whole foods over ultra-processed options**

SOURCES

Whole Foods Fact: Hall KD et al. (2019). Cell Metabolism, 30(1), 67–77. National Institutes of Health / NIDDK.
Virtue Reference: Catechism of the Catholic Church, §1825. On Charity and Kindness.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Philip Neri
Feast Day: May 26

VIRTUE IN FOCUS — KINDNESS

Kindness — the moral virtue of genuine warmth, generosity of spirit, and tender care for others — arrives this week to turn its gaze inward. You have spent seven weeks building habits, learning virtues, and pressing forward. This week, kindness asks a different question: ***How are you speaking to yourself about all of this?***

Many women are their own harshest critics. The voice that says ***you should have done better, tried harder, started sooner*** is not the voice of God. It is not even the voice of truth. Kindness silences that voice — not with false positivity, but with the same tender regard you would offer a dear friend who was trying hard and struggling and showing up anyway. You would never speak to someone you love the way you sometimes speak to yourself. This week, that changes.

SAINT SPOTLIGHT · ST. PHILIP NERI

Philip Neri is one of themost joyfulfigures in the history of the Church — a man so cheerful, so playful, and so fundamentally kind that he is often called the Apostle of Rome and the Humorous Saint. He wandered the streets of Rome for years before his ordination, making friends with everyone he met, bringing young men off the streets into conversations and eventually into prayer with nothing but his extraordinary warmth and the sense people had of being genuinely delighted in.

Philip understood something about kindness that we often miss: it is not primarily a strategy. It is a disposition — a fundamental posture of warmth toward the world and toward the people in it, including oneself. He was kind to sinners not because he approved of their sin but because he genuinely loved them and found them interesting and worth knowing. His confessional was famous for the laughter that came out of it — he found ways to be kind even in correction.

Philip would tell you to be kind to yourself about your weight loss journey with the same matter-of-fact warmth he brought to the young men of Rome. You are trying. You are showing up. You have made it to Week 8. That is not nothing — that is everything. Find the humor in the hard parts. Find the joy in the small victories. Philip would be laughing with you, not at you, every step of the way.

St. Philip, you found a way to be kind to everyone — including people who were not making it easy. Pray for my kindness toward myself this week. Help me find the warmth, the humor, and the genuine delight in my own attempts that you found in the people of Rome. I deserve my own tenderness. Amen.

"Be kind to one another, tenderhearted, forgiving one another." — Ephesians 4:32

PAUSE & PIVOT
When the inner critic begins, pause. Ask St. Philip to intercede for the kindness that speaks to yourself the way he spoke to the people of Rome — with warmth and genuine delight. Then pivot.

IDENTITY DECLARATION
I am becoming a woman who is kind to herself. I speak to myself with the same tenderness I offer people I love. My effort matters. My showing up matters. I am enough.

JOURNAL PROMPT
Philip's kindness was a posture, not a strategy. What would it look like to adopt genuine kindness as your default posture toward yourself and your health journey — not occasionally, but consistently?

Feast Day: May 26 · Sources: Louis Bouyer, The Roman Socrates: A Portrait of St. Philip Neri (1958). Canonized March 12, 1622 by Pope Gregory XV. Feast Day: May 26.

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MY REFLECTION & DAILY TRACKER

KINDNESS REFLECTION

Today's prompt: What would genuine kindness toward yourself look and sound like today — in your self-talk, your expectations, your response to your own stumbles?

HABIT CHECK-IN: WHOLE FOODS ONLY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Philip's intercession for kindness toward myself?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who is kind to herself. I speak to myself with the same tenderness I offer people I love. My effort matters. My showing up matters. I am enough."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Josephine Bakhita
Feast Day: February 8

KINDNESS IN THE GYM

Kindness in the gym means moving your body with gratitude rather than punishment. It means celebrating what your body can do rather than obsessing over what it cannot. It means choosing the weight that challenges without injuring, the pace that builds without breaking, the recovery day that honors rather than indulges.

At eight weeks in, you have earned the right to be kind to your body — to acknowledge what it has accomplished and to train it with the tenderness of someone who is grateful for what it keeps showing up to do. You are not punishing your body into health. You are kindly, faithfully, lovingly building it into strength. That is a completely different enterprise — and it is the one that lasts.

SAINT SPOTLIGHT · ST. JOSEPHINE BAKHITA

Josephine Bakhita was born in Sudan around 1869 and was kidnapped by slave traders at approximately eight years old. The trauma was so severe that she forgot her own name — the name Bakhita, meaning 'fortunate,' was given to her by her captors with cruel irony. She was sold and resold multiple times, subjected to violence that left permanent physical scars, and spent years in conditions that would have broken most people permanently.

She was eventually brought to Italy, where she encountered the Canossian Sisters and, through them, the God she later said she had always sensed in the beauty of nature even as a child — she had just not known His name. She was baptized, became a Canossian sister herself, and spent the remaining fifty years of her life in Schio, Italy, where she was known for her extraordinary gentleness, her warmth with children, and a kindness toward others that was all the more remarkable given what she had suffered.

When asked about her captors and the men who had scarred her body, Bakhita said she forgave them completely and even felt sorry for them, because they did not know what they were doing. Her kindness was not naive — it was the kindness of a woman who had found something so good, so true, and so beautiful that bitterness simply had no room left to live. Move your body today with that quality of kindness. Bakhita would recognize it.

St. Josephine Bakhita, your kindness survived everything that tried to destroy it. Pray for my kindness toward my body this week — a body that has carried me through much, that bears its own marks, and that deserves to be moved with gratitude and tenderness. Help me train with love, not punishment. Amen.

"The Lord is gracious and merciful, slow to anger and abounding in steadfast love." — Psalm 145:8

PAUSE & PIVOT
When you push your body from a place of punishment rather than care, pause. Ask St. Josephine to intercede for the kindness that trains with gratitude. Then pivot — move from love.

IDENTITY DECLARATION
I am becoming a woman who moves her body with gratitude and tenderness. I am not punishing this body. I am honoring it — for what it has carried, for what it is becoming.

JOURNAL PROMPT
Bakhita's kindness survived captivity and scarring. What has your body carried that it deserves to be thanked for, rather than criticized? Write it a letter of gratitude today.

Feast Day: February 8 · Sources: Roberto Zanini, Bakhita: From Slave to Saint (2000). Canonized October 1, 2000 by Pope John Paul II.

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MY REFLECTION & DAILY TRACKER

KINDNESS REFLECTION

Today's prompt: Write a brief note of kindness and gratitude to your body — for what it has carried, what it has survived, what it keeps showing up to do.

HABIT CHECK-IN: WHOLE FOODS ONLY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Josephine's intercession for kindness in movement?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who moves herbody with gratitude and tenderness. I am not punishing this body. I am honoring it — for what ithas carried, for what it is becoming."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. John Bosco
Feast Day: January 31

KINDNESS AT THE TABLE

Kindness at the table this week is the habit of whole foods — choosing foods that nourish the body as God designed them, as close to their natural state as possible. This is not a rigid rule. It is a posture of care: choosing real food over ultra-processed food because your body deserves the kindness of genuine nourishment.

Whole foods are also, in a very literal sense, kind to your body's systems. They are digested more slowly, absorbed more completely, and processed with less metabolic stress than their ultra-processed counterparts. Eating whole foods is an act of physiological kindness — choosing what works with your body's design rather than against it. Your body was designed for real food. Give it the kindness of exactly that.

SAINT SPOTLIGHT · ST. JOHN BOSCO

John Bosco is one of the most remarkable educators in Church history — a priest who dedicated his life to the education and care of poor and abandoned boys in nineteenth-century Turin, founding the Salesian order and developing an approach to education he called the Preventive System, which was built entirely on kindness.

Don Bosco's method was simple and radical: instead of governing children through fear and punishment, he governed them through relationship, warmth, and the conviction that every child deserved to be known, loved, and given every possible chance to succeed. He played with his boys, joked with them, ate with them, and believed in them when no one else did. His schools and workshops gave thousands of young men the training and the dignity to build productive lives.

Don Bosco understood something profoundly true about human nature: people flourish under kindness in ways they never can under fear. The punishing approach to health — the diet mentality, the 'no pain no gain' brutality, the shame-based motivation — does not produce lasting change. Don Bosco would have recognized that immediately. His approach to your health journey: find a way to make it joyful, relational, and kind — and the results will follow. They always did for him.

St. John Bosco, you built transformation on kindness and never looked back. Pray for my approach to nourishment this week — that I would feed my body with the same warmth and generosity you brought to your boys, choosing what is genuinely good for it because I believe it deserves the best. Amen.

"A kind word is like a spring day." — Russian Proverb, attributed to Salesian tradition

PAUSE & PIVOT
When you reach for ultra-processed food out of habit or self-neglect, pause. Ask St. John Bosco to intercede for the kindness that chooses whole food. Then pivot — eat what your body deserves.

IDENTITY DECLARATION
I am becoming a woman who feeds herself with kindness and intention. I choose whole foods not because of rules but because I believe my body deserves what is genuinely good.

JOURNAL PROMPT
Don Bosco's method was built on kindness, not fear. Is your approach to food and eating built on kindness or fear? What would it look like to shift your motivation from fear of weight gain to kindness toward your body?

Feast Day: January 31 · Sources: Arthur Lenti, Don Bosco: History and Spirit, 7 vols. (2007–2013). Canonized April 1, 1934 by Pope Pius XI.

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MY REFLECTION & DAILY TRACKER

KINDNESS REFLECTION

Today's prompt: Is your approach to food built on kindness or fear? What would a fully kind, non-punishing approach to whole food eating look like for you specifically?

HABIT CHECK-IN: WHOLE FOODS ONLY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. John Bosco's intercession for kind, nourishing food choices?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who feeds herself with kindness and intention. I choose whole foods not because of rules but because I b e l i e v e my body deserves what is genuinely good."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

Bl. André Bessette
Feast Day: January 6

KINDNESS IN THE PAUSE

Kindness in the pause means filling the gap between impulse and action with gentleness rather than judgment. When you pause before the old habit and turn toward God, the voice that meets you there is not a voice of criticism or disappointment. It is a voice of invitation: ***Come. Try again. I am here. You can do this.***

Practice bringing kindness into your Pause & Pivot this week. When you catch yourself about to reach for something unhelpful, pause — and instead of the usual self-criticism, try this: speak to yourself as God speaks to you. With patience. With warmth. With the deep conviction that you are worth this effort and capable of this pivot. Then make the kind choice. For yourself. Because you deserve it.

SAINT SPOTLIGHT · BLESSED ANDRÉ BESSETTE

André Bessettewas turned away by the Congregation of Holy Cross twice before being accepted — they were not sure he was healthy or capable enough to be of use. He spent the next forty years as a doorman and infirmarian at Collège Notre-Dame in Montreal, performing the most humble service available, and became the most visited holy man in North America. Thousands of people came to him for healing, counsel, and prayer — and he sent them all to St. Joseph, insisting that it was Joseph who healed, not him.

Brother André's gift was kindness so simple and so complete that people felt it immediately. He was not educated, not eloquent, not impressive by any worldly standard. He was just deeply, genuinely kind — attentive to the person in front of him in a way that made them feel seen and loved and not alone. He built the Oratory of Saint Joseph in Montreal — now one of the largest churches in the world — on nothing but prayer, persistence, and that extraordinary kindness.

Brother André's Pause & Pivot was this: when anything difficult came to him, he paused and gave it to St. Joseph. Every. Single. Time. Whatever the crisis, whatever the suffering, whatever the impossibility — Joseph. That is a Pause & Pivot refined over forty years of humble, faithful practice. Try it today.

Blessed André, you gave everything to St. Joseph and trusted the rest. Help me pause in my difficult moments and give them to God with the same simplicity and trust. Pray for the kindness I need to offer myself in the gap — the gentleness that invites rather than criticizes, the warmth that says 'try again' instead of 'you failed.' Amen.

"The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love." — Zephaniah 3:17

PAUSE & PIVOT
In every difficult moment today, pause. Speak to yourself with kindness — the way Brother André spoke to the sick and suffering. Then pivot: give it to God and take the next faithful step.

IDENTITY DECLARATION
I am becoming a woman whose inner voice is kind. I speak to myself as God speaks to me — with patience, with warmth, with the unshakeable conviction that I can do this.

JOURNAL PROMPT
Brother André's method was simple: pause, give it to Joseph, trust. What would it look like to apply that simple, kind method to your most difficult health habit? What would you give to God?

Feast Day: January 6 · Sources: Henri-Paul Bergeron, Brother André: The Wonder Man of Mount Royal (1938). Beatified 1982, canonized October 17, 2010 by Pope Benedict XVI.

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MY REFLECTION & DAILY TRACKER

KINDNESS REFLECTION

Today's prompt: In what moment this week did you most need kindness from yourself — and did you give it? What would it mean to consistently speak to yourself the way Brother André spoke to the suffering?

HABIT CHECK-IN: WHOLE FOODS ONLY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? Was I kind to myself in that moment?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman whose inner voice is kind. I speak to myself as God speaks to me — with patience, with warmth, with the unshakeable conviction that I can do this."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Francis de Sales
Feast Day: January 24

KINDNESS AND WHO YOU ARE

The kind woman is not a pushover. She is not someone who accepts less than she deserves or excuses every failure with a shrug. She is a woman who holds herself to a high standard with great gentleness — who expects the best from herself because she believes in herself, and who responds to her own stumbles with the same warm, honest, corrective kindness she would offer to anyone she loves.

That is your identity this week: a woman of kind self-expectation. You expect yourself to track, to eat well, to move, to rest, to keep going — because you believe you are capable of all of it. And when you miss, you do not spiral. You do not shame. You speak the truth kindly: ***That was not my best. I begin again.*** And then you do.

SAINT SPOTLIGHT · ST. FRANCIS DE SALES

Francis de Sales is the patron saint of writers, journalists, and the deaf — and he is one of the most quotable saints in the Church's history, which is saying something given the competition. He was a bishop, a theologian, a spiritual director, and the author of Introduction to the Devout Life — a masterpiece of practical spirituality that remains in print more than four hundred years after it was written.

What makes Francis remarkable is the combination of high expectation and profound gentleness that runs through everything he wrote and did. He expected great things of the souls in his care — real holiness, genuine virtue, consistent effort — and he held them to those expectations with extraordinary kindness. He famously said: ***You will catch more flies with a spoonful of honey than with a barrel of vinegar.*** He applied this to himself as relentlessly as to others. When he failed — and he did, like everyone — he corrected himself gently and moved on.

He also said: ***Have patience with all things, but chiefly have patience with yourself.*** That is your identity declaration for Week 8 and every week that follows. Have patience with yourself. Hold yourself to the standard with a spoonful of honey. Begin again, as many times as it takes, with the same warm, honest, gracious kindness that Francis de Sales brought to every soul he ever met. Including his own.

St. Francis de Sales, you held the highest expectations with the deepest gentleness. Help me do the same with myself. Give me the patience to begin again without shame, the kindness to speak to myself with honey rather than vinegar, and the wisdom to know that gentleness and high standards are not opposites — they are partners. Amen.

"Have patience with all things, but chiefly have patience with yourself." — St. Francis de Sales

PAUSE & PIVOT
When shame threatens to replace kindness in your self-talk, pause. Ask St. Francis de Sales to intercede for the patient, honest, gentle voice that begins again. Then pivot — speak with honey.

IDENTITY DECLARATION
I am a woman of kind self-expectation. I hold myself to a high standard with great gentleness. When I miss, I speak the truth kindly and begin again. That is who I am.

JOURNAL PROMPT
Francis said: 'Have patience with all things, but chiefly have patience with yourself.' Where in your health journey do you most need that patience right now? What would it look like to give it to yourself?

Feast Day: January 24 · Sources: Francis de Sales, Introduction to the Devout Life (1609). Doctor of the Church declared 1877 by Pope Pius IX. Patron of writers declared 1923.

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MY REFLECTION & DAILY TRACKER

KINDNESS REFLECTION

Today's prompt: Where do you most need patience with yourself right now in this program? What would Francis de Sales's kind, honey-rather-than-vinegar voice say to you about it?

HABIT CHECK-IN: WHOLE FOODS ONLY

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward the kind, patient, beginning-again identity I am building?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman of kind self-expectation. I hold myself to a high standard with great gentleness. When I miss, I speak the truth kindly and begin again. That is who I am."

ONE WIN FROM TODAY

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WEEK 9 — HUMILITY

MON	TUE	WED	THU	FRI
St. Thérèse of Lisieux	St. John Vianney	St. Elizabeth Ann Seton	St. Hildegardof Bingen	St. John Henry Newman

THE VIRTUE OF HUMILITY

Humility is accurate self-knowledge — seeing yourself clearly, neither inflated nor diminished, in honest relationship with God and reality. It is the virtue that makes all other virtues possible, because without it we cannot learn, cannot receive correction, and cannot grow.

For your health journey, humility means bringing honest, unjudging attention to your body's actual signals. Not what you think you should feel. Not what you ate yesterday or what the scale said this morning. What does your body actually need right now, in this moment? Humility makes space for that question — and sits quietly enough to hear the answer.

THIS WEEK'S HABIT: EAT WITHOUT DISTRACTION

This week we practice eating without distraction — no phone, no television, no scrolling, no driving. Just you and your food. This is one of the most countercultural habits in this entire program, and one of the most powerful. When we eat with full attention, we taste more, eat less, and feel more satisfied. When we eat while distracted, our brain never registers the meal properly — and we are hungry again within the hour wondering why.

SCIENCE SAYS

A review published in the ***American Journal of Clinical Nutrition*** found that eating while distracted causes people to consume **significantly more calories at that meal AND at later meals** in the day, because distraction prevents the brain from registering fullness signals properly.

YOUR BONES ARE GETTING STRONGER

Nine weeks of resistance training has been sending mechanical signals to your bone tissue, stimulating new bone cell production. This is one of the most powerful interventions against osteoporosis available to women over 50 — and you have been doing it faithfully for over two months. The mirror may not show this. The DEXA scan will.

MOVEMENT THISWEEK

Continue your **strength training 2–3x/week** and your **daily walk.** At Week 9, something remarkable is happening in your body that deserves to be named: **your bones are getting stronger.** Every resistance training session sends mechanical signals to your bone tissue, stimulating the production of new bone cells. The work you are doing now is protecting you against fractures, osteoporosis, and lossofindependence for decades to come. The mirror may not show it. The DEXA scan will.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Protein 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: One intentional healthy swap daily
- ✓ Week 5: Half your body weight in oz of water daily
- ✓ Week 6: 3+ colors of fruits or vegetables daily
- ✓ Week 7: 30g of fiber daily
- ✓ Week 8: Choose whole foods over ultra-processed options
- **✓ Week 9: Eat at least one meal per day without any distraction**

SOURCES

Distraction Fact: Higgs S & Woodward M. (2009). American Journal of Clinical Nutrition, 89(1), 362–369.

Bone Density: UCLA Health (2024). Why Strength Training Is Critical for Older Adults. Frontiers in Public Health (2025). Resistance Training and Sarcopenia in Older Women.

Virtue Reference: Aquinas, Thomas. Summa Theologica, II-II, Q. 161. On Humility.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Thérèse of Lisieux
Feast Day: October 1

VIRTUE IN FOCUS — HUMILITY

Humility is accurate self-knowledge — seeing yourself clearly, neither inflated nor diminished, in honest relationship with God and reality. It is not self-deprecation. It is not the false modesty that says ***oh, I am nothing*** while secretly hoping someone will disagree. True humility is simply truth — the willingness to see yourself as you actually are, in all your complexity, without flinching and without exaggerating in either direction.

For your health journey, humility means bringing honest, unjudging attention to your body's actual signals. Not what you think you should feel. Not what diet culture tells you to feel. What does your body actually need right now, in this moment? Humility makes space for that question — and sits quietly enough to hear the honest answer.

SAINT SPOTLIGHT · ST. THÉRÈSE OF LISIEUX

Thérèse Martin entered the Carmelite monastery at Lisieux at fifteen and died of tuberculosis at twenty-four. She never left the monastery. She never preached a sermon. She never founded an order or led a movement or did anything that the world would recognize as significant. And Pope Pius X called her the greatest saint of modern times.

Her contribution to spirituality — the Little Way — is perhaps the most radical act of humility in the history of Catholic thought. Instead of aspiring to the great heroic deeds of the saints she admired, Thérèse looked honestly at herself and admitted: I am small. I cannot climb the great staircase of perfection. And then she said: but there is an elevator. And the elevator is the arms of God. She stopped pretending to be bigger than she was and offered exactly what she had — small things, done with great love — and trusted God to make them sufficient.

Her Little Way is your eating-without-distraction practice in its purest form. Sit down. Put away the phone. Look at your food. Taste it. Pay attention. Offer it — this small, ordinary, human act of eating — with attention and gratitude. Thérèse would recognize that immediately as her kind of holiness: small, honest, present, and completely offered.

St. Thérèse, teach me your Little Way — the humility to offer small things with great love. Help me sit with my food this week without distraction, without hurry, without the phone. Help me be present to the ordinary gift of nourishment with the same honest attention you brought to every small act of love. Amen.

"Whoever humbles himself like this child is the greatest in the kingdom of heaven." — Matthew 18:4

PAUSE & PIVOT
When you reach for your phone at mealtime, pause. Ask St. Thérèse to intercede for the humble attention that makes a meal a prayer. Then pivot — put it down and be present.

IDENTITY DECLARATION
I am becoming a woman who is present to her own life. I eat with attention and gratitude. Small things, done with great love, are my way.

JOURNAL PROMPT
Thérèse's Little Way was radical humility — offering exactly what she had, nothing more. What would it look like to offer your eating, your habits, your program exactly as they are — small, honest, completely given?

Feast Day: October 1 · Sources: Thérèse of Lisieux, Story of a Soul (1898). Doctor of the Church declared 1997 by Pope John Paul II. Patron of Missions.

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MY REFLECTION & DAILY TRACKER

HUMILITY REFLECTION

Today's prompt: Did you eat at least one meal today without distraction? What did you notice when you were actually present to your food? What was different?

HABIT CHECK-IN: EAT WITHOUT DISTRACTION

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Thérèse's intercession for humble, present attention?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:
"I am becoming a woman who is present to her own life. I eat with attention and gratitude. Small things, done with great love, are my way."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. John Vianney
Feast Day: August 4

HUMILITY IN THE GYM

Humility in the gym means knowing exactly where you are — not where you wish you were, not where you were five years ago, not where the woman next to you is. It means choosing the weight that challenges you honestly, progressing at the pace your body actually supports, and celebrating the real gains rather than dismissing them because they do not match an imaginary standard.

At nine weeks in, humility also means acknowledging what your body has accomplished without minimizing it. You have been lifting weights for seven weeks. You are stronger than when you started. Your bones are denser. Your posture is better. Your balance has improved. These are real, measurable, significant changes. Humble acknowledgment of real progress is not pride — it is truth. And truth is the ground of humility.

SAINT SPOTLIGHT · ST. JOHN VIANNEY

John Vianney failed his seminary entrance exam twice. His Latin was terrible. His academic performance was so poor that his supervisors seriously questioned whether he should be ordained at all. He was ordained in 1815 only because his bishop concluded that his holiness compensated for his lack of intellectual gifts — which is not how seminary admissions usually work, but which turned out to be the most important episcopal judgment of the nineteenth century.

He was assigned to the tiny, spiritually desolate village of Ars — population 230, barely any practicing Catholics — and within years had turned it into one of the most visited pilgrimage sites in Europe. By the end of his life, twenty thousand people a year were traveling to Ars just to go to confession with him. He heard confessions sixteen to eighteen hours a day. He slept four hours a night and survived on a few potatoes. He was a pastoral genius of the first order.

What Vianney had was profound, accurate humility — he knew exactly what he was and was not, and he offered what he had completely, without apology for what he lacked. He could not pass the exam. He could hear the heart. He offered the latter and trusted God with the former. That is what honest self-knowledge looks like in practice. Show up to your workout today knowing exactly what you have — and offer it completely.

St. John Vianney, you offered exactly what you had and trusted God to make it sufficient. Pray for my humility in the gym this week — the honest self-knowledge that chooses the right weight, celebrates the real gain, and offers what I actually have without apology for what I do not. Amen.

"Before honor comes humility." — Proverbs 15:33

PAUSE & PIVOT
When you compare your fitness to someone else's or dismiss your own progress as not enough, pause. Ask St. John Vianney to intercede for honest, humble self-knowledge. Then pivot — acknowledge what is real.

IDENTITY DECLARATION
I am becoming a woman of honest self-knowledge. I know what I have, I offer it completely, and I trust God to make it enough. That is humility. That is strength.

JOURNAL PROMPT
Vianney offered what he had — not what he wished he had — and it changed thousands of lives. What are you actually bringing to your health journey right now? What happens when you offer that honestly and completely?

Feast Day: August 4 · Sources: Francis Trochu, The Curé d'Ars: St. Jean-Marie-Baptiste Vianney (1927). Patron of Parish Priests declared 1929.

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MY REFLECTION & DAILY TRACKER

HUMILITY REFLECTION

Today's prompt: What is the honest truth about where you are in your fitness right now — not compared to anyone else, but where you actually are? Celebrate one real gain from the past nine weeks.

HABIT CHECK-IN: EAT WITHOUT DISTRACTION

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. John Vianney's intercession for humble, honest self-knowledge?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman of honest self-knowledge. I know what I have, I offer it completely, and I trust God to make it enough. That is humility. That is strength."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Elizabeth Ann Seton
Feast Day: January 4

HUMILITY AT THE TABLE

Humility at the table is this week's habit in its purest form: eating without distraction. When we eat with our phones, our televisions, our worries and to-do lists, we are not humble enough to be present to the simple act of receiving nourishment. We are somewhere else — and our bodies register the absence. Research shows we eat more, taste less, and feel less satisfied when we eat while distracted.

Humble eating is present eating. It means sitting down, looking at the food, tasting it fully, and attending to the signals your body is sending. It means being humble enough to believe that this meal — this ordinary, unremarkable plate of food — deserves your full attention. Because it does. And so do you.

SAINT SPOTLIGHT · ST. ELIZABETH ANN SETON

Elizabeth Ann Seton was born into a prominent New York Episcopalian family in 1774, married a wealthy merchant, and had five children before her husband died of tuberculosis in Italy when she was twenty-nine. She was widowed, nearly penniless, and far from home — and she converted to Catholicism within two years, knowing it would cost her most of her social connections and family relationships. It did.

She went on to found the first free Catholic school in America and the Sisters of Charity — the first religious order founded by a native-born American. She built an educational system, raised five children mostly alone, buried two of them, and died at forty-six of the same tuberculosis that had killed her husband. She was canonized in 1975 — the first native-born American saint.

What Elizabeth understood about humility was that it is the virtue that makes you teachable — willing to have your assumptions overturned, your plans redirected, your identity rebuilt from the ground up when life demands it. She did not set out to found a religious order. She set out to survive, to feed her children, to live faithfully in the circumstances she found herself in. Humility made her available to what God was actually doing rather than what she had planned. Sit down and eat your meal today without distraction. Be available to what is actually happening.

St. Elizabeth Ann Seton, you built something extraordinary out of the ruins of your plans because you were humble enough to let God redirect you. Pray for my humility at the table this week. Help me be present, attentive, and available to the simple gift of nourishment without the noise of distraction. Amen.

"Be still, and know that I am God." — Psalm 46:10

PAUSE & PIVOT
When you reach for your phone or the remote during a meal, pause. Ask St. Elizabeth Ann Seton to intercede for the humility that is present to what is actually happening. Then pivot — put it down.

IDENTITY DECLARATION
I am becoming a woman who is present to her own life. I eat without distraction. I taste. I notice. I receive nourishment with the full attention it deserves.

JOURNAL PROMPT
Elizabeth's plans were overturned completely and she was humble enough to let God redirect her. Where in your health journey have you been so attached to your own plan that you missed what God was actually doing?

Feast Day: January 4 · Sources: Joseph Dirvin, Mrs. Seton: Foundress of the American Sisters of Charity (1962). Canonized September 14, 1975 by Pope Paul VI. First native-born American saint.

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MY REFLECTION & DAILY TRACKER

HUMILITY REFLECTION

Today's prompt: Which meal did you eat without distraction today? What did you notice — about the food, your hunger, your fullness — that you normally miss when distracted?

HABIT CHECK-IN: EAT WITHOUT DISTRACTION

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Elizabeth Ann Seton's intercession for humble, present eating?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who is present to her own life. I eat without distraction. I taste. I notice. I receive nourishment with the full attention it deserves."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Hildegard of Bingen
Feast Day: September 17

HUMILITY IN THE PAUSE

Humility in the pause is the willingness to stop and honestly ask: ***What is actually happening in me right now?*** Not what I think should be happening. Not what I wish were happening. What is actually true? Am I hungry or am I bored? Am I tired or am I avoiding? Am I craving food or am I craving comfort, connection, or rest?

This honest, humble inquiry is the most powerful thing that can happen in the pause. It requires humility because the honest answer is not always comfortable. Sometimes the honest answer is: I am sad and I want to eat about it. Sometimes it is: I am not hungry at all and I know it. Humility can hold those honest answers without judgment — and pivot from them with wisdom rather than shame.

SAINT SPOTLIGHT · ST. HILDEGARD OF BINGEN

Hildegard of Bingen was a twelfth-century Benedictine abbess, mystic, composer, scientist, physician, poet, and theologian — one of the most astonishing human beings who ever lived. She wrote theological treatises, composed over seventy liturgical songs, produced detailed illustrated manuscripts of her visions, and wrote two books on natural medicine and healing that drew on the most sophisticated understanding of the natural world available in her time.

She began receiving visions at age three and kept them secret for decades because she believed she was unworthy to share them. It was only when she became ill — she believed as a consequence of suppressing what she had been given — that she humbly submitted her visions to her abbot and eventually to Pope Eugenius III, who encouraged her to write. The humility was the key that unlocked everything.

Hildegard also understood the body with remarkable clarity for her era. She taught that viriditas — the greening power of God — flows through all living things, including human bodies, and that health is the result of living in harmony with that divine life force. The body, in her vision, is not an obstacle to holiness but the vessel through which God's life flows in the world. Pause today with that understanding. Your body is not your enemy. It is carrying something sacred. Attend to it with humility and wonder.

St. Hildegard, you kept what was most precious about you hidden for decades out of humility — and then you offered it completely. Help me pause with the same honest, courageous humility. Give me the grace to ask what is actually happening in me, to hear the honest answer, and to respond with wisdom. Amen.

"Search me, O God, and know my heart; test me and know my thoughts." — Psalm 139:23

PAUSE & PIVOT
In every moment of impulse today, pause. Ask St. Hildegard to intercede for the honest, humble inquiry that asks what is actually happening. Then pivot from the truth.

IDENTITY DECLARATION
I am becominga woman who tells herself the truth. In the pause, I ask honestly. In the pivot, I respond wisely. That honest, humble cycle is how I am being transformed.

JOURNAL PROMPT
Hildegard's honesty about her own unworthiness eventually unlocked everything she was meant to give. What honest truth about your health journey have you been suppressing? What might be unlocked if you brought it humbly into the light?

Feast Day: September 17 · Sources: Sabina Flanagan, Hildegard of Bingen: A Visionary Life (1989). Doctor of the Church declared October 7, 2012 by Pope Benedict XVI.

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MY REFLECTION & DAILY TRACKER

HUMILITY REFLECTION

Today's prompt: What honest question did you ask yourself in a pause today? What was the answer? What did you do with the truth?

HABIT CHECK-IN: EAT WITHOUT DISTRACTION

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? What honest truth did I encounter in the pause?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who tells herself the truth. In the pause, I ask honestly. In the pivot, I respond wisely. That honest, humble cycleis how I am bei ng transformed."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. John Henry Newman
Feast Day: October 9

HUMILITY AND WHO YOU ARE

Humility as an identity virtue is perhaps the most liberating of all. The humble woman does not need to be the best, the most consistent, the most impressive, or the most transformed. She simply needs to be honest about who she is — including who she is becoming — and to live from that honest foundation rather than from performance or pretense.

You do not need to be the woman who has it all figured out. You just need to be the woman who is honestly trying — who shows up imperfectly, tracks imperfectly, eats imperfectly, and keeps going anyway. That honest, humble effort is not a lesser version of transformation. It is transformation itself. The real kind. The kind that sticks.

SAINT SPOTLIGHT · ST. JOHN HENRY NEWMAN

John Henry Newman was one of the most brilliant minds of the nineteenth century — a Church of England priest, Oxford scholar, leader of the Oxford Movement, and author of a body of writing that has influenced Catholic theology for over a century. He converted to Catholicism at forty-four, at the height of his reputation, knowing it would cost him almost everything he had built — his fellowship, his friends, his status, his place in English intellectual life. It did.

He was received into the Catholic Church in 1845 and spent the next forty-five years in relative obscurity, running a small school in Birmingham, writing, praying, and being almost entirely ignored by the Catholic hierarchy. He was not made a Cardinal until 1879, four decades after his conversion, when he was seventy-eight years old. He said he had spent his life in the shade.

And yet. He kept writing. He kept thinking. He kept praying. He said: ***God has created me to do him some definite service. He has committed some work to me which he has not committed to another. I shall do good; I shall do his work.*** That is the humble identity declaration of a man who did not need to be seen to keep being faithful. That is yours too. Do your work. The shade is not the end of the story.

St. John Henry Newman, you were faithful in the shade for decades without recognition or reward. Pray for my humble faithfulness in the small, unseen work of caring for this body — the daily tracking, the meals, the workouts that no one sees but God. Help me trust that my definite service matters, even when no one is watching. Amen.

"God has created me to do him some definite service." — St. John Henry Newman, Meditations and Devotions

PAUSE & PIVOT
When you feel unseen in your effort or tempted to give up because no one is noticing, pause. Ask St. Newman to intercede for faithful, humble perseverance. Then pivot — do your definite service.

IDENTITY DECLARATION
God has created me to do some definite service — and caring for this body is part of it. I am faithful in the shade. I do my work. That is enough.

JOURNAL PROMPT
Newman said God created him for some definite service committed to him alone. What is the specific, definite work God has committed to you? How does caring for your health serve that mission?

Feast Day: October 9 · Sources: Ian Ker, John Henry Newman: A Biography (1988). Canonized October 13, 2019 by Pope Francis.

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MY REFLECTION & DAILY TRACKER

HUMILITY REFLECTION

Today's prompt: What definite service has God created you for? How does building your health and strength serve that specific mission? Write it as your personal why.

HABIT CHECK-IN: EAT WITHOUT DISTRACTION

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward humble, faithful perseverance in my definite service?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"God has created me to do some definite service—and caring for this body is part of it. I am faithful in the shade. I do my work. That isenough."

ONE WIN FROM TODAY

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WEEK 10 — MEEKNESS

MON	TUE	WED	THU	FRI
St. Moses the Black	St. Cecelia	St. Mary Magdalene	St. Agnes	St. Jane Frances de Chantal

THE VIRTUE OF MEEKNESS

Meekness is strength under control — the quiet, steady mastery of our inner life that refuses to be ruled by reactivity, pride, or the harsh inner voice. It is not weakness. It is the opposite of weakness. It is the strength to be still when everything in you wants to react, to be gentle when everything in you wants to be hard, and to be patient with yourself when everything in you wants to give up.

For your health journey, meekness quiets the noise. The comparison. The criticism. The voice that says you are not doing enough, not progressing fast enough, not enough, full stop. Meekness silences that voice and replaces it with something far morepowerful: honest,patient,steady attention to what is actually true.

THIS WEEK'S HABIT: HUNGER SCALE 2–8

This week we introduce the hunger scale — eating when your hunger reaches a 2 out of 10 and stopping when you reach a comfortable 7–8, before you feel full. This scale is a tool for honest listening. It requires meekness — the willingness to set aside habit, emotion, and social pressure and simply attend to what your body is actually telling you. Practice it at every meal this week. It will feel awkward at first. Do it anyway.

SCIENCE SAYS

Research on intuitive eating consistently shows that eating in response to physical hunger cues — rather than emotions, habit, or the clock — is one of the **strongest predictors of long-term weight maintenance.** Intuitive eaters show lower BMI, less disordered eating, and a significantly healthier relationship with food over time.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** At Week 10, your strength training program should feel more natural — the movements more familiar, the weights heavier than when you started. That progression is not an accident. It is your body responding to consistent, faithful effort. Meekness in movement means honoring where you actually are today — not where you werelast week, notwhere you want to be next month. Just today.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Protein 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: One intentional healthy swap daily
- ✓ Week 5: Half your body weight in oz of water daily
- ✓ Week 6: 3+ colors of fruits or vegetables daily
- ✓ Week 7: 30g of fiber daily
- ✓ Week 8: Choose whole foods over ultra-processed options
- ✓ Week 9: Eat at least one meal per day without distraction
- ✓ **Week 10: Use the hunger scale — eat at 2-3, stop at 7–8**

SOURCES

Intuitive Eating: Van Dyke N & Drinkwater EJ. (2014). Public Health Nutrition, 17(8), 1757–1766.
Virtue Reference: Aquinas, Thomas. Summa Theologica, II-II, Q. 157. On Meekness.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Moses the Black
Feast Day: August 28

VIRTUE IN FOCUS — MEEKNESS

Meekness is strength under control — the quiet, steady mastery of our inner life that refuses to be ruled by reactivity, pride, or the harsh inner voice. It is not weakness. It is the opposite of weakness. It is the strength to be still when everything in you wants to react, to be gentle when everything in you wants to be hard, and to be patient with yourself when everything in you wants to give up.

For your health journey, meekness quiets the noise — the comparison, the criticism, the voice that says you are not doing enough, not progressing fast enough, not enough full stop. Meekness silences that voice and replaces it with something far more powerful: honest, patient, steady attention to what is actually true. You are here. You are trying. You are becoming. That is enough to begin with.

SAINT SPOTLIGHT · ST. MOSES THE BLACK

Moses the Black was a fourth-century Ethiopian monk in the Egyptian desert who began his life as the leader of a gang of bandits — violent, feared, and by his own later account, guilty of murder. He fled to the desert to escape the law and found himself drawn instead to the community of Christian monks at Scetis, where something broke open in him.

His conversion was dramatic but his formation was gradual. He struggled for years with the same violent impulses that had defined his former life — and the Desert Fathers who formed him did not shame him for those struggles. They taught him meekness: the patient, steady practice of governing his inner life rather than being governed by it. He became one of the great spiritual masters of the desert tradition, famous for his wisdom and his extraordinary humility about his own past.

When raiders threatened the community and some of the monks wanted to fight, Moses led a group who chose to flee rather than respond with violence. He said: ***Those who live by the sword shall die by the sword.*** The meek man who had once lived by the sword now refused to pick it up even in self-defense. He was killed in a subsequent raid. He is a saint. The hunger scale — the quiet, patient practice of governing your appetite rather than being governed by it — is your version of Moses's meekness. Practice it today.

St. Moses, you transformed the most violent impulses of your nature into the deepest meekness through years of patient practice. Pray for my meekness at the table this week — the quiet, steady strength that governs my appetite rather than being governed by it. Help me listen before I act. Amen.

"Blessed are the meek, for they shall inherit the earth." — Matthew 5:5

PAUSE & PIVOT
Before you eat anything today, pause and check in with the hunger scale. Ask St. Moses to intercede for the meek strength that governs appetite. Then pivot — eat at a 2, stop at a 7-8.

IDENTITY DECLARATION
I am becoming a woman whose strength governs her appetite. I do not react — I respond. I do not reach — I listen. Meekness is my strength.

JOURNAL PROMPT
Moses transformed violence into meekness through years of patient practice. What appetite or impulse in your health journey most needs that kind of patient, meek governance?

Feast Day: August 28 · Sources: The Sayings of the Desert Fathers (Apophthegmata Patrum). Benedicta Ward, SLG, trans. (1975). Butler's Lives of the Saints.

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MY REFLECTION & DAILY TRACKER

MEEKNESS REFLECTION

Today's prompt: Use the hunger scale today. What number were you at before each meal? What number did you stop at? What did you notice about eating mindfully versus reactively?

HABIT CHECK-IN: HUNGER SCALE 2-8

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Moses's intercession for meek, governed appetite?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman whose strength governs her appetite. I do not react — I respond. I do not reach — I listen. Meekness is my strength."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Mary Magdalene
Feast Day: July 22

MEEKNESS IN THE GYM

Meekness in the gym is the strength that does not need to prove itself. It is the athlete who chooses the right weight without ego, who rests without guilt, who modifies without shame, and who celebrates real progress without comparing it to anyone else's timeline. The meek athlete is not the weakest person in the room. She is the most honest one.

At ten weeks in, meekness also means listening to your body rather than overriding it. If something hurts, the meek response is to modify — not to push through injury out of pride or to quit out of discouragement. Meekness finds the wise, honest middle: the pace, the weight, the modification that is genuinely right for this body, on this day, in this season.

SAINT SPOTLIGHT · ST. MARY MAGDALENE

Mary Magdalene is one of the most misunderstood figures in Christian history — centuries of tradition have layered her identity with things Scripture never actually says about her. What Scripture does say is remarkable enough: she was among the women who traveled with Jesus and supported his ministry from their own resources; she was present at the Crucifixion when almost all of the male disciples had fled; she was the first to arrive at the empty tomb on Easter morning; and she was the first person to whom the Risen Christ appeared and to whom he gave the commission to announce the Resurrection to the apostles.

The Church calls her Apostle to the Apostles. She carried the most important news in human history to the people who were supposed to be leading the movement — and she did it with no title, no credentials, no institutional authority, and no guarantee they would believe her. They did not, initially. She delivered the message anyway, without demanding recognition, without insisting on her place in the hierarchy, without anything but the truth of what she had seen.

That is meekness in its most powerful form: strength that does not need to announce itself, truth that does not need to be defended, mission that does not depend on being believed. Show up to your workout today with that quality of strength. You do not need to impress anyone. You just need to show up and tell the truth about where you are.

St. Mary Magdalene, you delivered the most important message in history without needing to be believed first. Pray for my meekness in the gym — the strength that does not need to prove itself, that shows up honestly, that listens to my body rather than overriding it. Help me train with that quality of truth. Amen.

"I have seen the Lord." — John 20:18

PAUSE & PIVOT
When ego pushesyou toward the wrong weight or pride prevents a needed modification, pause. Ask St. Mary Magdalene to intercede for honest, meek strength. Then pivot — choose what is actually right.

IDENTITY DECLARATION
I am becoming a woman whose strength does not need to announce itself. I train honestly, modify without shame, and show up with the meek power of a woman who knows what she has seen.

JOURNAL PROMPT
Mary Magdalene delivered truth without needing to be believed. Where in your fitness journey have you been holding back because you needed someone else's validation first? What would meek, self-authorizing strength look like?

Feast Day: July 22 · Sources: John 20:1-18; Luke 8:2-3; Mark 15:40-47. Pope Francis, Apostolic Letter Misericordia et Misera (2016).

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MY REFLECTION & DAILY TRACKER

MEEKNESS REFLECTION

Today's prompt: Where in your fitness practice are you letting ego or comparison drive your choices? What would honest, meek — and therefore truly strong — training look like today?

HABIT CHECK-IN: HUNGER SCALE 2-8

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Mary Magdalene's intercession for honest, meek strength?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

" I am becoming a woman whose strength does not need to announce itself. I train honestly, modify without shame, and show up with the meek power of a woman who knows what she has seen."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Jane Frances de Chantal
Feast Day: August 12

MEEKNESS AT THE TABLE

Meekness at the table is the hunger scale made virtue. When we eat reactively — out of boredom, stress, habit, or social pressure rather than genuine physical need — we are not governing ourselves. We are being governed by our appetites. The meek eater is not the one who never wants more. She is the one who has developed the patient, steady strength to stop when enough has arrived.

This week, practice eating in the window of genuine hunger: beginning when you reach a 2 on the hunger scale and stopping when you reach a comfortable 7 or 8.The space between 2 and 8 is the space of meek, governed eating. It requires patience, attention, and the gentle strength to say ***enough*** beforethe body insists on it.

SAINT SPOTLIGHT · ST. JANE FRANCES DE CHANTAL

Jane Frances de Chantal was a widow with four children when she met Francis de Sales and began the spiritual direction that would shape the rest of her life. She founded the Order of the Visitation with him in 1610 — a religious order notable for accepting women whose health or age made the more physically demanding orders impossible, which was itself an act of meekness and inclusion remarkable for its time.

What Jane is less known for is the interior suffering she carried with extraordinary meekness for most of her life — a prolonged dryness in prayer, a sense of spiritual desolation that lasted for decades, and the loss of her son in battle. She endured all of it without bitterness and without the kind of dramatic expression that might have drawn more attention or sympathy. She simply kept going, kept loving, kept governing her interior life with the quiet, steady meekness that Francis de Sales had helped her develop.

When Francis died, leaving her to lead the order alone, she wrote: ***I lack for nothing that God does not supply.*** That is the meek woman's hunger scale applied to the whole of life: I know when I am genuinely in need, I bring that need honestly to God, and I trust that what He provides is enough. Try that at your next meal. Bring your genuine hunger. Receive what is given. Trust that it is enough.

St. Jane Frances, you governed your interior life with quiet, steady meekness through decades of suffering. Pray for my meekness at the table this week — the patient strength that begins eating when genuinely hungry, stops when genuinely satisfied, and trusts that enough is always enough. Amen.

"The Lord is my shepherd; I shall not want." — Psalm 23:1

PAUSE & PIVOT
Before each meal today, pause and check your hunger number. Ask St. Jane Frances to intercede for the meek patience that waits for genuine hunger. Then pivot — eat at 2, stop at 7-8.

IDENTITY DECLARATION
I am becoming a woman who governs her appetite with patience and truth. I know the difference between genuine hunger and habitual reaching — and I respond with the meekness of a woman who trusts that enough is enough.

JOURNAL PROMPT
Jane trusted that what God provided was enough. Where in your eating or your health journey have you been struggling to trust that enough is enough? What would meek, trusting sufficiency look like for you?

Feast Day: August 12 · Sources: Elisabeth Stopp, Madame de Chantal: Portrait of a Saint (1962). Canonized July 16, 1767 by Pope Clement XIII.

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MY REFLECTION & DAILY TRACKER

MEEKNESS REFLECTION

Today's prompt: What was your hunger number before each meal? Did you stop at a 7-8? What made it easy or hard to trust that enough was enough?

HABIT CHECK-IN: HUNGER SCALE 2-8

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Jane Frances's intercession for meek, trusting eating?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who governs her appetite with patience and truth. I know the difference between genuine hunger and habitual reaching — and I trust that enough is enough."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Agnes
Feast Day: January 21

MEEKNESS IN THE PAUSE

Meekness is strength under control — the quiet, steady mastery of our inner life that refuses to be ruled by reactivity, pride, or the harsh inner voice. It is not weakness. It is the opposite of weakness. It is the strength to be still when everything in you wants to react, to be gentle when everything in you wants to be hard, and to be patient with yourself when everything in you wants to give up.

At Week 10, meekness asks you to bring that same governed stillness to your hunger — eating at a 2, stopping at a 7 or 8, trusting that enough is enough

SAINT SPOTLIGHT · ST. AGNES

Agnes of Rome was thirteen years old when she was martyred in the early fourth century — and her story is one of the most quietly powerful examples of meekness in the entire history of the Church. When the son of a Roman prefect sought her hand and she refused, the machinery of imperial persecution was set in motion against a thirteen-year-old girl. What strikes every reader of Agnes's story is not her courage — though she had it in extraordinary measure — but her stillness. She did not fight. She did not plead. She did not perform her bravery for an audience. She simply stood, quietly and completely, in the truth of who she was and whose she was — and no threat, no bribe, no form of coercion could move her.

Meekness is not the absence of strength. It is strength so completely surrendered to God that it has nothing left to prove and nothing left to fear. Agnes, at thirteen, had that strength in full measure. She is the patron of girls and of those who suffer injustice — and her meekness is exactly the invitation this week extends to you: not the meekness of passivity or defeat, but the meekness of a woman so rooted in her identity that the world's noise cannot reach her. Not even the noise of a craving at 9pm.

St. Agnes, you were thirteen years old and completely unshakeable. When the craving rises and the noise gets loud — the comparison, the self-criticism, the compulsive reach for food — intercede for me right now. Pray that I can stand quietly in who I am and whose I am, and let this craving pass without feeding it or fighting it. You did not argue with the prefect. Help me not argue with my hunger. Help me be Agnes-still. Amen.

"In quietness and trust is your strength." — Isaiah 30:15

PAUSE & PIVOT
When a craving rises and demands your attention, pause. Notice the pressure. It wants you to react. Instead, become still. Ask St. Agnes to intercede for meek, governed stillness — then pivot: use the hunger scale. Am I at a 2? If not, wait.

IDENTITY DECLARATION
I am becoming a woman who is still in the storm. I do not fight my cravings or feed them — I outlast them with the meek, quiet strength of a woman who knows who she is and whose she is. I am Agnes-still. I am God's. That is enough.

JOURNAL PROMPT
Agnes wasthirteen and completely unshakeable. What is the thing that most reliably shakes you — the craving, the comparison, the harsh inner voice? What would standing quietly in the truth of who you are look like in that moment?

Feast Day: January 21 - Sources: Agnes of Rome, early Church martyr (c. 304 AD). Butler's Lives of the Saints. Patron of girls and chastity.

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MY REFLECTION & DAILY TRACKER

MEEKNESS REFLECTION

Today's prompt: Did you let a craving pass without feeding or fighting it today? What was the experience of meek stillness like? What happened to the craving when you became still?

HABIT CHECK-IN: HUNGER SCALE 2-8

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Agnes's intercession for meek, governed stillness? What did I choose in that moment of stillness?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who is still in the storm. I do not fight my cravings or feed them — I outlast them with the meek, quiet strength of a woman who trusts God in the gap."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Frances of Rome
Feast Day: March 9

MEEKNESS AND WHO YOU ARE

The meek woman has found something rare and precious: she is not rattled by her own imperfection. She sees it clearly — the inconsistent tracking, the meal that went sideways, the workout she skipped — and she responds with the same quiet, governing strength she brings to everything else. Not with shame. Not with drama. With the steady, clear-eyed acknowledgment of what is true and the gentle, unhurried correction toward what is better.

That is your identity this week: the meek woman. The one who is not shaken by her own stumbles. The one who sees clearly, responds gently, and keeps going with a steadiness that does not depend on perfect performance. You are not rattled. You are not derailed. You are meek — and the meek inherit the earth.

SAINT SPOTLIGHT · ST. FRANCES OF ROME

Frances of Rome was a fifteenth-century Roman noblewoman who wanted to enter religious life from childhood but was instead married at thirteen to a wealthy nobleman, with whom she lived for forty years in what all accounts describe as a genuinely happy, deeply holy marriage. She raised her children, managed a large household, nursed the sick during the plagues and famines that devastated Rome, and founded the Oblates of Mary — a community of laywomen dedicated to service — all without ever leaving her family or abandoning her domestic responsibilities.

Frances is remarkable for the meekness with which she held the competing demands of her vocation. She did not choose between her family and her calling — she held both, with a quiet, governing strength that never let one destroy the other. She is reported to have said that it is most laudable in a married woman to be devout, but she must never forget that she is a housewife. And sometimes she must leave God at the altar to find Him in her housekeeping.

Frances found God in the interruptions. In the sick child who needed tending when she was in prayer. In the meal that needed cooking when she wanted to be at chapel. The meekness to find God in the ordinary, interrupted, imperfect rhythm of real life is perhaps the most practically useful virtue in this program. Your health journey happens in the interruptions. Frances would understand that perfectly.

St. Frances, you found God in the interruptions and held your whole life together with meek, quiet strength. Pray for my meekness in the imperfect, interrupted rhythm of my health journey. Help me be steady in the stumbles, present in the ordinary, and unshaken by the gap between my ideal and my reality. Amen.

"A meek and quiet spirit is very precious in God's sight." — 1 Peter 3:4

PAUSE & PIVOT
When imperfection threatens to derail you, pause. Ask St. Frances to intercede for the meek steadiness that sees clearly and corrects gently. Then pivot — acknowledge what happened and begin again.

IDENTITY DECLARATION
Ia m a meek woman — not rattled by my own stumbles, not shaken by imperfection. I see clearly. I correct gently. I keep going with the quiet, governing strength that cannot be derailed.

JOURNAL PROMPT
Frances found God in the interruptions. What interruptions in your health journey — the skipped workout, the difficult meal, the hard week — might actually be places where God is meeting you?

Feast Day: March 9 · Sources: Butler's Lives of the Saints (1956). Canonized May 9, 1608 by Pope Paul V. Patron of motorists and widows.

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MY REFLECTION & DAILY TRACKER

MEEKNESS REFLECTION

Today's prompt: What stumble or imperfection happened this week that you responded to with meekness rather than shame or drama? What did that steady, gentle response feel like?

HABIT CHECK-IN: HUNGER SCALE 2-8

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward the meek, steady, unshaken identity I am building?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a meek woman— not rattled by my own stumbles , not shaken by imperfection. I see clearly. I correct gently. I keep going with the quiet, governing strength that cannot be derailed."

ONE WIN FROM TODAY

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WEEK 11 — DILIGENCE

MON	TUE	WED	THU	Fri
St. Joseph	St. Jerome	St. Martinde Porres	St. Aloysius G onzaga	Bl. FredericOzanam

THE VIRTUE OF DILIGENCE

Diligence is the virtue of faithful, consistent effort — showing up fully, day after day, not because it is always exciting or rewarding, but because the work is worth doing and you are the one called to do it. It is the antidote to the two great enemies of transformation: distraction and discouragement.

You are in Week 11. The novelty is long gone. The initial rush of motivation has settled into something quieter and far more valuable — the steady rhythm of a woman who has built something real. Diligence honors that rhythm. It says: this is who I am now. Not who I am trying to be. Who I am.

THIS WEEK'S HABIT: EXTRA 2,000–3,000 STEPS

This week we add 2,000–3,000 extra steps to your daily baseline — beyond your intentional walk and workouts. Park farther away. Take the stairs. Walk while you talk on the phone. March in place while the coffee brews. These small accumulations of movement add up to something extraordinary over time. Non-exercise activity — the movement you do going about your normal day — is one of the most underrated tools in your health arsenal.

SCIENCE SAYS

Ameta-analysisof 15 internationalcohorts published in ***Lancet Public Health*** found that people who increased their daily steps had a **40–53% lower risk of death from all causes** compared to the least active group. For women over 60, the protective benefit levels off at just 6,000–8,000steps per day.

MOVEMENT THIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** You are two weeks from the finish line. Your strength training program has been running for ten weeks. Take a moment this week to compare where you started — the weights, tthe reps, the way your body felt —with where you are now. That difference is diligence made visible.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Protein 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: One intentional healthy swap daily
- ✓ Week 5: Half your body weight in oz of water daily
- ✓ Week 6: 3+ colors of fruits or vegetables daily
- ✓ Week 7: 30g of fiber daily
- ✓ Week 8: Choose whole foods over ultra-processed options
- ✓ Week 9: Eat at least one meal per day without distraction
- ✓ Week 10: Use the hunger scale — eat at 2, stop at 7–8
- ✓ **Week 11: Add 2,000–3,000 extra steps to your daily movement**

SOURCES

Steps Fact: Paluch AE et al. (2022). Lancet Public Health, 7(3), e219–e228. Meta-analysis of 15 international cohorts, ~50,000 participants.
Virtue Reference: Catechism of the Catholic Church, §1807. On Diligence and the moral virtues.

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DAY 1 | LIVING THE VIRTUE

St. Joseph

Feast Day: March 19

VIRTUE IN FOCUS — DILIGENCE

Diligence is the virtue of faithful, consistent effort — showing up fully, day after day, not because it is always exciting or rewarding, but because the work is worth doing and you are the one called to do it. It is the antidote to the two great enemies of transformation: distraction and discouragement.

You are in Week 11. You have eleven weeks of evidence that you can do this. The novelty is long gone. The initial rush of motivation has settled into something quieter and far more valuable — the steady rhythm of a woman who has built something real. Diligence honors that rhythm. It says: ***this is who I am now. Not who I am trying to be. Who I am.***

SAINT SPOTLIGHT· ST. JOSEPH

Josephof Nazarethisthe most diligent figure in all of Scripture — and also the most silent. He has not a single recorded word in the entire New Testament. Not one. What he has instead is a life of pure, faithful, unremarkable action: he got up, he worked, he protected, he provided, he obeyed, and he showed up — day after day, year after year — in circumstances that would have justified complaint, confusion, or departure at every turn.

Consider what Joseph was asked to do. Receive a pregnant fiancée whose child was not his own. Flee to Egypt in the middle of the night with a newborn. Raise the Son of God as a carpenter in a small town, with no fanfare, no recognition, and no explanation of what was actually happening in his home. He did all of it without drama, without performance, and without a single recorded word of protest. He simply showed up. Every day. And did the work. Joseph built furniture. He swept sawdust. He taught a boy to use a plane and a chisel. He made things with his hands, day after day, in a small workshop in Nazareth — and the world was saved through the family he protected with that quiet, daily, unremarkable work. Your extra steps this week are your workshop. They are unremarkable. They are diligence in action. They are exactly the kind of faithful, daily effort that compounds over time into something extraordinary. Park farther away. Take the stairs. Walk while you talk on the phone. Diligence is not dramatic. It is just relentlessly present. Be relentlessly present today.

St. Joseph, you showed up every single day without complaint and without recognition, and the world was saved through your faithful ordinary work. Intercede for my diligence this week — the unglamorous, unremarkable faithfulness that takes the stairs, parks farther away, walks after dinner, and keeps showing up even when no one is watching. Help me keep showing up. Amen.

"Whatever you do, work heartily, as for the Lord and not for men." — Colossians 3:23

PAUSE & PIVOT

When you are tempted to take the elevator or the closest parking spot, pause. Ask St. Josph to intercede for the diligent faithfulness that takes the stairs. Then pivot — add the steps.

IDENTITY DECLARATION

I am becoming a woman of faithful, daily, unremarkable diligence. I do not need recognition to keep going. Like Joseph, I work because the work is worth doing and I am the one called to do it. My extra steps, my faithful habits — these are my workshop.

JOURNAL PROMPT

Joseph had no recorded words — only faithful actions. If your health journey this week were told entirely through your actions, with no words, what story would it tell? Is that the story you want to be telling?

Feast Day: March 19 - Sources: Joseph of Nazareth, foster father of Jesus. Butler's Lives of the Saints. Patron of workers, fathers, and the universal Church.

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MY REFLECTION & DAILY TRACKER

DILIGENCE REFLECTION

Today's prompt: How many extra steps did you add today? What small, diligent changes did you make — parking farther, taking stairs, walking while talking? How did it feel to choose the harder, better way?

HABIT CHECK-IN: EXTRA 2,000-3,000 STEPS

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Joseph's intercession for diligent, daily faithfulness?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman of diligent, daily effort. I do not need drama or motivation. I need faithfulness — and faithfulness, repeated daily, is building something extraordinary."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. Jerome
Feast Day: September 30

DILIGENCE IN THE GYM

Diligence in fitness is the virtue that shows up for the tenth workout the same way it showed up for the first — with full effort, full attention, and full intention. It is the quality that resists the temptation to coast, to go through the motions, to do just enough to check the box without actually challenging the body.

At week eleven, you have been strength training for nine weeks. Your body has adapted to what felt hard at the beginning. Diligence says: that is not a reason to relax. That is a signal to progress. Add a little weight. Add a rep. Add a set. The diligent woman keeps making it slightly harder, week by week, because she knows that adaptation requires ongoing challenge.

SAINT SPOTLIGHT · ST. JEROME

Jerome of Stridon is one of the most productively irascible figures in Church history — a brilliant, prickly, passionate scholar who produced the Vulgate Bible, the standard Latin translation of Scripture that the Catholic Church used for fifteen centuries, while living in a cave in Bethlehem and fighting with virtually everyone he knew.

Jerome's diligence was staggering. He learned Hebrew in middle age — a language of enormous difficulty — because he was not willing to translate a text he had not read in the original. He wrote commentaries on most of the books of the Bible, thousands of letters, and dozens of treatises, while also running a monastery and overseeing a community of women scholars.

His famous motto was: ***Ignorance of Scripture is ignorance of Christ.*** It was not a passive observation. It was a call to diligent, rigorous, daily engagement with the text — the kind of effort that does not stop when it gets hard or comfortable or routine. Jerome did not take days off from the Scripture because he already knew most of it. He kept going. You keep going.

St. Jerome, you never stopped learning and never stopped working — even when you already knew more than anyone around you. Pray for my diligence in the gym this week — the faithful, progressing effort that does not coast when things get comfortable but keeps making it slightly harder, week by week. Amen.

"Do not grow weary in doing good." — Galatians 6:9

PAUSE & PIVOT
When your workout feels too comfortable and you are tempted to coast, pause. Ask St. Jerome to intercede for the diligent effort that keeps progressing. Then pivot — add the weight.

IDENTITY DECLARATION
I am becoming a woman who keeps making it harder. I do not coast when things get comfortable — I progress. Diligence is my discipline and progress is my reward.

JOURNAL PROMPT
Jerome never stopped growing because he never stopped being diligent. What in your fitness practice has become too comfortable in the last few weeks? What would faithful, diligent progression look like this week?

Feast Day: September 30 · Sources: J.N.D. Kelly, Jerome: His Life, Writings, and Controversies (1975). Catholic Encyclopedia, New Advent. Doctor of the Church.

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MY REFLECTION & DAILY TRACKER

DILIGENCE REFLECTION

Today's prompt: Did your workout challenge you today or did you coast? What would faithful diligence — adding a rep, a pound, a set — look like in your next session?

HABIT CHECK-IN: EXTRA 2,000-3,000 STEPS

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Jerome's intercession for diligent, progressing effort?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman who keeps making it harder. I do not coast when things get comfortable — I progress. Diligence is my disciplineand progress is my reward."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Martin de Porres

Feast Day: November 3

DILIGENCE AT THE TABLE

Diligence at the table means continuing to track, to choose whole foods, to eat the rainbow, to hit your protein goal — even in Week 11, when the newness is gone and the habits feel less exciting. The diligent woman does not take a break from nourishing herself. She has internalized the habits well enough that they do not require the same effort they once did — and she recognizes that ease as progress, not as permission to stop paying attention. Diligence this week means adding steps to meals too: a walk after dinner, standing while you prep, choosing the stairs. Small movements, diligently added throughout the day, support digestion, blood sugar, and metabolism in ways far exceeding their apparent insignificance.

This week's habit — extra steps — applies to the table too. Diligent nutrition this week means adding movement to meals: a walk after dinner, standing while you prep, choosing the stairs. Small movements, added diligently throughout the day, support digestion, blood sugar regulation, and calorie burn in ways disproportionate to their apparent insignificance.

SAINT SPOTLIGHT · ST. MARTIN DE PORRES

Martin de Porres was born in 1579 in Lima, Peru — the illegitimate son of a Spanish nobleman and a freed African slave — and he spent his entire life at the bottom of every social hierarchy that mattered in his world. He was denied full status in the Dominican order for years because of his mixed race. He was assigned the most menial tasks: sweeping, cooking, caring for the sick, tending the animals. And he did every single one of them with the same complete, unhurried, attentive care — as if each task were the most important thing in the world, because to Martin, it was.

Martin's diligence was not the diligence of ambition. He never sought promotion. He never complained about his assignments. He swept the same floors day after day, tended the same sick bodies, prepared the same food — and out of that hidden, faithful, daily effort, something extraordinary emerged. The sick began to heal in ways that could not be explained. The city of Lima began to call him the wonder worker of the New World — not because he had sought a platform, but because decades of diligent, hidden, loving service had made him a vessel that God could work through without obstruction. Your faithful nutritional habits this week are your floor to sweep. Keep sweeping

St. Martin, you swept the same floors for decades without complaint and without recognition, and God worked miracles through your hidden faithfulness. Intercede for my diligence at the table this week — pray that I choose the whole food, make the faithful nutritional choice, and add the extra movement, not because it is exciting, but because I am a woman who keeps going in the unglamorous middle. Amen.

"She looks well to the ways of her household and does not eat the bread of idleness." — Proverbs 31:27

PAUSE & PIVOT

When nutrition feels tedious and habits feel boring in Week 11, pause. Ask St. Martin — who swept the same floors for decades — to intercede for faithful, unhurried attention to the ordinary. Then pivot: make the diligent nutritional choice. The floors Martin swept led to miracles. So will yours.

IDENTITY DECLARATION

I am becoming a woman who finds holiness in the ordinary. I do not need my health habits to be exciting to keep them. I nourish, I move, I track — day after day, without drama — because I am building something real in the unglamorous middle.

JOURNAL PROMPT

Martin did the most menial work with the most complete attention. What is the health habit that feels most tedious right now? What would it look like to bring Martin's quality of attention — complete, unhurried, loving — to that one habit this week

Feast Day: November 3 - Sources: Martin de Porres (1579–1639). Dominican lay brother, Lima, Peru. Canonized 1962. Patron of social justice and mixed-race people.

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MY REFLECTION & DAILY TRACKER

DILIGENCE REFLECTION

Today's prompt: How many total steps did you take today? What diligent nutritional choices did you make that you might have skipped three weeks ago? What habits have become automatic?

HABIT CHECK-IN: EXTRA 2,000-3,000 STEPS

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Martin's intercession for diligent, cooperative nourishment?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:
"I am becoming a woman who finds holiness in the ordinary. I do not need my health habits to be exciting to keep them. I nourish, I move, I track — day after day, without drama — because I am building something real in the unglamorous middle."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Aloysius Gonzaga

Feast Day: June21

DILIGENCE IN THE PAUSE

Diligence in the Pause & Pivot means practicing it every single time — not just in the dramatic moments, but in the small, ordinary, unremarkable moments that make up the majority of your day. The diligent woman pauses before the habitual reach even when it does not feel necessary. She pivots even when the old choice would not have been that bad. Because she understands something important: the pause is a practice, and practices build identity through repetition, not through perfection.

At week eleven, the Pause & Pivot should be becoming more automatic. That is diligence made visible. If it feels easier than it did in Week 1, that is not permission to stop practicing. It is evidence that the practice is working. Keep going.

SAINT SPOTLIGHT · ST. ALOYSIUS GONZAGA

Aloysius Gonzaga was born in 1568 into one of the most powerful noble families in Italy — heir to a marquisate, groomed for a military and political career, expected to inherit wealth, title, and influence. At seventeen, he walked away from all of it and entered the Society of Jesus as a novice, beginning at the absolute bottom of a religious order known for its rigor and intellectual demands. What distinguished Aloysius was not brilliance alone — though he had it — but his extraordinary diligence in the ordinary. He showed up for every prayer, every class, every assignment with complete attention and complete effort. He was not trying to impress anyone. He had already given up everything worth impressing people with.

When plague struck Rome in 1591, Aloysius threw himself into the care of the sick with a diligence that was almost reckless. He carried plague victims on his own back to the hospital. He washed them, fed them, prayed with them — and contracted the plague himself in the process. He died at twenty-three. The Church has called him a saint ever since, not because he lived a long life of accumulated achievement, but because he gave everything he had, completely and without reservation, for as long as he had it to give. You have one more week. Give everything

St. Aloysius, you gave up a title and a fortune and gave everything you had left to others without holding anything back. Intercede for my diligence in the Pause & Pivot this week — pray that I bring the same complete attention to this one moment that you brought to every task, every prayer, every act of service. Help me not coast because the end is near. Help me finish with everything I have. Amen.

"Let us not grow weary of doing good, for in due season we will reap, if we do not give up." — Galatians 6:9

PAUSE & PIVOT

IWhen you feel tempted to give less than your best because the program is almost over, pause. Ask St. Aloysius — who gave everything he had for as long as he had it — to intercede for the diligent pause. Then pivot: bring your full attention to this one moment. Aloysius didn't save his best for later. Neither do you

IDENTITY DECLARATION

I am becoming a woman who gives her best effort to this moment — not the next one. I do not coast because the end is near. Like Aloysius, I bring everything I have to what is in front of me right now. I am fully here. I give fully now.

JOURNAL PROMPT

Aloysius gave up wealth and title to pursue the one thing that mattered most — and gave everything he had left to the sick. You have one week left. What would it look like to give everything you have remaining to finishing this program well

Feast Day: June 21 - Sources: Aloysius Gonzaga (1568–1591). Jesuit scholastic, Rome. Canonized 1726. Patron of youth and students.

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MY REFLECTION & DAILY TRACKER

DILIGENCE REFLECTION

Today's prompt: How many times did you pause and pivot today? What feels more automatic now than in Week 1? What still requires deliberate effort?

HABIT CHECK-IN: EXTRA 2,000-3,000 STEPS

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? How has my practice changed over eleven weeks?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman whose Pause & Pivot is automatic. Eleven weeks of practice have built something in me that did not exist before. I keep going — and it keeps working."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

Bl. Frederic Ozanam
Feast Day: September 9

DILIGENCE AND WHO YOU ARE

The diligent woman is not the woman who never gets tired. She is the woman who keeps going anyway. Her identity is not built on inspired performance — it is built on consistent presence. The willingness to show up on the uninspired days, the busy days, the days when nothing feels meaningful and the results are not visible, is what separates the woman who transforms from the woman who intends to transform.

You have shown up for eleven weeks. That is your identity. Not the woman who was going to get healthy. The woman who is. Present tense. Already true. One more week and you will have completed something real — something that most people who start never finish. That is who you are. Honor it.

SAINT SPOTLIGHT · BL. FREDERIC OZANAM

Frederic Ozanam was a nineteenth-century French scholar and professor at the Sorbonne — one of the most prestigious universities in France — who also founded the Society of St. Vincent de Paul, now one of the largest Catholic charitable organizations in the world, serving tens of millions of people in 153 countries. He did not build these things sequentially. He did them simultaneously — in the same weeks, the same days, the same exhausted, frequently ill, always overcommitted life. He was a husband and a father. He died at forty, worn through by the sheer volume of faithful effort he had poured out.

Ozanam's diligence was the diligence of the person who does not wait for ideal conditions. He wrote when he was tired. He visited the poor when he was busy. He kept going when he was sick. His motto might as well have been: the work is worth doing, so I do it — in the time I have, with the energy I have, in the circumstances I have. That is the only kind of diligence that produces anything real. Perfect conditions never come. You are one week from the finish. The diligent woman finishes.

Blessed Frederic, you were always tired and you always kept going — and what you built now serves tens of millions of people. Intercede for my diligence in this final week — pray that I find the faithfulness to finish with the same commitment I brought to Week 1, not because I have reserves I do not have, but because the work is worth doing and I am the one called to finish it. Amen.

"Let us not grow weary of doing good, for in due season we will reap, if we do not give up." — Galatians 6:9

PAUSE & PIVOT
When Week 11 fatigue whispers that you have done enough and can rest before the finish, pause. Ask Bl. Frederic — who was always tired and always kept going — to intercede for the diligence to finish well. Then pivot: add the steps. Do the work. You are one week from something real

IDENTITY DECLARATION
I am one week from completing something real. I am a woman who does not stop when she is tired — she stops when she is done. Like Frederic Ozanam, I work with the time and energy I have, because the work is worth doing and I am the one called to finish it. I will finish. That is who I am

JOURNAL PROMPT
Ozanam built something that now serves tens of millions of people — out of faithful weekly acts of diligent service. What are the daily faithful acts in this program that you most hope will compound into something extraordinary in your life in the years ahead? Write it down as if it has already happened

Feast Day: September 9 - Sources: Frederic Ozanam (1813–1853). French scholar, founder Society of St. Vincent de Paul. Beatified 1997.

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MY REFLECTION & DAILY TRACKER

DILIGENCE REFLECTION

Today's prompt: You are one week from finishing. Who are you now that you were not eleven weeks ago? Name three specific ways you have changed — in your habits, your body, your identity.

HABIT CHECK-IN: EXTRA 2,000-3,000 STEPS

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot toward the diligent, finishing-strong identity of a woman who does what she started?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman who finishes what she starts—not perfectly, but faithfully. Eleven weeks of diligent effort have made me someone new. One more week. I finish strong."

ONE WIN FROM TODAY

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WEEK 12 — GENEROSITY

MON	TUE	WED	THU	FRI
St. Nicholas	St. John the Almsgiver	St. Elizabeth of Hungary	St. Lawrence the Deacon	St. Lucy

THE VIRTUE OF GENEROSITY

Generosity closes this program because it can only arrive after everything else has been built. You cannot give from an empty cup. But you have spent eleven weeks filling yours — with faith, with hope, with love, with wisdom and courage and kindness and patient self-knowledge. You are not empty anymore. You are full. And from that fullness, you are ready to give.

Generosity is the virtue that transforms everything you have built from a personal achievement into a gift — to your family, your community, and the women who will one day look at you and wonder how you became the woman you are. Live generously. It isthemost beautiful thinga healthy woman cando.

THIS WEEK'S HABIT: STRESS MANAGEMENT

This week we add intentional stress management — a daily practice of 5–10 minutes that actively lowers cortisol. This might be prayer, quiet Scripture reading, a short walk in nature, deep breathing, or simply sitting in silence with God. The practice matters less than the consistency. Your nervous system needs a daily signal that it is safe to rest. Give it that signal, every single day, and watch what happens to your cravings, your sleep, and your body composition over the weeks and months ahead.

SCIENCE SAYS

A 2022 study published in ***Obesity Reviews*** confirmed that **cortisol dysregulation is a primary driver of visceral fat accumulation in postmenopausal women** — independent of caloric intake. Chronic stress signals the body to store fat in the abdomen while simultaneously breaking down muscle tissue. Managing stress is not self-indulgence. It is physiology.

YOU MADE IT TO WEEK 12

Twelve weeks of faithful strength training. Twelve habits built one at a time. Sixty saints walked alongside you. Your bones are denser, your muscles are stronger, your metabolism is more efficient, and your identity has shifted. This is not the end of a program. This is the beginning of a life. Do not stop. Keep lifting. Keep walking. Keep praying.

MOVEMENTTHIS WEEK

Continue your **strength training 2–3x/week** and your **daily walk.** You have completed twelve weeks of faithful strength training. Your bones are denser. Your muscles are stronger. Your metabolism is more efficient. Your posture is better. Your balance has improved. And somewhere in the middle of all of it, you became a woman who lifts weights — not because someone told you to, but because you know it is one of the most powerful investments you can make in the decades ahead. Do notstop. This is not the end of a program. This is the beginning of a life.

YOUR HABIT STACK THIS WEEK

- ✓ Week 1: Track your food daily
- ✓ Week 2: Protein 0.7–1g per lb of ideal body weight
- ✓ Week 3: Protect 7–9 hours of sleep
- ✓ Week 4: One intentional healthy swap daily
- ✓ Week 5: Half your body weight in oz of water daily
- ✓ Week 6: 3+ colors of fruits or vegetables daily
- ✓ Week 7: 30g of fiber daily
- ✓ Week 8: Choose whole foods over ultra-processed options
- ✓ Week 9: Eat at least one meal per day without distraction
- ✓ Week 10: Use the hunger scale — eat at 2, stop at 7–8
- Week 11: Add 2,000–3,000extra steps toyour dailymovement
- **Week 12: Practice 5–10 minutes of daily stress management**

SOURCES

Stress Fact: Obesity Reviews (2022). Cortisol dysregulation and visceral fat accumulation in postmenopausal women. Yale University stress research.
Virtue Reference: Catechism of the Catholic Church, §1809. On the moral virtues and generosity.

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MY STRENGTH TRAINING PROGRAM

Use this page to write out your personal strength training plan for the week. Aim for **2–3 sessions per week, 20–30 minutes each, on alternating days.** Choose your exercises from your Resistance Band Guide or Dumbbell Cheat Sheets. Track your sets, reps, and weight so you can see yourself getting stronger week by week.

MY SCHEDULE THIS WEEK

Monday	Tuesday	**Wednesday**	Thursday
Friday	Saturday	Sunday	

REMEMBER: 2–3 sessions/week · 20–30 minutes each · Alternating days · Never the same muscles two days in a row

Start with a weight that challenges you on your last 2 reps. When 3 sets of 12 feel easy — increase the weight.

SESSION 1 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 2 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				
6.				

SESSION 3 · Day: _____ Date: _____

Exercise	Sets	Reps	Weight/Band	Notes
1.				
2.				
3.				
4.				
5.				

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DAY 1 | LIVING THE VIRTUE

St. Nicholas of Myra
Feast Day: December 6

VIRTUE IN FOCUS — GENEROSITY

Generosity closes this program because it can only arrive after everything else has been built. You cannot give from an empty cup. But you have spent eleven weeks filling yours — with faith, with hope, with love, with wisdom and courage and kindness and patient self-knowledge. You are not empty anymore. You are full. And from that fullness, you are finally ready to give.

Generosity is the virtue that transforms everything you have built from a personal achievement into a gift — to your family, your community, and the women who will one day look at you and wonder how you became the woman you are. Live generously. It is the most beautiful thing a healthy woman can do.

SAINT SPOTLIGHT · ST. NICHOLAS OF MYRA

The historical Nicholas of Myra was the fourth-century Bishop of Myra in what is now Turkey — a man who became legendary for his extraordinary generosity to the poor, his care for children, and his intervention on behalf of those who had no other advocate. The stories that accumulated around him over the centuries — eventually becoming the figure of Santa Claus — are all variations on a single theme: a man who gave, again and again, from what he had, to whoever needed it, without making a production of it.

The most famous story about Nicholas involves a poor man with three daughters who had no dowry. Nicholas reportedly threw bags of gold through their window on three separate nights, anonymously, so that the man would not have to endure the embarrassment of a known benefactor. On the third night, the father caught him — and Nicholas reportedly begged him not to tell anyone.

That anonymous, uncelebrated generosity is the model for what your final week of this program is asking. Not to post about your transformation or announce your progress or perform your health for anyone's benefit. But to quietly, generously offer what you have built — the energy, the strength, the presence, the regulated nervous system — to the people in your life who need you well. They have been waiting for this woman. She has arrived.

St. Nicholas, you gave without announcement and without expectation of recognition. Help me give what I have built in this program — the health, the strength, the presence — with the same quiet generosity. Pray that I would live from fullness rather than depletion, and give from abundance rather than obligation. Amen.

"Give, and it will be given to you. Good measure, pressed down, shaken together, running over." — Luke 6:38

PAUSE & PIVOT
When stress threatens to drain the cup you have been filling for twelve weeks, pause. Ask St. Nicholas to intercede for the generous stress management that protects your capacity to give. Then pivot.

IDENTITY DECLARATION
I am becoming a woman who gives from fullness. I manage my stress, protect my energy, and offer what I have built generously — to God, to my family, and to the women watching me become.

JOURNAL PROMPT
Nicholas gave anonymously without needing recognition. What would it mean to let your health transformation be a quiet, generous gift to the people around you rather than a performance? Who benefits most from the woman you are becoming?

Feast Day: December 6 · Sources: Jeremy Seal, Nicholas: The Epic Journey from Saint to Santa Claus (2005). Catholic Encyclopedia, New Advent.

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MY REFLECTION & DAILY TRACKER

GENEROSITY REFLECTION

Today's prompt: What is your stress management practice for this week? What 5-10 minutes of daily stillness, prayer, or renewal will you protect? How does managing your stress make you more generous to the people you love?

HABIT CHECK-IN: STRESS MANAGEMENT

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Nicholas's intercession for generous, replenishing stress management?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

" I am becoming a woman whogives from fullness. I manage my stress, protect my energy, and offer what I have built generously — to God, to my family, and to the women watching me become."

ONE WIN FROM TODAY

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DAY 2 | VIRTUE IN FITNESS

St. John the Almsgiver
Feast Day:January 23

GENEROSITY IN THE GYM

Generosity in fitness means using the strength you have built in service of others. The woman who can carry groceries without fatigue. Who can get on the floor to play with grandchildren and get back up again. Who can walk the hike her family wants to take. Who can volunteer without running out of energy by noon. Who can show up fully for the people in her life because she has been generous enough with herself to build a body that can serve.

Your fitness this week is not for you alone. It never was. Every rep you have done for twelve weeks has been building the capacity to give. Celebrate that generosity today. Your workout is a gift you have been giving your people for twelve weeks. They are grateful, even if they do not know it yet.

SAINT SPOTLIGHT · ST. JOHN THE ALMSGIVER

John the Almsgiver was the Patriarch of Alexandria in the early seventh century — one of the most powerful ecclesiastical offices in the Eastern Church — and he used every ounce of that power and every resource it placed in his hands to give everything away. When he arrived in Alexandria around 610 AD, he began by taking a census — not of the city's wealth, but of its poor. He counted 7,500 people in genuine need and immediately set about providing for every one of them. He distributed the entire treasury of the Alexandrian church to the poor, the sick, and the marginalized. He sold the silver plate from the cathedral. He gave away his personal household. When his aides told him the treasury was empty, he reportedly said: Then we shall see what God provides. And God always did.

What makes John extraordinary is not just the scale of his giving but its quality. He gave without condescension. He gave to the undeserving as readily as to the deserving, because he understood that generosity is not a reward for worthiness — it is a posture of the soul. He was known to give his own cloak to a beggar in the street, only to find it returned anonymously — and then to give it away again. The story goes that he gave the same cloak away three times. He could not stop. Generosity had become not what he did but who he was. That is exactly where twelve weeks of faithful practice has brought you. Generosity is not what you do. It is who you are now

St. John the Almsgiver, you gave everything away — the treasury, the silver, the cloak, the same cloak three times over — because generosity had become your very nature. Intercede for me as I move my body today. Pray that I offer my strength back to God generously — holding nothing back, training with full presence and full effort — and that I carry that same open-handed spirit into every corner of my life beyond this program. Amen.

"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." — 2 Corinthians 9:7

PAUSE & PIVOT
When you feel yourself holding back in your workout — saving yourself, going through the motions — pause. Ask St. John the Almsgiver to intercede for the generous, full-effort training of a woman who gives everything she has to God. Then pivot: give the full rep. Give the full walk. Give it all.

IDENTITY DECLARATION
I am a generous woman. I give my full effort to this workout — not to prove something, but because my strength is a gift from God and I offer it back generously. I hold nothing back. I carry this generous spirit out of the gym and into every corner of my life

JOURNAL PROMPT
John gave the same cloak away three times — generosity had become his very nature, not just his behavior. What health habit from this program has moved from something you do to something you simply are? How has this program changed not just your behavior but your identity?

Feast Day: January 23 - Sources: John the Almsgiver, Patriarch of Alexandria (d. c. 620 AD). Butler's Lives of the Saints. Patron of the poor and the Order of Malta.

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MY REFLECTION & DAILY TRACKER

GENEROSITY REFLECTION

Today's prompt: Who will benefit most from the health and strength you have built over these twelve weeks? Write their names and describe what you will be able to give them that you could not give before.

HABIT CHECK-IN: STRESS MANAGEMENT

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. John the Almsgiver's intercession for generous, complete effort?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:
"I am becoming a woman whose strength is a gift. I build it faithfully so I can give it generously — to my family, my community, and the God who made me for this."

ONE WIN FROM TODAY

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DAY 3 | VIRTUE IN NUTRITION

St. Elizabeth of Hungary
Feast Day: November 17

GENEROSITY AT THE TABLE

Generosity at the table means nourishing yourself with the abundance and care that twelve weeks of faithful practice has earned. It means not reverting to scarcity thinking — the diet mentality, the restriction, the punishment — now that the program is ending. It means trusting the habits you have built and continuing to feed yourself with the same generosity and intention.

This week also marks the final habit: stress management. The generous woman protects her own peace — not as a luxury but as a necessity, because a chronically stressed nervous system cannot sustain the habits you have built. Give yourself the daily gift of 5-10 minutes of stillness, prayer, or renewal. Your cortisol levels depend on it. Your waistline does too. And your family will thank you.

SAINT SPOTLIGHT · ST. ELIZABETH OF HUNGARY

Elizabeth of Hungary was a thirteenth-century princess who gave away her kingdom's food to the poor during a famine — reportedly emptying the royal granaries over the objection of her husband's advisors — and who is said to have transformed a basket of bread into roses when confronted by her husband on her way to feed the poor. He opened the cloak she was hiding the bread under and found only flowers. Whether this miracle is literal or legendary, it is a perfect image of what happens when generosity is grounded in love: the thing given is transformed into something more beautiful than it was.

Elizabeth was widowed at twenty and died at twenty-four, having given away virtually everything she had to the poor. She built a hospital at the foot of the Wartburg Castle and spent her last years nursing the sick with her own hands. She was canonized four years after her death — one of the fastest canonizations in Church history.

Elizabeth's generosity at the table was literal: she gave food from her own table to people who had none. Your generosity at the table this final week is to give your own body the best of what you have learned — the protein, the color, the whole foods, the mindful eating — and to begin planning how you will continue this nourishment beyond the twelve weeks. The program ends. The woman continues. Feed her well.

St. Elizabeth, you gave your bread and found roses. Help me give my body what it deserves this week — and beyond — with the same wholehearted, extravagant generosity. Pray that I would nourish myself faithfully after the program ends, trusting that what I give to this body comes back to me multiplied. Amen.

"God loves a cheerful giver." — 2 Corinthians 9:7

PAUSE & PIVOT
When stress tempts you to abandon the nourishing habits you have built, pause. Ask St. Elizabeth to intercede for the generous, faithful care of your body. Then pivot — choose what you have learned.

IDENTITY DECLARATION
I am a woman who nourishes herself generously and faithfully. The program ends. The woman continues. I give my body the best of what I have learned — and I keep giving it.

JOURNAL PROMPT
Elizabeth gave bread and found roses — generosity transformed into beauty. What transformation have you discovered in yourself over twelve weeks of generous, faithful self-care? What is the most beautiful thing that has changed?

Feast Day: November 17 · Sources: Nesta de Robeck, Saint Elizabeth of Hungary (1954). Canonized May 25, 1235 by Pope Gregory IX. Patron of bakers and hospitals.

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MY REFLECTION & DAILY TRACKER

GENEROSITY REFLECTION

Today's prompt: What is your plan for continuing your nutrition habits after this program ends? What has become so natural you could not imagine going back? What still needs attention?

HABIT CHECK-IN: STRESS MANAGEMENT

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

Where did I pause today and pivot to ask St. Elizabeth's intercession for generous, continuing nourishment?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am a woman who nourishes herself generously and faithfully. The program ends. The woman continues. I give my body the best of what I have learned — and I keep giving it."

ONE WIN FROM TODAY

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DAY 4 | PAUSE & PIVOT

St. Lawrence the Deacon
Feast Day: August 10

GENEROSITY IN THE PAUSE

Generosity in the Pause & Pivot means offering the practice itself as a gift — to yourself, to the people around you, and eventually to other women who will need it. The woman who has practiced pausing before habitual reactions for twelve weeks is not just a healthier woman. She is a more present mother, a more patient friend, a more available spouse, a more peaceful presence in every room she enters.

The Pause & Pivot was never only about food. It was always about the reflex of returning — to God, to your best self, to the choice that honors who you are becoming. That reflex does not belong only to your health journey. It belongs to your whole life. Take it with you when the program ends. It is the most generous thing you can do for everyone who loves you.

SAINT SPOTLIGHT · ST. LAWRENCE THE DEACON

Lawrence was a deacon of the early Church inRome who was martyred in 258 AD during the persecution of Emperor Valerian. When the Roman prefect demanded that Lawrence hand over the treasures of the Church, Lawrence went out and gathered the sick, the poor, the lame, and the destitute — and presented them to the prefect, saying: ***These are the treasures of the Church.***

He was executed on a gridiron — roasted alive. According to the tradition that has brought the Church both solemnity and laughter for seventeen centuries, Lawrence said at some point during his martyrdom: ***Turn me over. I am done on this side.*** Whether he actually said this or whether it is the Church's way of honoring a man who faced death with extraordinary equanimity, it has made him the patron saint of cooks, comedians, and librarians — an unlikely combination that somehow fits perfectly.

Lawrence's generosity was the generosity of a man who had nothing left to protect and therefore nothing left to lose — and who could face even his own death with the kind of dark humor that only comes from a soul completely at peace. That is what twelve weeks of the Pause & Pivot has been building in you: the reflex of peace, the habit of returning to God, the settled soul that can face whatever comes next with steadiness and even joy. Well done. You are done on this side.

St. Lawrence, you faced the worst with extraordinary peace and even a little humor. Pray for the peace that my Pause & Pivot practice has been building — the settled, generous soul that can face stress, temptation, and even its own stumbles with the equanimity of a woman who knows where she belongs. Turn me toward You. Always. Amen.

"Peace I leave with you; my peace I give to you." — John 14:27

PAUSE & PIVOT
In every stressful moment of this final week, pause. Ask St. Lawrence to intercede for the generous, peaceful soul that stress cannot shake. Then pivot — take your 5-10 minutes of stillness.

IDENTITY DECLARATION
I am becoming a woman of generous peace. The Pause & Pivot has changed not just how I eat but how I live — and I take that gift with me beyond this program into every room I enter.

JOURNAL PROMPT
Lawrence gave everything — including his dignity in death — with humor and peace. What have you given in this program? What has it cost you? What has the generosity of showing up for yourself produced in you?

Feast Day: August 10 · Sources: Butler's Lives of the Saints (1956). Catholic Encyclopedia, New Advent. Acts of the martyrdom of Lawrence (historical sources).

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MY REFLECTION & DAILY TRACKER

GENEROSITY REFLECTION

Today's prompt: Describe your Pause & Pivot practice twelve weeks in. When does it happen automatically? What still requires effort? How has the practice changed rooms you walk into?

HABIT CHECK-IN: STRESS MANAGEMENT

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What was my most important Pause & Pivot moment today? How is my practice different from Week 1?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am becoming a woman of generous peace. The Pause & Pivot has changed not just how I eat but how I live — and I take that gift withme beyond this program into every room I enter."

ONE WIN FROM TODAY

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DAY 5 | IDENTITY

St. Lucy
Feast Day:December 13

GENEROSITY AND WHO YOU ARE

You have arrived. Not at a finish line — there are no finish lines in the formation of a soul. You have arrived at a beginning. The beginning of the woman who has built the foundation. Who has practiced the virtues. Who has met sixty saints and let them speak into her life. Who has tracked and protein-loaded and slept and swapped and hydrated and eaten the rainbow and chosen whole foods and eaten without distraction and listened to her hunger and walked and breathed and prayed.

This woman — the one you have been becoming for twelve weeks — does not stop when the workbook runs out of pages. She is generous with what she has built. She shares it. She lives it. She becomes the woman other women look at and wonder how she does it — and she says, simply: one virtue at a time, one habit at a time, one saint at a time. And you can too.

SAINT SPOTLIGHT · ST. LUCY

Lucy of Syracuse was a young woman of wealthy family in fourth-century Sicily who made a private vow of consecration and then, upon her mother's miraculous healing at the tomb of St. Agatha, convinced her mother to distribute their entire family fortune to the poor. The wealth that had been set aside for Lucy's dowry — everything that would have secured her social standing, her future, her safety — she gave away. All of it. To people who had nothing.

When the man she had been promised to in marriage discovered what she had done, he denounced her to the Roman authorities as a Christian, and she was martyred. The Church has venerated her for seventeen centuries not only for the courage of her death, but for the extraordinary generosity that preceded it. Lucy did not give from surplus. She gave from the center of her security — trusting that God was a better protector than any dowry. Lucy's name means light — lux, lucis — and the Church celebrates her feast near the darkest time of the year as a reminder that generosity is always a light in the darkness.

She is the right voice with which to close this program: a young woman who gave everything, held nothing back, and whose name has meant light for seventeen centuries because of it.

St. Lucy, you gave away the thing that was supposed to secure your future and trusted God completely — and your name has meant light for seventeen centuries. As I close this program, intercede for me. Pray that I hold everything I have built with open hands — my habits, my health, my transformation — and offer it generously to God and to the women around me who need to see what is possible. Help me be light. Help me give it away. Amen.

"You are the light of the world. A city set on a hill cannot be hidden." — Matthew 5:14

PAUSE & PIVOT

As this program ends, pause before anything you are still holding tightly — the fear of losing progress, the need for control. Ask St. Lucy to intercede for the generosity to hold it all with open hands. Then pivot: share your story. Encourage someone. Lucy's dowry became light that lasted centuries. So will your transformation.

IDENTITY DECLARATION

I am a generous woman. I hold what I have built with open hands. I share my story, I encourage other women, I offer the light of what I have learned to anyone still in the dark. Like Lucy, my name is now light — and I do not hoard it. I give it away.

JOURNAL PROMPT

Lucy gave away her dowry — the thing meant to secure her future — and her name has meant light for seventeen centuries. What is one specific way you can be that light as your first act of generosity coming out of this program? Write it down, and then do it this week.

Feast Day: December 13 - Sources: Lucy of Syracuse, martyr (c. 304 AD). Butler's Lives of the Saints. Patron of the blind and of those with eye disease.

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MY REFLECTION & DAILY TRACKER

GENEROSITY REFLECTION

FINAL DAY REFLECTION: Who were you twelve weeks ago? Who are you today? What three virtues has this program built most deeply in you? What is the first thing you will do tomorrow to keep going?

HABIT CHECK-IN: STRESS MANAGEMENT

Breakfast	
Lunch	
Dinner	
Snack(s)	
Water (oz)	

Did I complete my habit today? ☐ Yes ☐ No ☐ Partially

MOVEMENT TODAY

Strength training / walk completed? How did it feel?

MY PAUSE & PIVOT MOMENT

What has been your most important Pause & Pivot of the entire twelve weeks? What does that tell you about who you are becoming?

TODAY'S IDENTITY DECLARATION — write it, say it, believe it:

"I am the woman I have been becoming for twelve weeks. I do not stop here. I live generously from what I have built — in my body, my habits, my soul. Live, Jesus — in me, today, and every day."

ONE WIN FROM TODAY

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You are not done yet.....

CONGRATULATIONS

You finished. Not almost finished. Not mostly finished. Finished. Twelve weeks of showing up, of choosing differently, of bringing faith and virtue and honest attention to the body God gave you — and you did it. That is not a small thing. That is an extraordinary thing.

I want you to think for a moment about the woman who opened this workbook on Day 1. She was stepping out in faith — believing in something she could not yet see, trusting a process she had not yet experienced, hoping that this time might be different. And now here you are, on the other side of that leap. Twelve virtues formed. Twelve habits built. Sixty saints walked alongside you. One faithful day at a time, you became someone new.

You learned that Faith acts before it sees results. That Hope chooses to expect good things even when the scale doesn't cooperate. That Charity includes you in its circle. That Temperance is not restriction but freedom. That Prudence eats the rainbow and asks what her body actually needs. That Justice gives her body what it is owed. That Fortitude shows up at the halfway point when everything in her wants to stop. That Kindness sits down for her own meals. That Humility listens to her body's honest signals. That Diligence does the faithful, unglamorous thing every single day. That Meekness governs her nervous system with wisdom and breath. And that Generosity — finally, beautifully — gives herself the gift of rest.

That is not a program you completed. That is a woman you became.

The saints who walked with you these twelve weeks are not finished with you. St. Thomas will intercede when doubt returns. St. Monica will pray when the results feel slow. St. Joan will ride alongside you when you need to push through. The Hemorrhaging Woman will reach for you when you are too tired to reach. They are your heavenly wellness coaches now, and they are permanent.

What you built here does not expire. It does not require a Monday to restart. It does not disappear after a hard week or a holiday or a season of life that gets in the way. It is yours. You are the woman who did this. Nobody can take that from you.

Well done, good and faithful woman. Well done.

With so much pride and so much love,

Maura

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MY 12-WEEK REFLECTION

LOOKING BACK: THE WOMAN WHO STARTED

OnWeek1, I hopedthisprogramwouldgiveme:

THE HABITS: WHAT STUCK

Week 1 — Food Tracking	☐ Solid habit	☐ Still working on it	**Week 2 — Protein 100g+**	☐ Solid habit	☐ Still working
Week 3 — Healthy Swap	☐ Solid habit	☐ Still working on it	**Week 4 — Water Intake**	☐ Solid habit	☐ Still working
Week 5 — Eat the Rainbow	☐ Solid habit	☐ Still working on it	**Week 6 — Fiber 30g**	☐ Solid habit	☐ Still working
Week 7 — Whole Foods	☐ Solid habit	☐ Still working on it	**Week 8 — Eat Without Distraction**	☐ Solid habit	☐ Still working
Week 9 — Hunger Scale 2–8	☐ Solid habit	☐ Still working on it	**Week 1 0 — Extra Steps**	☐ Solid habit	☐ Still working
Week 11 — Stress Management	☐ Solid habit	☐ Still working on it	**Week 1 2 — Sleep Hygiene**	☐ Solid habit	☐ Still working

THE SAINT WHO STAYED WITH ME

The saint I felt most connected to over12 weeks:

Why she or he mattered to me:

MY IDENTITY: THEN AND NOW

Week 1 me:

Week 12 me:

WHAT I AM TAKING FORWARD

The one habit I will never go back to skipping:

The virtue I most want to continue growing in:

What I want to tell a woman starting Week 1 right now:

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WHAT'S NEXT

Finishing this program is not the end. It is the beginning of the rest of your life as a woman who knows how to take care of herself. The habits you built, the virtues you practiced, the saints you called on — none of that goes away. But your body and your soul will keep asking to be led. Here is how Maura can keep walking with you.

Option 1: Group Coaching

Join a small group of women continuing the journey together. Weekly live coaching calls with Maura, community support, accountability, and continued formation. Perfect if you want connection, live coaching, and the momentum of a group.

Option 2: 1:1 Private Coaching with Maura

The most personalized option.Maura workswith you directly — your schedule, your goals, your body, your faith. Custom strength programming, nutrition coaching, behavior change strategy, and weekly 1:1 check-ins.

Reply to any of Maura's emails or visit: coachmaura.com

Whatever you choose — Maura is cheering for you. The woman who finished 12 weeks of Weight Loss with the Saints is exactly the kind of woman who keeps going. Keep going.

coachmaura.com · maura@coachmaura.com · @coachmaura
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RESISTANCE BAND WORKOUT



WELCOME



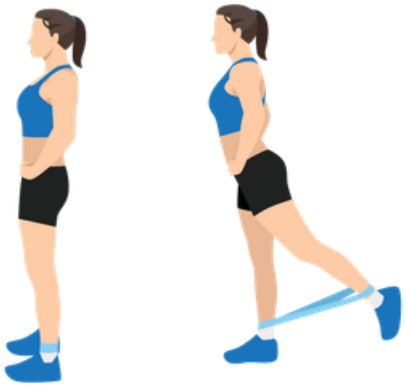
Let’s connect!

maura@coachmaura.com

www.coachmaura.com

RESISTANCE BAND WORKOUT

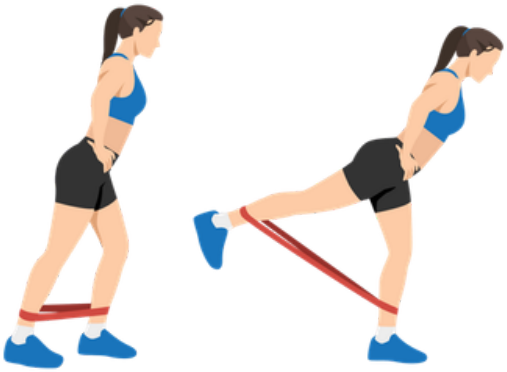
CHART AND CHEAT SHEET



BANDED KICKBACK

1. Place a mini resistance band around your ankles and stand tall.
2. Shift weight onto one leg and extend the opposite leg straight back, squeezing your glutes.
3. Return slowly and repeat. Keep your torso upright and avoid arching the back.

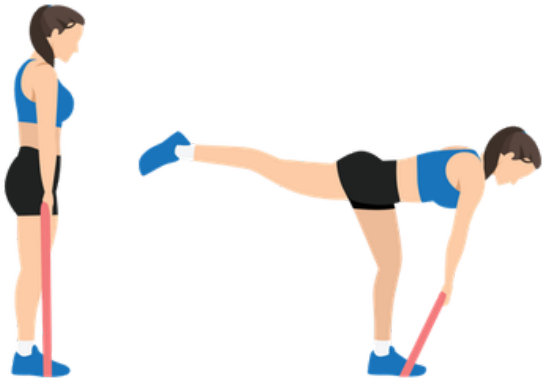
Muscles Activated: Glutes, hamstrings, core



BANDED GLUTE KICKBACK (LEANING FORWARD)

1. With the band still around your ankles, hinge forward slightly at the hips.
2. Kick one leg straight back with control, maintaining core tension and neutral spine.
3. Slowly return to the starting position and repeat.

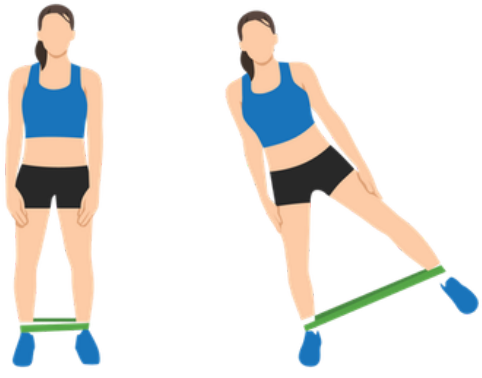
Muscles Activated: Glutes, hamstrings, lower back, core



BANDED SINGLE-LEG DEADLIFT

1. Stand on one foot and hold a long resistance band anchored under your foot.
2. With a slight bend in the standing knee, hinge forward at the hips while extending the opposite leg behind you.
3. Lower until your torso is nearly parallel to the floor, then return to standing.

Muscles Activated: Glutes, hamstrings, lower back, calves



BANDED STANDING HIP ABDUCTION

1. Place the resistance band around your lower legs, just above the ankles.
2. Stand tall and lift one leg out to the side while keeping your torso still.
3. Slowly return with control and repeat on the same leg before switching.

Muscles Activated: Gluteus medius, gluteus minimus, hip stabilizers, core

RESISTANCE BAND WORKOUT

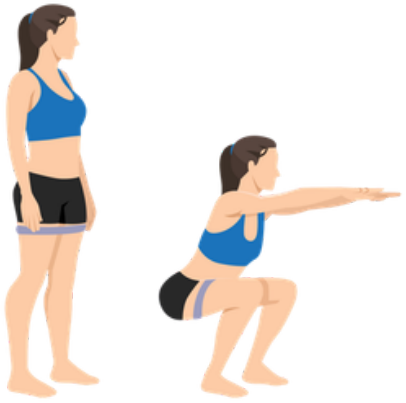
CHART AND CHEAT SHEET



BANDED SQUAT PULSE

1. Place a resistance band above your knees and stand with feet shoulder-width apart.
2. Lower into a squat and pulse up and down a few inches without standing up completely.
3. Keep tension on the band and knees pushed slightly outward.

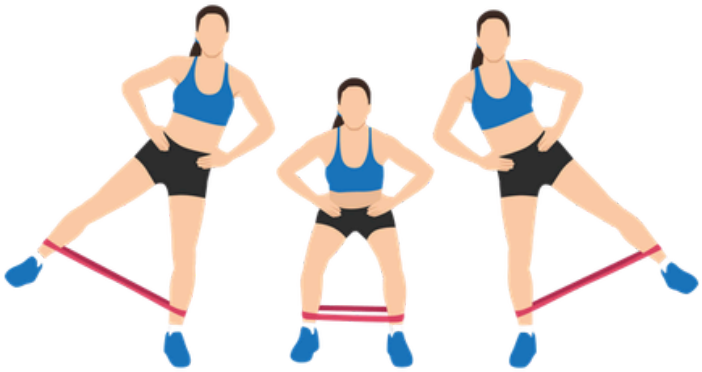
Muscles Activated: Quads, glutes, hamstrings, abductors



BODYWEIGHT AIR SQUAT

1. Stand tall with feet slightly wider than hips and arms extended in front.
2. Lower into a squat by bending at the hips and knees until thighs are parallel to the floor.
3. Push through heels to return to standing.

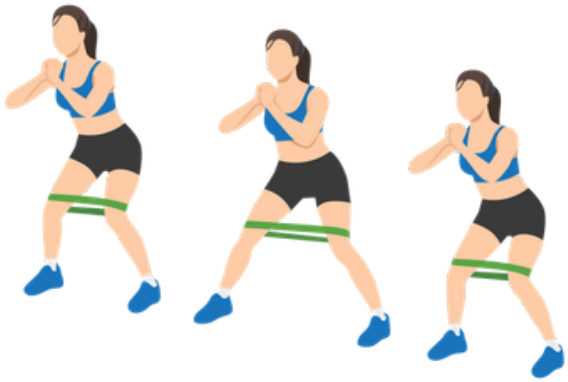
Muscles Activated: Quads, glutes, hamstrings, core



BANDED SQUAT WITH LATERAL LEG RAISE

1. Place a resistance band around your thighs and stand with feet shoulder-width apart.
2. Lower into a squat, keeping your chest up and knees aligned over your toes.
3. As you rise to stand, lift one leg out to the side, squeezing your glutes.
4. Return to the squat position and repeat, alternating legs.

Muscles Activated: Gluteus medius, gluteus maximus, quads, abductors, core



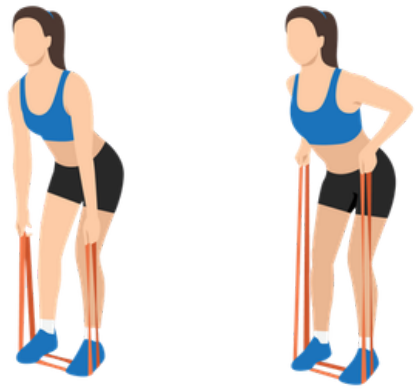
BANDED CRAB WALK

1. Place the resistance band above your knees or around your ankles.
2. Lower into a half-squat and step laterally, maintaining constant resistance.
3. Keep your core braced and your chest up as you shuffle side-to-side.

Muscles Activated: Glutes (especially gluteus medius), abductors, quads, hamstrings

RESISTANCE BAND WORKOUT

CHART AND CHEAT SHEET



BENT-OVER ROW

1.Stand with feet hip-width apart on the center of the band, knees slightly bent, and hinge at the hips.

2.Grab the handles or band ends with palms facing each other.

3.Pull the band toward your torso, squeezing your shoulder blades together, then slowly lower.

Muscles Activated: Upper back, rhomboids, lats, rear deltoids, biceps.



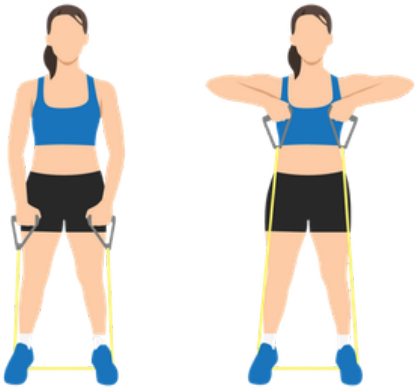
REVERSE PLANK

1.Sit on the floor, legs extended, band looped behind your back and around hands.

2.Place palms on the floor behind your hips, fingers forward, and lift your hips up into a reverse plank.

3.Hold position while engaging glutes, hamstrings, and keeping the core tight.

Muscles Activated: Glutes, hamstrings, core, shoulders, lower back.



UPRIGHT ROW

1.Stand tall with feet shoulder-width apart on the band and hold the ends in front of you.

2.Pull the band straight up toward your chest, elbows leading and flaring out.

3.Pause briefly at the top, then slowly return to start.

Muscles Activated: Trapezius, deltoids (especially lateral), biceps.



BICEP CURLS

1.Stand tall with feet shoulder-width apart on the band and hold the ends in front of you.

2.Pull the band straight up toward your chest, elbows leading and flaring out.

3.Pause briefly at the top, then slowly return to start.

Muscles Activated: Trapezius, deltoids (especially lateral), biceps.

RESISTANCE BAND WORKOUT

CHART AND CHEAT SHEET

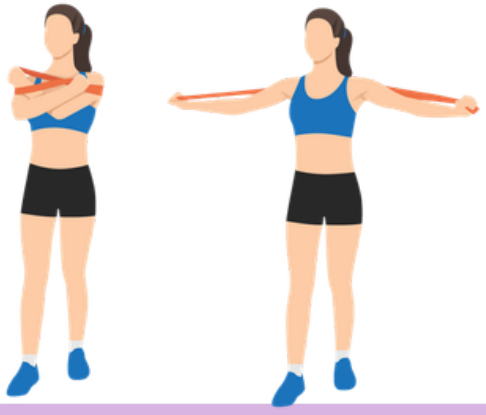
YOUR LOGO



SIDE BENDS

1. Stand with feet shoulder-width apart, one end of the band anchored under your foot, and the other held overhead or at your side.
2. Brace your core and bend sideways at the waist toward the opposite side of the anchored band.
3. Return slowly to the upright position and repeat before switching sides.

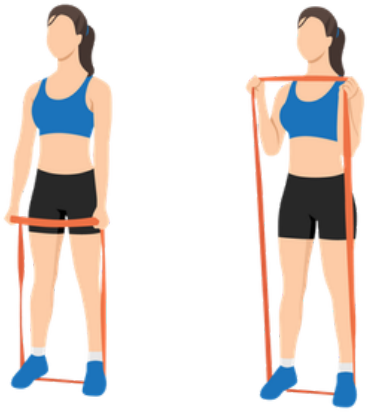
Muscles Activated: Obliques, quadratus lumborum, transverse abdominis.



CHEST BAND SEPARATION

1. Hold the resistance band with both hands straight in front of you at shoulder level, arms fully extended.
2. Keeping arms straight, pull the band apart by moving your hands outward to the sides.
3. Focus on contracting your upper back, then return slowly to the starting position.

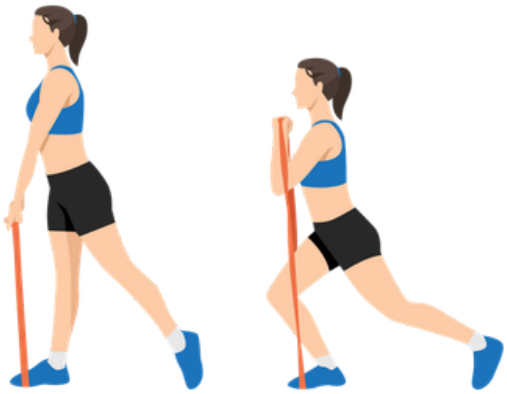
Muscles Activated: Posterior deltoids, rhomboids, mid traps, upper back stabilizers.



HAMMER GRIP CURLS

1. Stand on the band with your palms facing inward (neutral grip), holding the band with both hands.
2. Curl the band up while maintaining that neutral wrist position.
3. Pause at the top, then slowly lower to the start.

Muscles Activated: Biceps (brachialis & brachioradialis), forearms.



LUNG WITH BICEP CURLS

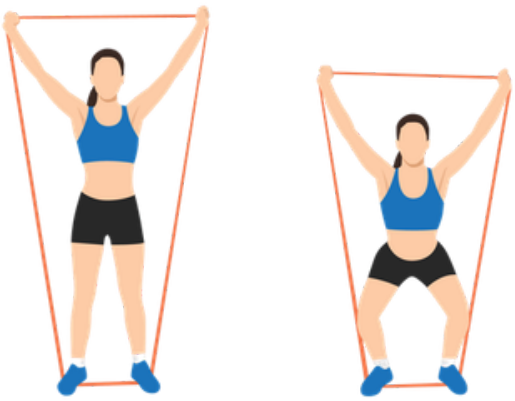
1. Step one foot forward into a lunge position with the band anchored under your front foot.
2. As you lower into the lunge, simultaneously perform a bicep curl with both hands.
3. Push back to the starting position while lowering your arms.

Muscles Activated: Quads, glutes, hamstrings, biceps, core.

RESISTANCE BAND WORKOUT

CHART AND CHEAT SHEET

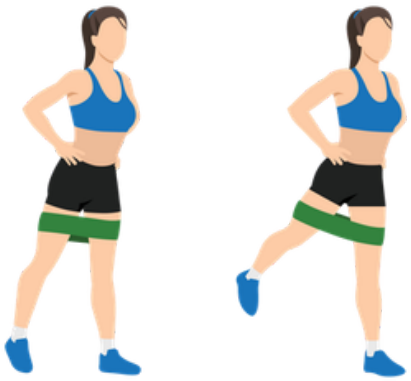
YOUR LOGO



OVERHEAD SQUAT

1. Stand on the band with feet shoulder-width apart, holding the ends overhead with arms extended.
2. Keep your chest up and core engaged as you lower into a squat, maintaining the band tension.
3. Press through your heels to return to standing, keeping arms raised throughout.

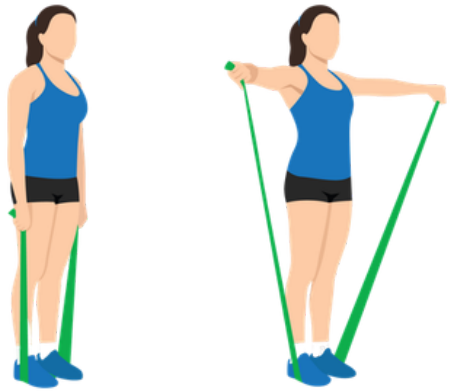
Muscles Activated: Quads, glutes, hamstrings, shoulders, core.



REAR LEG RAISE

1. Place a mini band above your knees and stand with feet hip-width apart, hands on hips.
2. Shift your weight to one foot and extend the opposite leg straight back.
3. Squeeze your glute at the top, then return with control and repeat.

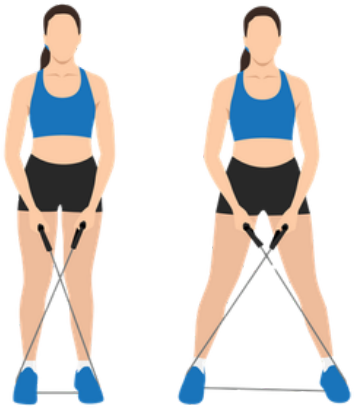
Muscles Activated: Gluteus maximus, hamstrings, core stabilizers.



LATERAL RAISES

1. Stand on the band with arms at your sides, palms facing your body.
2. Raise both arms out to shoulder height, keeping a slight bend in the elbows.
3. Lower with control and repeat.

Muscles Activated: Deltoids (especially medial), upper traps.



CRAB WALK

1. Step on the band with feet shoulder-width apart, crossing handles in front of you.
2. Lower into a partial squat and step laterally to one side, maintaining band tension.
3. Take 2–3 steps, then switch direction.

1. Muscles Activated: Gluteus medius, abductors, quads, hamstrings.

RESISTANCE BAND WORKOUT

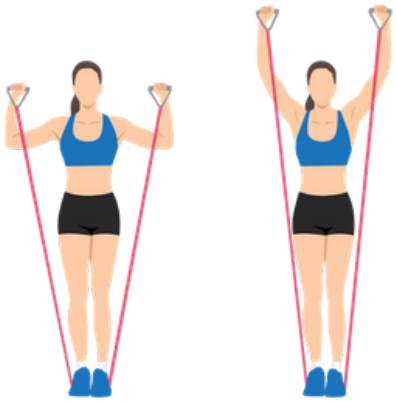
CHART AND CHEAT SHEET



SQUAT

1. Stand on the band with feet shoulder-width apart, holding handles at shoulder height.
2. Lower into a squat, keeping your chest up and knees tracking over toes.
3. Push through your heels to return to standing.

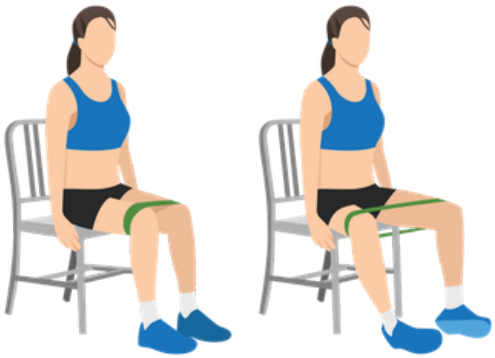
Muscles Activated: Quads, glutes, hamstrings, abductors



STANDING SHOULDER PRESS

1. Stand on the band and bring the handles to shoulder height with palms facing forward.
2. Press the bands overhead until arms are fully extended.
3. Lower back to the start with control.

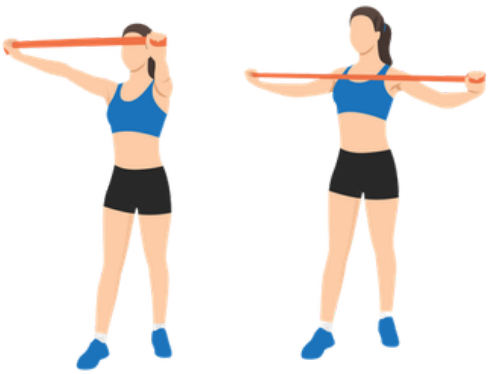
Muscles Activated: Deltoids (anterior and medial), triceps, upper traps.



SEATED LEG ABDUCTION

1. Sit on a chair with a mini band around your thighs, just above the knees.
2. Keep feet flat as you press your knees apart, stretching the band.
3. Return slowly to the starting position.

Muscles Activated: Gluteus medius, abductors, tensor fasciae latae.



REVERSE FLY

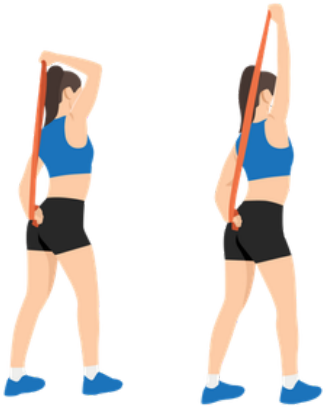
1. Hold the resistance band at shoulder height with arms extended in front of you.
2. Pull the band outward and back, squeezing your shoulder blades together.
3. Return slowly to the front with control.

Muscles Activated: Rear deltoids, rhomboids, mid-trapezius.

RESISTANCE BAND WORKOUT

CHART AND CHEAT SHEET

YOUR LOGO



TRICEP EXTENSION

1. Hold the resistance band overhead with both hands, one arm anchored behind the back.
2. Extend the top arm fully upward, keeping the elbow close to your head.
3. Lower back with control.

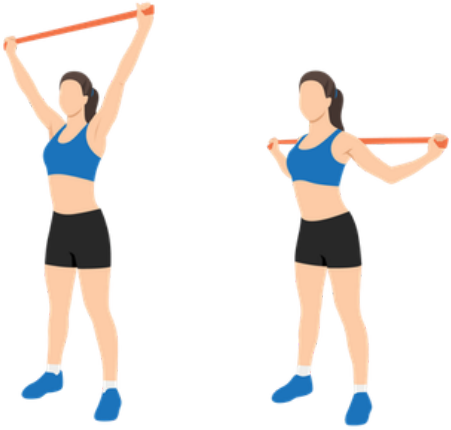
Muscles Activated: Triceps brachii, shoulders, core.



SQUAT TO OVERHEAD PRESS

1. Stand on the band with feet shoulder-width apart, holding handles at shoulder height.
2. Lower into a squat, keeping the chest upright and core engaged.
3. Stand up and press the handles overhead in one motion, then return to start.

Muscles Activated: Quads, glutes, hamstrings, shoulders, triceps, core



LAT PULL-DOWN

1. Hold the band overhead with both arms extended.
2. Pull the band apart and down behind your head, squeezing your shoulder blades.
3. Return slowly to the start.

Muscles Activated: Lats, rhomboids, posterior deltoids, mid traps.



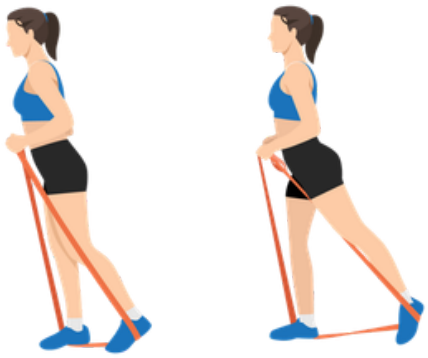
SIDE BENDS

1. Stand on the resistance band with feet shoulder-width apart and arms holding the band overhead.
2. Slowly bend to one side while keeping the arms straight.
3. Return to center and switch sides.

Muscles Activated: Obliques, lats, intercostals.

RESISTANCE BAND WORKOUT

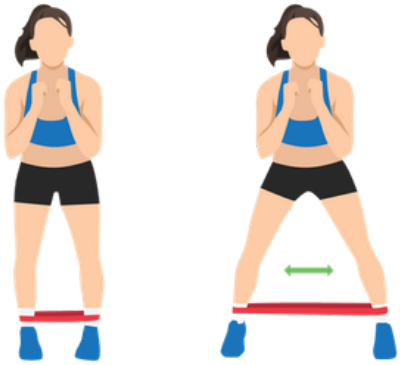
CHART AND CHEAT SHEET



GLUTE KICKBACK

1. Loop the resistance band around your ankles and stand tall with hands on hips.
2. Shift your weight to one leg and extend the opposite leg back against the band.
3. Squeeze your glutes at the top, then return with control.
4.

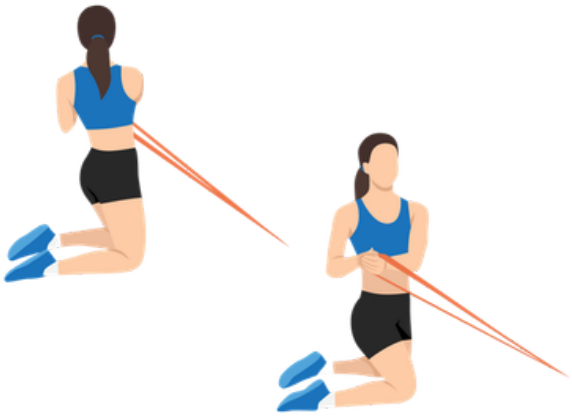
Muscles Activated: Glutes, hamstrings, abductors, core



LATERAL BAND WALK

1. Place the mini resistance band above your knees and lower into a half squat.
2. Step laterally to one side, maintaining tension in the band.
3. Step the opposite foot inward without letting the band go slack.

Muscles Activated: Glutes, abductors, quads, core



CORE SEATED AB TWIST

1. Anchor the resistance band to one side and sit with legs bent and feet elevated.
2. Hold the band with both hands in front of your chest.
3. Rotate your torso away from the anchor point, keeping core tight.

Muscles Activated: Obliques, rectus abdominis, transverse abdominis, shoulders



SIDE BAND REACH

1. Stand on the resistance band with feet hip-width apart, one hand holding the handle at your side.
2. Extend the band diagonally overhead to the opposite side, leaning into the stretch.
3. Return to start and repeat on the same side or alternate.

Muscles Activated: Obliques, lats, deltoids, core stabilizers

RESISTANCE BAND WORKOUT

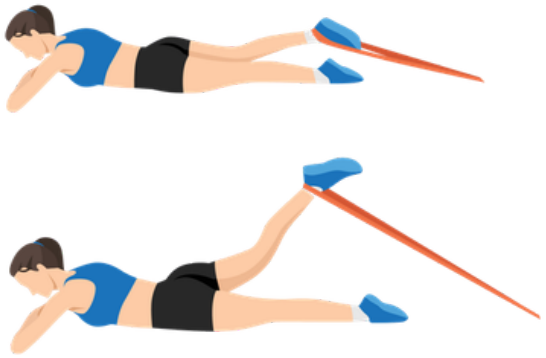
CHART AND CHEAT SHEET



HIP ABDUCTION

1. Stand with feet hip-width apart, resistance band looped around both ankles.
2. Hold the handles or band in front of your body for control.
3. Step one foot laterally out against the band, then return to center with control.

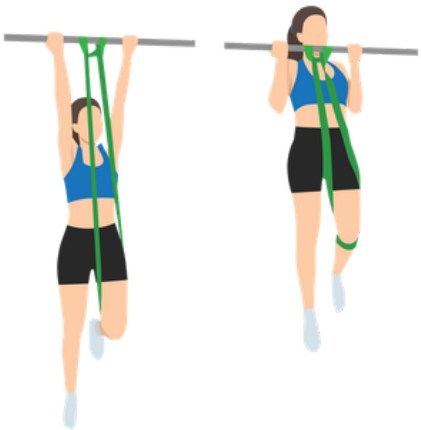
Muscles Activated: Glutes (especially gluteus medius), hip abductors, quads



BANDED PRONE LEG CURL

1. Lieon your stomach with a resistance band looped around both ankles or ankles + anchor point (e.g., a heavy object or low anchor).
2. Bend one knee to bring your heel toward your glutes, stretching the band.
3. Squeeze the hamstrings at the top, then slowly extend the leg back down with control.

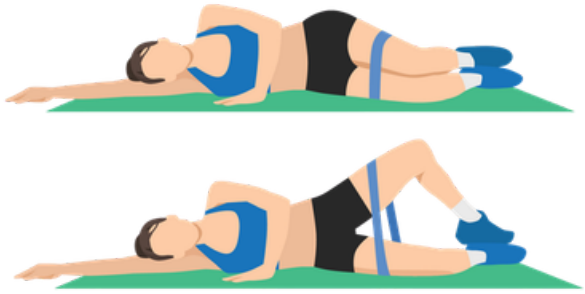
Muscles Activated: Hamstrings, glutes (gluteus maximus), calves, lower back



ASISSTED PULL-UP

1. Loop the resistance band securely around a pull-up bar and place one or both knees or feet into the band.
2. Grip the bar shoulder-width apart, palms facing away.
3. Pull your chest up toward the bar, then lower with control.

Muscles Activated: Lats, biceps, upper back, core



BANDED CLAMSHELLS

1. Lie on your side with your knees bent at 90° and a mini band placed just above your knees.
2. Keeping your feet pressed together, lift your top knee upward, opening the band like a clamshell.
3. Pause briefly at the top, then lower slowly and repeat. Switch sides.

Muscles Activated: Gluteus medius, gluteus minimus, hip stabilizers

RESISTANCE BAND WORKOUT

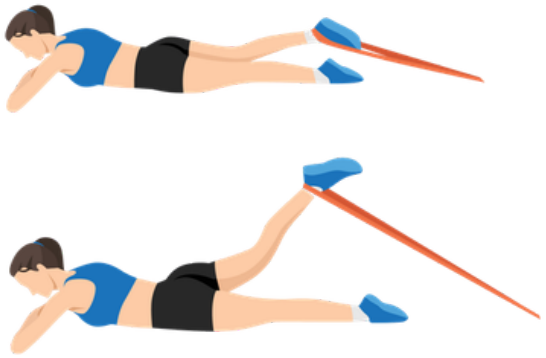
CHART AND CHEAT SHEET



HIP ABDUCTION

1. Stand with feet hip-width apart, resistance band looped around both ankles.
2. Hold the handles or band in front of your body for control.
3. Step one foot laterally out against the band, then return to center with control.

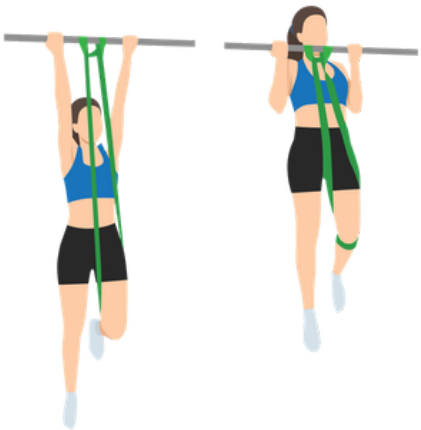
Muscles Activated: Glutes (especially gluteus medius), hip abductors, quads



BANDED PRONE LEG CURL

1. Lieon your stomach with a resistance band looped around both ankles or ankles + anchor point (e.g., a heavy object or low anchor).
2. Bend one knee to bring your heel toward your glutes, stretching the band.
3. Squeeze the hamstrings at the top, then slowly extend the leg back down with control.

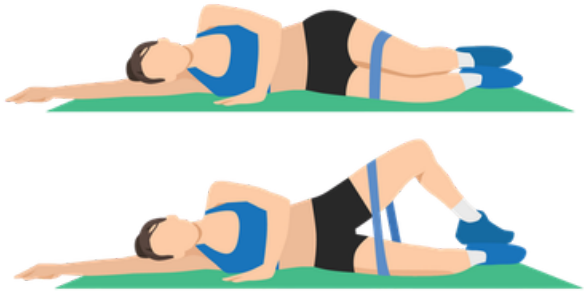
Muscles Activated: Hamstrings, glutes (gluteus maximus), calves, lower back



ASISSTED PULL-UP

1. Loop the resistance band securely around a pull-up bar and place one or both knees or feet into the band.
2. Grip the bar shoulder-width apart, palms facing away.
3. Pull your chest up toward the bar, then lower with control.

Muscles Activated: Lats, biceps, upper back, core



BANDED CLAMSHELLS

1. Lie on your side with your knees bent at 90° and a mini band placed just above your knees.
2. Keeping your feet pressed together, lift your top knee upward, opening the band like a clamshell.
3. Pause briefly at the top, then lower slowly and repeat. Switch sides.

Muscles Activated: Gluteus medius, gluteus minimus, hip stabilizers

RESISTANCE BAND WORKOUT

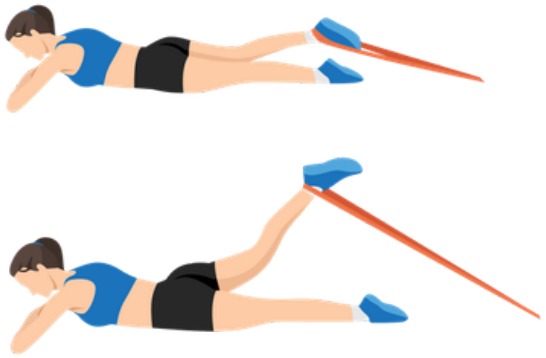
CHART AND CHEAT SHEET



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2. Hold the handles or band in front of your body for control.
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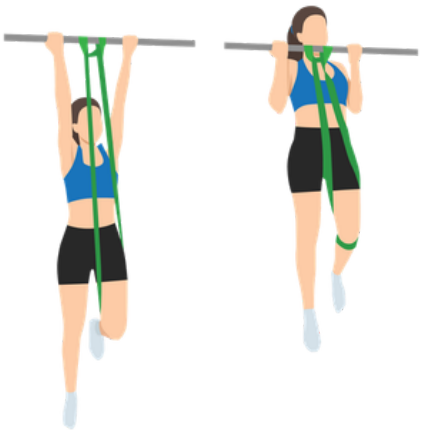
Muscles Activated: Glutes (especially gluteus medius), hip abductors, quads



BANDED PRONE LEG CURL

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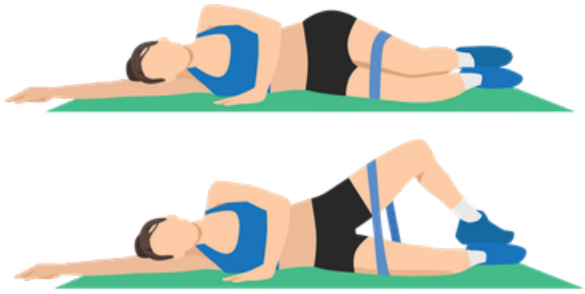
Muscles Activated: Hamstrings, glutes (gluteus maximus), calves, lower back



ASISSTED PULL-UP

1. Loop the resistance band securely around a pull-up bar and place one or both knees or feet into the band.
2. Grip the bar shoulder-width apart, palms facing away.
3. Pull your chest up toward the bar, then lower with control.

Muscles Activated: Lats, biceps, upper back, core



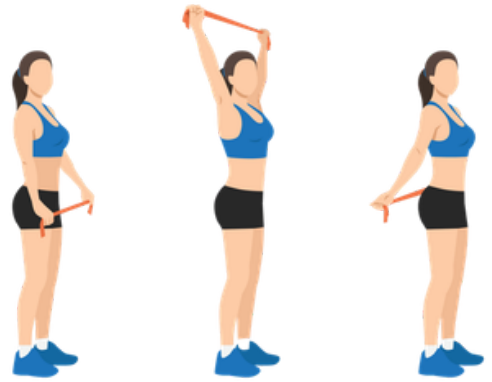
BANDED CLAMSHELLS

1. Lie on your side with your knees bent at 90° and a mini band placed just above your knees.
2. Keeping your feet pressed together, lift your top knee upward, opening the band like a clamshell.
3. Pause briefly at the top, then lower slowly and repeat. Switch sides.

Muscles Activated: Gluteus medius, gluteus minimus, hip stabilizers

RESISTANCE BAND WORKOUT

CHART AND CHEAT SHEET



CHEST OPENER

1. Stand tall holding the resistance band with both hands at shoulder height.
2. Extend arms out to the sides and pull the band apart until you feel a stretch in your chest.
3. Slowly return to the starting position with control.

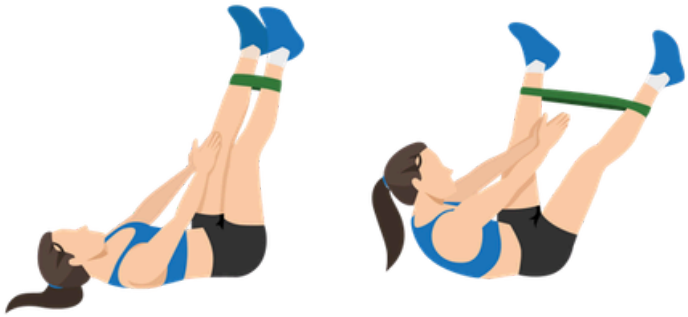
Muscles Activated: Pectorals, deltoids, rhomboids, upper back



SIDE SHUFFLES

1. Place the mini band around your thighs and lower into a partial squat.
2. Take a wide step to the side, keeping tension on the band.
3. Bring the trailing leg in and continue stepping side-to-side.

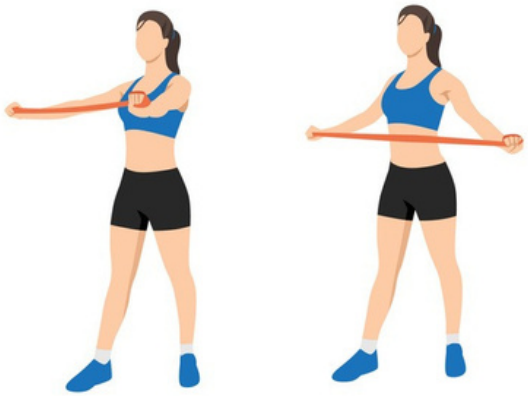
Muscles Activated: Gluteus medius, abductors, quads, core



LEG ABDUCTION CRUNCH

1. Lie on your back with knees bent, feet off the floor, and a mini band above your knees.
2. Crunch upward while pressing your legs apart against the band.
3. Slowly return to start while maintaining core tension.

Muscles Activated: Rectus abdominis, obliques, gluteus medius



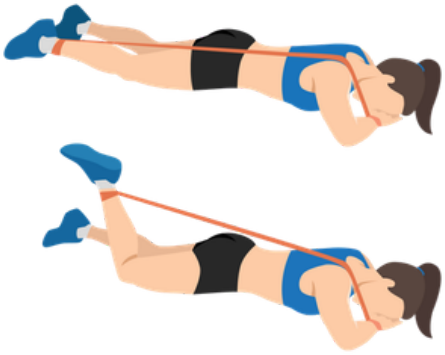
CHEST PULL-APART

1. Standtall with feethip-widthapart, holding a resistance band with both hands at shoulder height.
2. Keeping arms straight, pull the band apart by extending both arms outward until your hands are in line with your shoulders.
3. Squeeze your shoulder blades together, then return to the starting position with control.

Muscles Activated: Rear deltoids, rhomboids, mid traps, chest stabilizers

RESISTANCE BAND WORKOUT

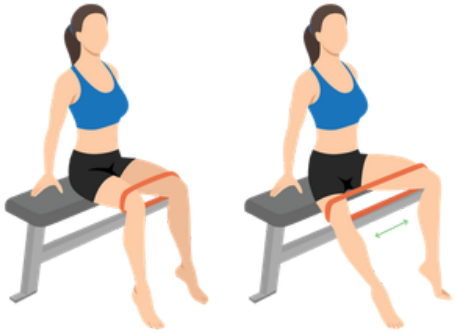
CHART AND CHEAT SHEET



PRONE STRAIGHT-LEG KICKBACK

1. Lie flat on your stomach with legs extended and a resistance band looped around your ankles. Keep your forehead resting on your hands.
2. Keeping one leg grounded, lift the other leg upward while keeping it straight, squeezing your glute at the top.
3. Slowly lower back down without letting the band go slack. Repeat all reps before switching sides.

Muscles Activated: Gluteus maximus, hamstrings, erector spinae (lower back)



SEATED BAND ABDUCTION

1. Sit upright on a bench or chair with a resistance band around your thighs.
2. Keep feet flat and press knees outward against the band.
3. Slowly return knees to starting position while keeping tension.

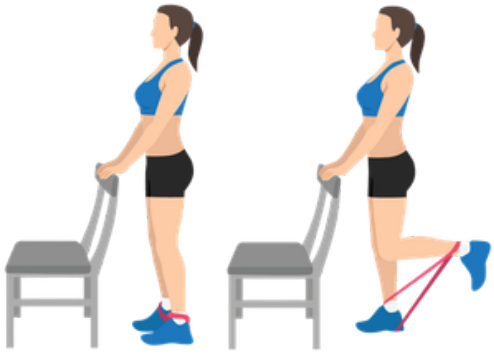
Muscles Activated: Gluteus medius, tensor fasciae latae (TFL), abductors



DONKEY KICKS

1. Get on all fours with the resistance band anchored under your hands and looped around one foot.
2. Extend the leg back and up against the resistance while keeping your core braced.
3. Lower slowly to the start without losing tension in the band.

Muscles Activated: Gluteus maximus, hamstrings, core



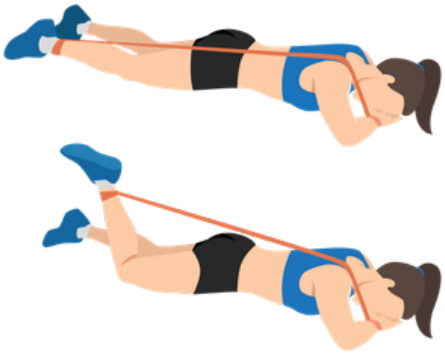
STANDING HAMSTRING CURL

1. Stand holding a chair for support with the resistance band looped around your ankles.
2. Bend one knee, bringing your heel up toward your glutes against the resistance.
3. Pause and squeeze the hamstring, then lower with control.

Muscles Activated: Hamstrings, glutes, calves

RESISTANCE BAND WORKOUT

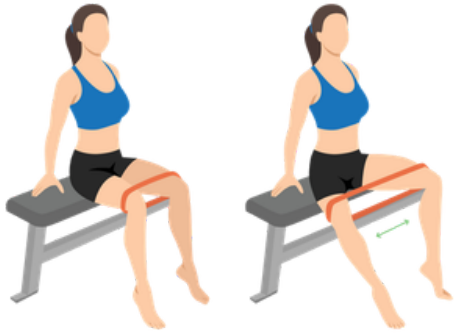
CHART AND CHEAT SHEET



PRONE STRAIGHT-LEG KICKBACK

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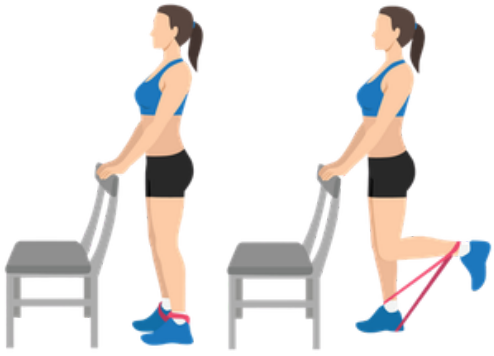
Muscles Activated: Gluteus medius, tensor fasciae latae (TFL), abductors



DONKEY KICKS

1. Get on all fours with the resistance band anchored under your hands and looped around one foot.
2. Extend the leg back and up against the resistance while keeping your core braced.
3. Lower slowly to the start without losing tension in the band.

Muscles Activated: Gluteus maximus, hamstrings, core



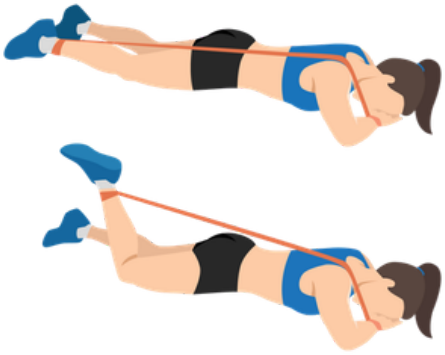
STANDING HAMSTRING CURL

1. Stand holding a chair for support with the resistance band looped around your ankles.
2. Bend one knee, bringing your heel up toward your glutes against the resistance.
3. Pause and squeeze the hamstring, then lower with control.

Muscles Activated: Hamstrings, glutes, calves

RESISTANCE BAND WORKOUT

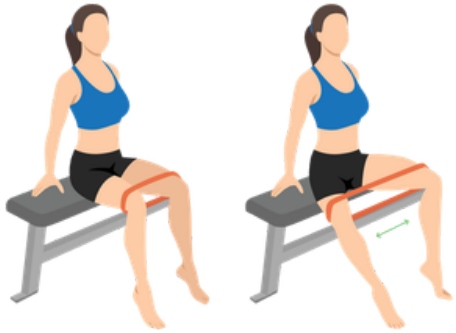
CHART AND CHEAT SHEET



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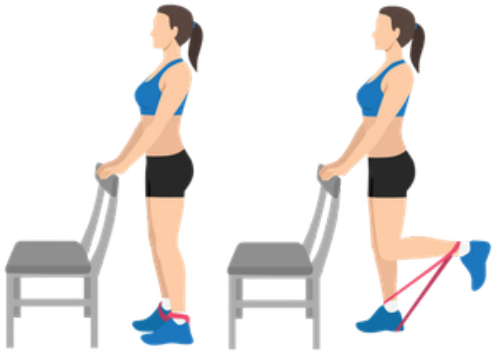
Muscles Activated: Gluteus medius, tensor fasciae latae (TFL), abductors



DONKEY KICKS

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Muscles Activated: Gluteus maximus, hamstrings, core



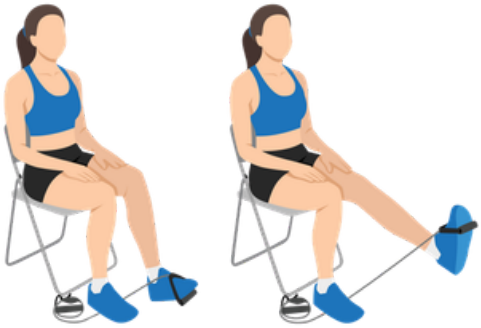
STANDING HAMSTRING CURL

1. Stand holding a chair for support with the resistance band looped around your ankles.
2. Bend one knee, bringing your heel up toward your glutes against the resistance.
3. Pause and squeeze the hamstring, then lower with control.

Muscles Activated: Hamstrings, glutes, calves

RESISTANCE BAND WORKOUT

CHART AND CHEAT SHEET



SEATED LEG EXTENSION

1. Sit upright in a chair with a mini band looped around both ankles, knees bent 90°.
2. Extend one leg forward against the band's resistance until fully straight.
3. Pause briefly, then return slowly to the starting position. Repeat all reps, then switch sides.

Muscles Activated: Quadriceps, hip flexors



STANDING HIP FLEXOR RAISE

1. Stand tall with one end of the resistance band secured to the floor (or under foot), and the other looped around the opposite ankle.
2. Raise the banded leg upward with the knee bent, bringing it toward your chest.
3. Lower with control, then repeat all reps before switching sides.

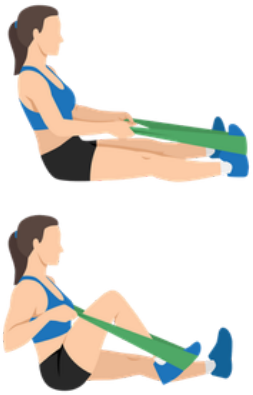
Muscles Activated: Hip flexors, quads, lower abs



STANDING QUAD STRETCH

1. Stand on one leg, grab the ankle of the opposite leg behind you.
2. Gently pull your heel toward your glutes while keeping knees aligned.
3. Hold while maintaining balance and switch sides.

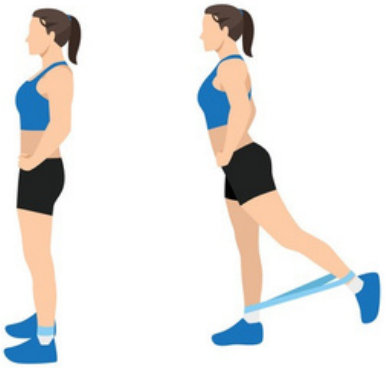
Muscles Activated (Stretch Focus): Quadriceps, hip flexors



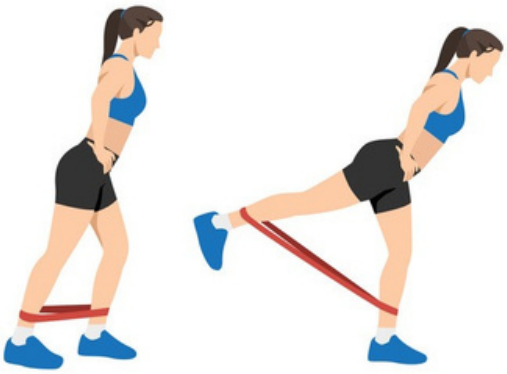
SEATED LEG PRESS

1. Sit in a V-sit position (slight lean back, knees bent) with a band around both feet.
2. Press your feet outward against the resistance while keeping your core engaged.
3. Slowly return to the bent position with control. Repeat.

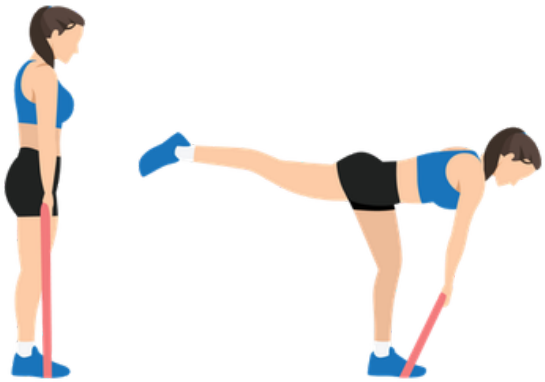
Muscles Activated: Quads, hip flexors, core



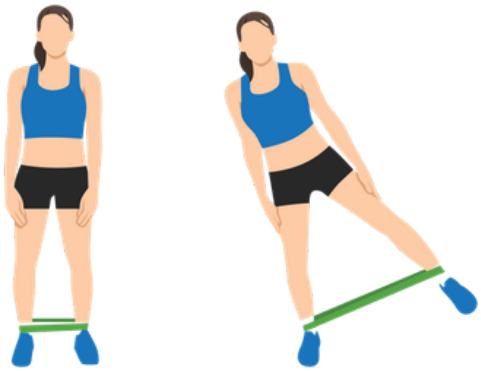
BANDED KICKBACK



BANDED GLUTE KICKBACK (LEANING FORWARD)



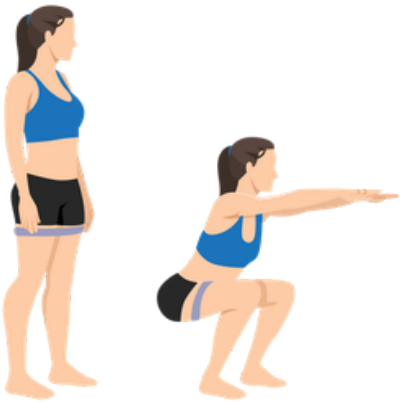
BANDED SINGLE-LEG DEADLIFT



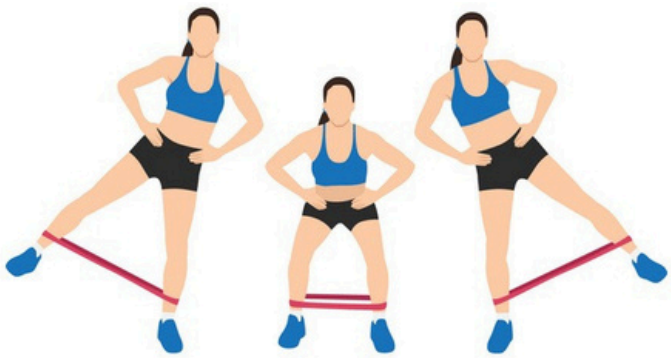
BANDED STANDING HIP ABDUCTION



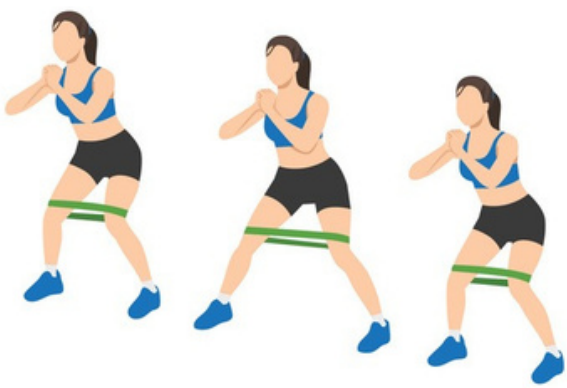
BANDED SQUAT PULSE



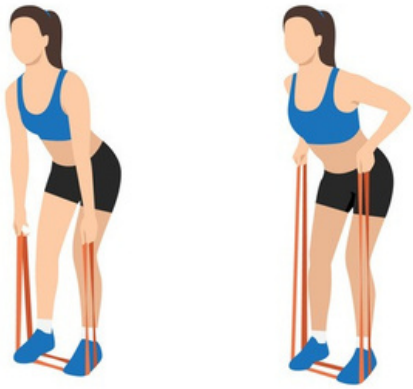
BODYWEIGHT AIR SQUAT



BANDED SQUAT WITH LATERAL LEG RAISE



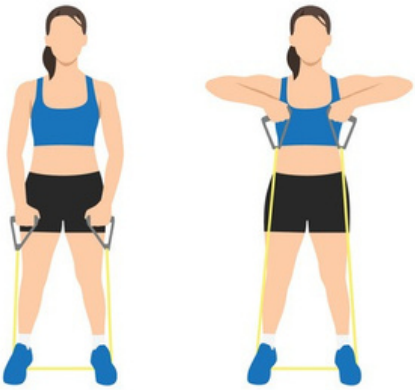
BANDED CRAB WALK



BENT-OVER ROW



REVERSE PLANK



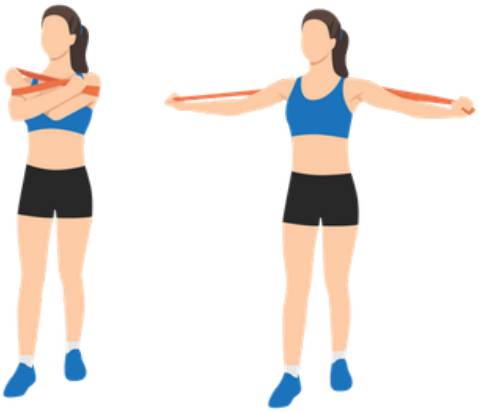
UPRIGHT ROW



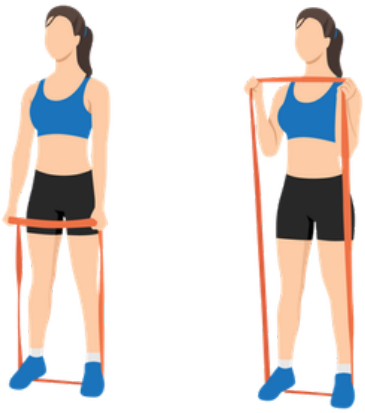
BICEP CURLS



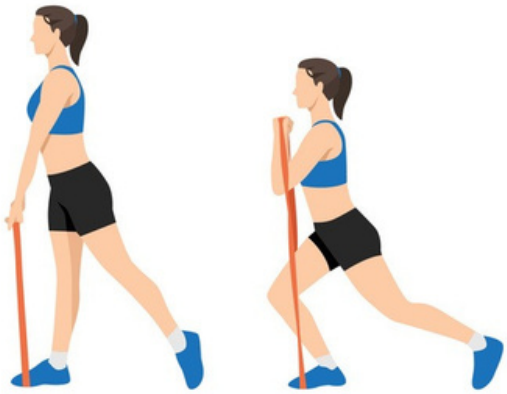
SIDE BENDS



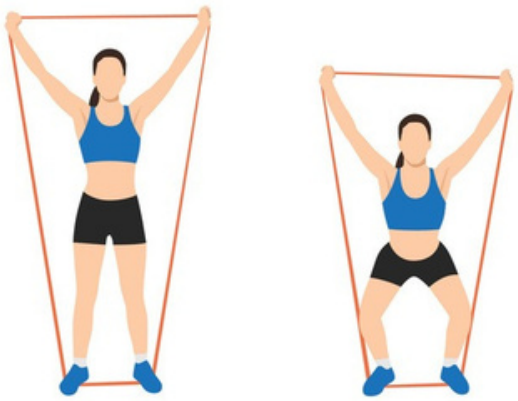
CHEST BAND SEPARATION



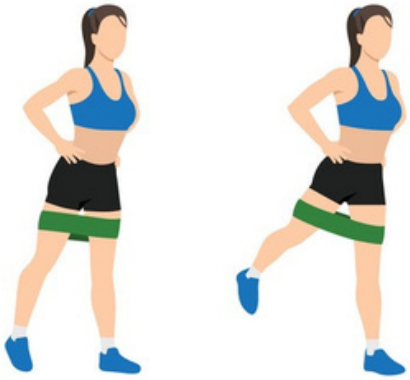
HAMMER GRIP CURLS



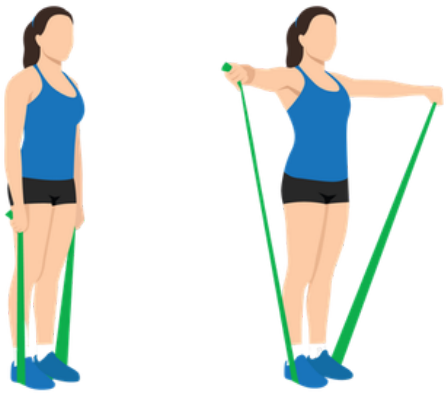
LUNG WITH BICEP CURLS



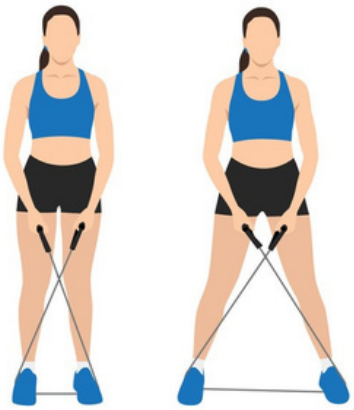
OVERHEAD SQUAT



REAR LEG RAISE



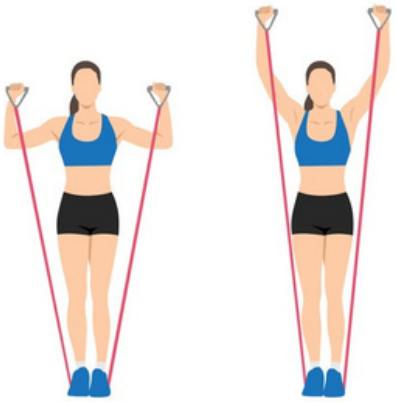
LATERAL RAISES



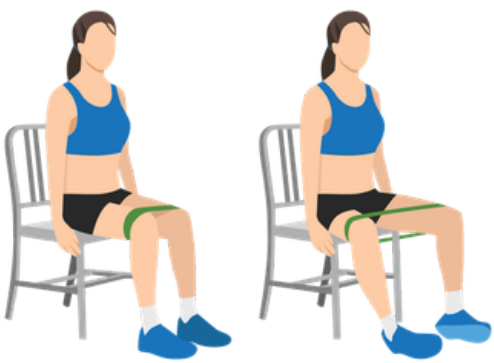
CRAB WALK



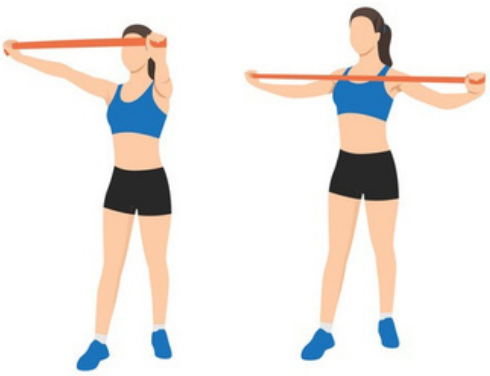
SQUAT



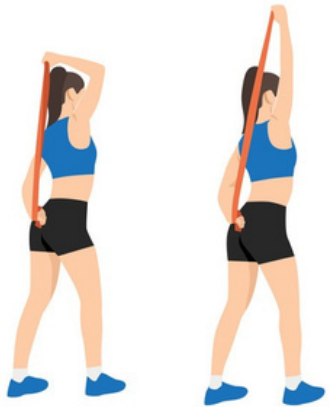
STANDING SHOULDER PRESS



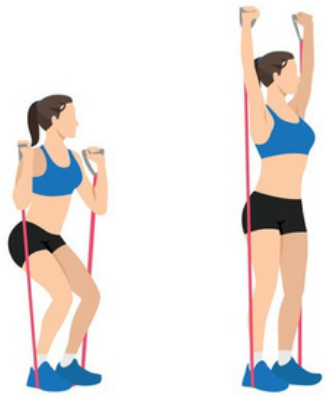
SEATED LEG ABDUCTION



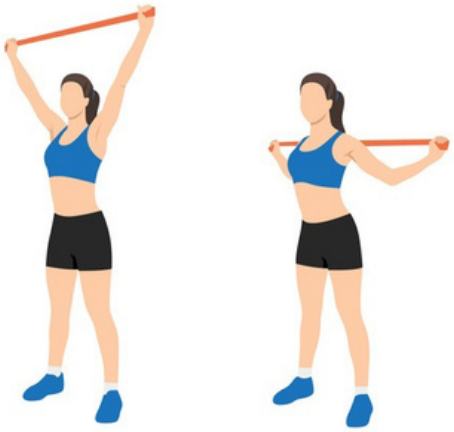
REVERSE FLY



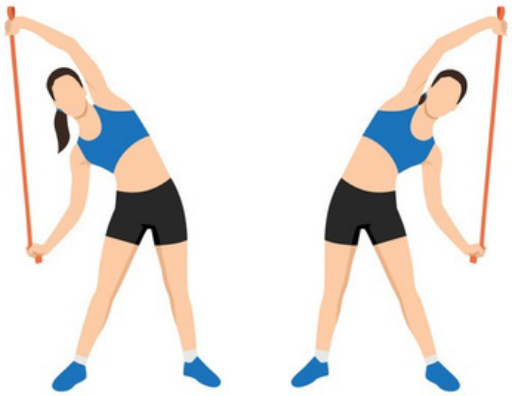
TRICEP EXTENSION



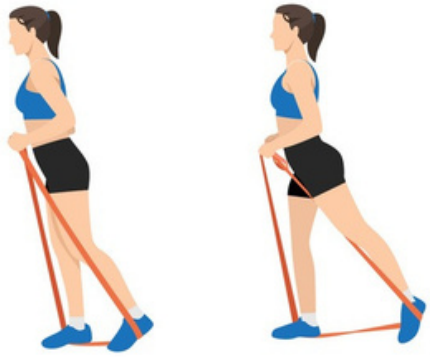
SQUAT TO OVERHEAD PRESS



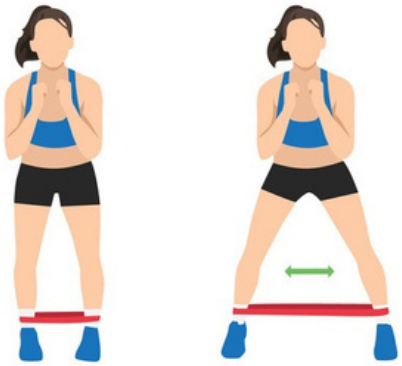
LAT PULL-DOWN



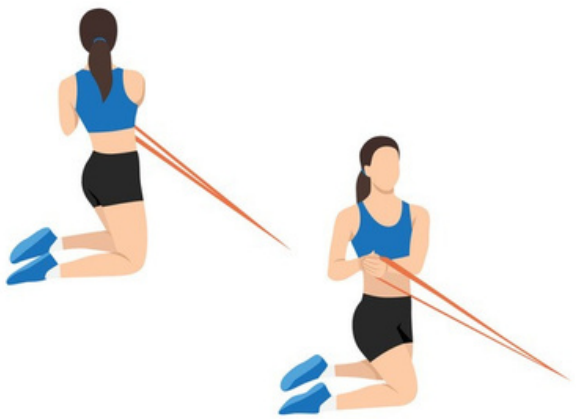
SIDE BENDS



GLUTE KICKBACK



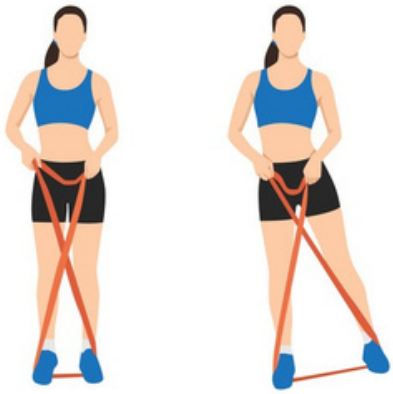
LATERAL BAND WALK



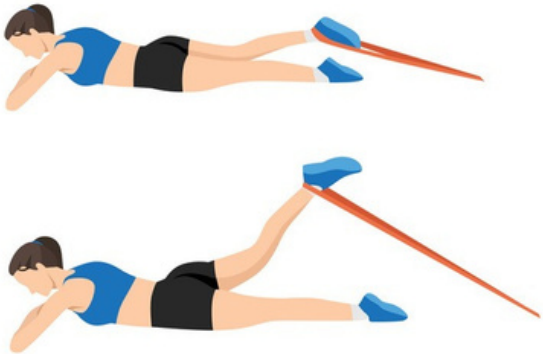
CORE SEATED AB TWIST



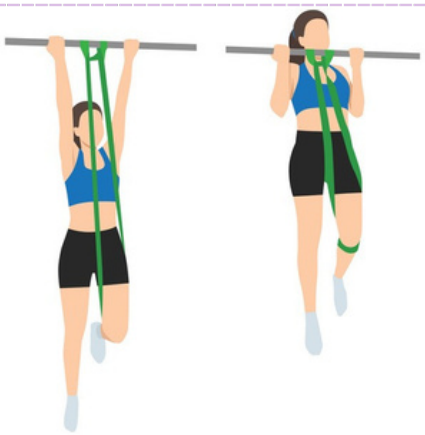
SIDE BAND REACH



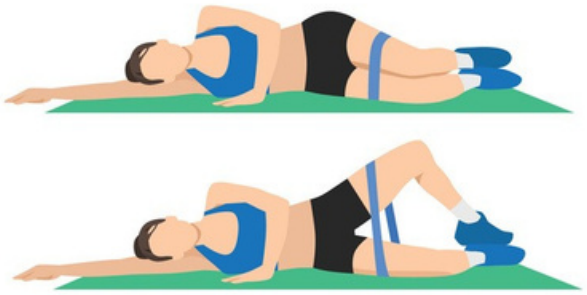
HIP ABDUCTION



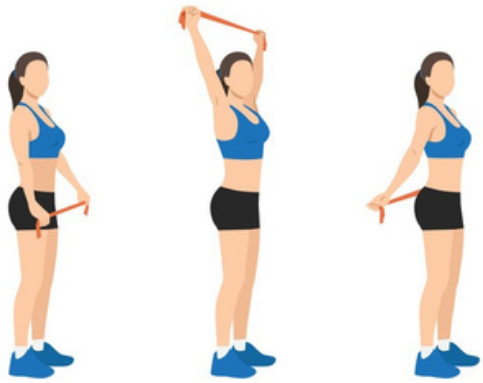
BANDED PRONE LEG CURL



ASISSTED PULL-UP



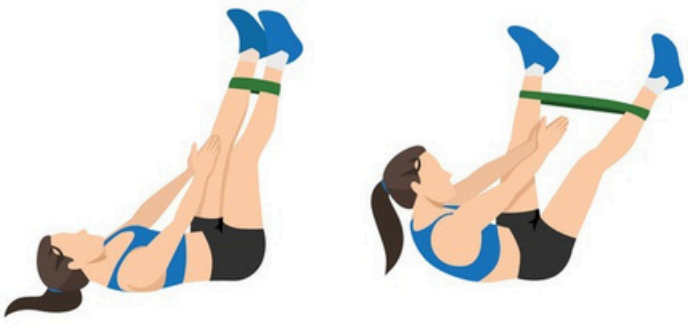
BANDED CLAMSHELLS



CHEST OPENER



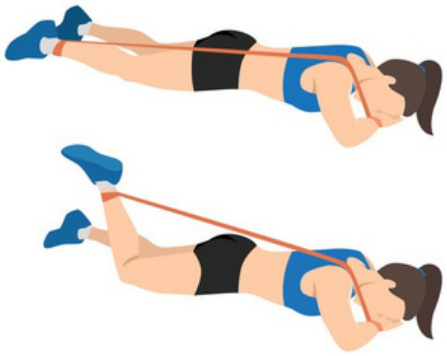
SIDE SHUFFLES



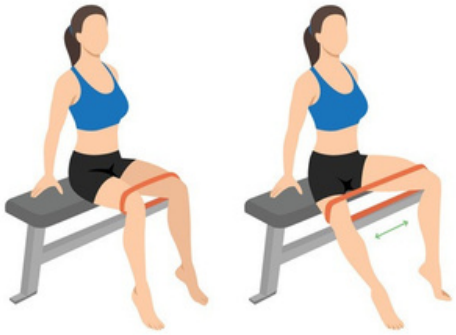
LEG ABDUCTION CRUNCH



CHEST PULL-APART



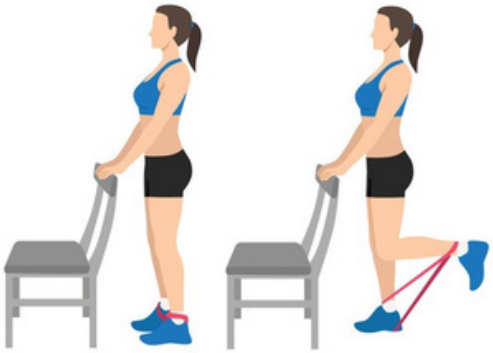
PRONE STRAIGHT-LEG KICKBACK



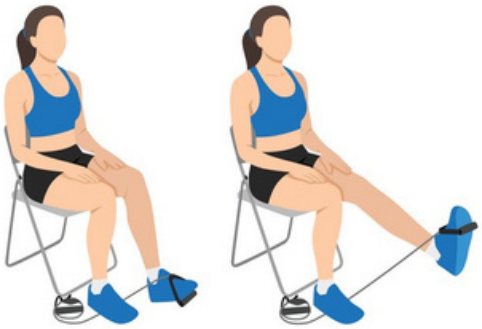
SEATED BAND ABDUCTION



DONKEY KICKS



STANDING HAMSTRING CURL



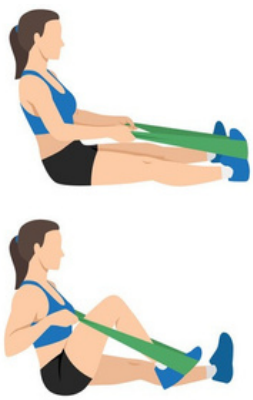
SEATED LEG EXTENSION



STANDING HIP FLEXOR RAISE



STANDING QUAD STRETCH



SEATED LEG PRESS

EXECUTION TIPS FOR BEST RESULTS

1 Maintain Constant Band Tension

Keepsteadyresistance in the band throughouttheentire range of motion. Avoid letting it go slack at the top or bottom of the movement to ensure continuous muscle engagement.

2 Move Slow & Controlled

Don’t rush through reps.A slower paceallows for better control, improved form, and deeper muscle activation—especially important for small stabilizing muscles.

3 Engage Your Core Throughout

Keepyour abs lightlybraced during every movement, especially during single-leg or balance-based exercises like kickbacks and deadlifts. This protects your spine and improves stability.

4 Track Your Knee Alignment

During squats, steps, andlateralmoves,ensure your knees stay aligned with your toes. Avoid letting them collapse inward to reduce injury risk and to assure the activation of the correct muscles.

5 Prioritize Quality Over Speed

Focusonfeelingthetarget muscles working.Fewer reps performed with precision and intention are far more effective than fast, sloppy sets.

Form > speed. Doing fewer reps correctly is better than rushing through many.

FULL RESISTANCE BAND WORKOUT

BEGINNER PROGRAM (3X/WEEK)

Full-body foundation using seated, band-supported, and standing exercises.

Band Types Used: Mini band, long resistance band

1. Squat with Resistance Band – 3×12
2. Seated Leg Abduction – 3×15
3. Standing Shoulder Press – 3×10
4. Chest Opener (Band Pull-Apart) – 3×10
5. Reverse Fly – 2×12
6. Bicep Curl (Standing) – 3×12

Rest: 30–45 sec between exercises

INTERMEDIATE PROGRAM (3-4X/WEEK)

Dynamic, full-body flow using more complex movement patterns.

Band Types Used: Mini band, long resistance band

1. Overhead Squat – 3×10
2. Crab Walk – 3×10/side
3. Standing Kickback – 3×12/leg
4. Upright Row – 3×10
5. Seated Abduction Crunch – 3×15
6. Back Overhead Pull Down – 3×10

Rest: 30–60 sec between exercises

UPPER BODY SCULPT & STRENGTH

Perfect for posture, strength, and toning the arms, back, and shoulders.

Band Types Used: Long resistance band, anchor-based band

1. Standing Shoulder Press – 3×10
2. Tricep Pull (Behind Hips) – 3×12
3. Chest Crossover – 3×10
4. Hammer Grip Curl – 3×12
5. Reverse Fly – 3×12
6. Bend-Over Row – 3×10

Rest: 30 sec between sets

LOWER BODY GLUTE & LEG BUILDER

Glute, leg, and hip strength with band-loaded mechanics.

Band Types Used: Mini band, ankle loop band, long resistance band

1. Glute Bridge with Band – 3×12
2. Donkey Kicks – 3×12/leg
3. Side Shuffles – 3×10 steps/side
4. Prone Leg Curl – 3×12
5. Lunge with Bicep Curl – 3×10/leg
6. Clamshell – 3×12

Rest: 30–45 sec between exercises



THANK YOU

I hope you enjoyed some of my favorite exercises.

Pleaseletmeknow ifyouhave anyquestions
or comments.

Have a wonderful day.

MAURA

Let's connect!

maura@coachmaura.com

www.coachmaura.com

UPPER BODY DUMBBELL WORKOUT CHEAT SHEET


PUNCHES


TRICEPS KICKBACK

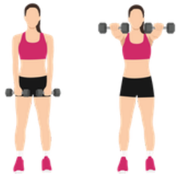

ALTERNATING FRONT RAISE

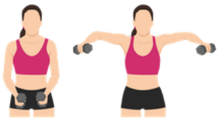

BICEPS CURLS


BENT OVER REVERSE FLY


SHRUGS


ARNOLD PRESS


UPRIGHT ROW


STANDING LATERAL RAISE


DOUBLE ARM KICKBACKS


BENT OVER ROW


SINGLE ARM OVERHEAD PRESS


SCARECROW ARM ROTATIONS

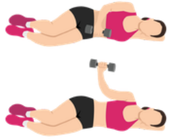

STANDING OVERHEAD TRICEPS EXTENSION

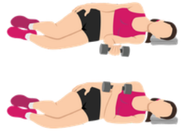

STANDING OVERHEAD PRESS


ZOTTMAN CURL


PALM UP WRIST CURLS


CONCENTRATION CURL


EXTERNAL SHOULDER ROTATION


INTERNAL SHOULDER ROTATION

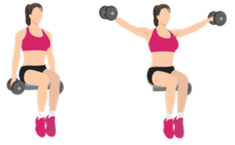

LYING CHEST PRESS PUNCH


ONE ARM PREACHER CURL


SEATED DUAL FRONT RAISES

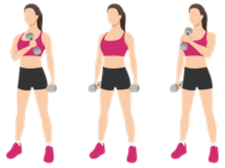

INCLINE CHEST PRESS


INCLINE SIDE LATERAL RAISE


SEATED LATERAL RAISE


SUPPORTED BENT-OVER ROW


ROW-TO-ROTATE OVERHEAD PRESS


STANDING CHEST CURLS


INCLINE SUPPORTED REVERSE FLY


FLAT BENCH CHEST PRESS


LYING TRICEPS EXTENSION


SEATED ALTERNATING INCLINE BENCH CURLS


SEATED TRICEP PRESS OVERHEAD EXTENSIONS


SEATED SINGLE ARM OVERHEAD TRICEPS


FLOOR CHEST PRESS


LYING TRICEPS EXTENSION


DUMBBELL PULLOVER


BOSU BALL CHEST PRESS


FITBALL BICEP CURLS

SINGLE ARM BENT OVER ROW

LYING AROUND THE WORLD

STANDING HALF BICEPS CURLS

LEGS AND GLUTES DUMBBELL WORKOUT CHEAT SHEET



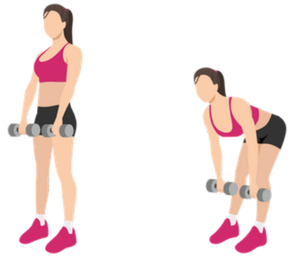
SQUAT



GOBLET SQUAT



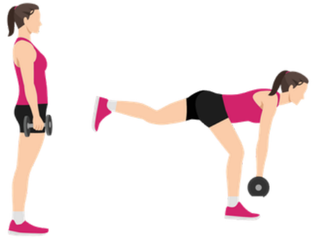
DEADLIFT



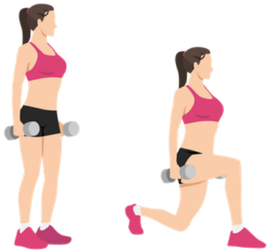
ROMANIAN DEADLIFT



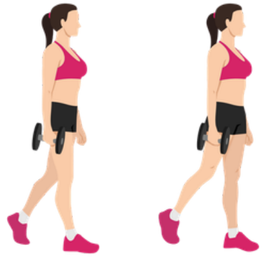
CROSS-BODY ROMANIAN DEADLIFT



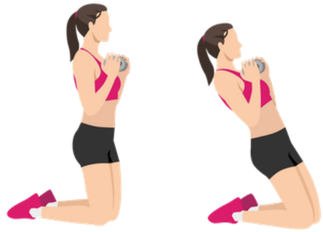
SINGLE-LEG DEADLIFT



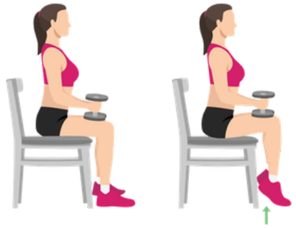
LUNGES



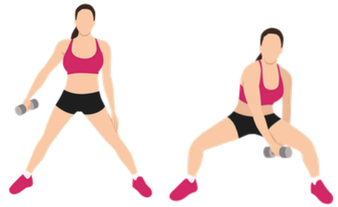
ONE-ARM FARMERS WALK



LEAN-BACK CAMEL RAISE



SEATED CALF RAISE
(FLAT FLOOR VERSION)



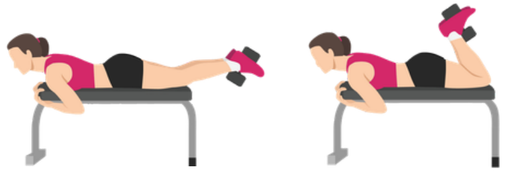
DUMBBELL PASS
THROUGH SQUAT



SEATED CALF RAISE
(WITH PLATFORM)



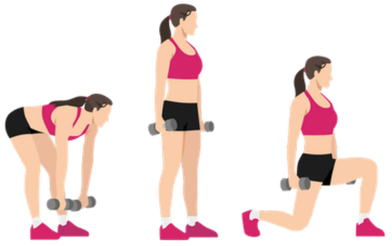
BULGARIAN SPLIT
SQUAT



HAMSTRING CURL ON BENCH

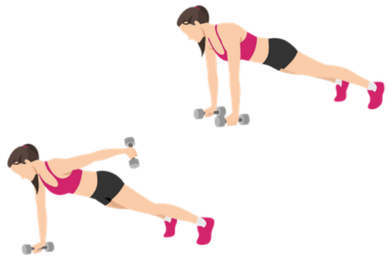


SPLIT JUMP LUNGES



DEADLIFT TO REVERSE LUNGE

AB AND CORE DUMBBELL WORKOUT CHEAT SHEET



RENEGADE ROW



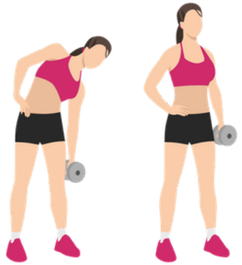
PLANK TO T-RAISE



CRUNCH PRESS



RUSSIAN TWIST



SIDE BEND – ARM HANGING



SIDE BEND – HAND BEHIND HEAD



SIDE PLANK DUMBBELL HOLD



WOODCHOPPER (DIAGONAL RAISE)

TOTAL BODY DUMBBELL WORKOUT CHEAT SHEET



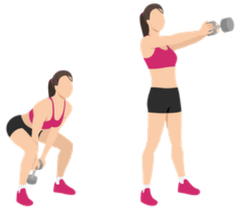
WIDE POP SQUAT
WITH LATERAL RAISE



WOODCHOPPER SQUAT



SKIER SWING



SINGLE DUMBBELL-STYLE SWING



STATIONARY LUNGE
WITH BICEPS CURL



LUNGE WITH
HAMMER CURLS



SINGLE-ARM OVERHEAD
SQUAT



SQUAT THRUSTERS



REVERSE LUNGE
SHOULDER PRESS



REAR LUNGE TO BALANCE
WITH LATERAL RAISE



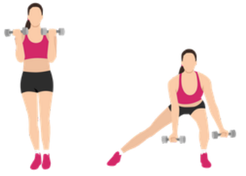
PLIE SQUAT
SCOOP UP



WEIGHTED KNEEL TO
SQUAT GET-UP



LUNGE WITH
ALTERNATING PUNCHES



SIDE LUNGE CURL



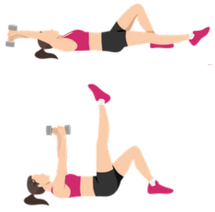
DIAGONAL SQUAT ROW



DEADLIFT TO DUMBBELL
CURL & PRESS



POWER SNATCH



SINGLE-LEG GLUTE
BRIDGE CHEST PRESS



CHEST PRESS WITH
LEGS EXTENDED



GLUTE BRIDGE
CHEST PRESS



CHEST FLY
GLUTE BRIDGE



DUMBBELL THREAD
CRUNCH



PLANK AND ROW



ALTERNATING PLANK ROW
LEG RAISE



DUMBBELL THRUSTER



ALTERNATING DUMBBELL
SWING



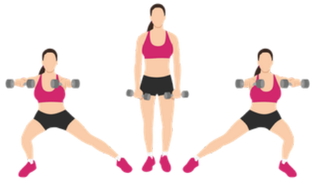
BENT-OVER ROW PRESS



SINGLE-ARM DUMBBELL SNATCH



ALTERNATING LUNGE FRONT
RAISE



SIDE LUNGE FRONT RAISE



SQUAT TO OVERHEAD TRICEPS
EXTENSION



STEP-UP CROSSOVER