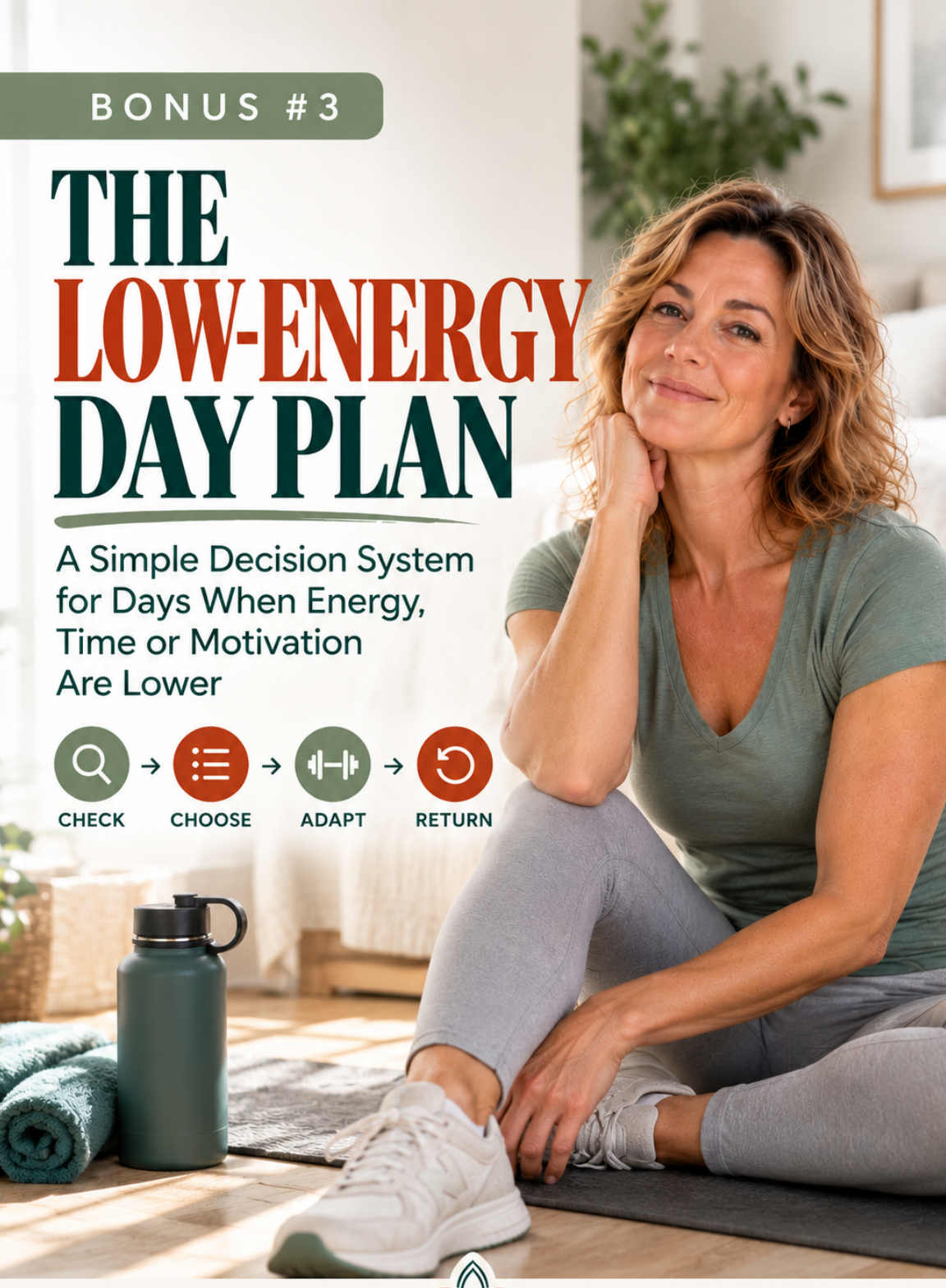
BONUS #3

THE LOW-ENERGY DAY PLAN

A Simple Decision System for Days When Energy, Time or Motivation Are Lower

CHECK → CHOOSE → ADAPT → RETURN



STRONG WOMAN SYSTEM

START HERE

LOW ENERGY NEEDS A DECISION - NOT A VERDICT

Some days you feel ready to follow your normal plan. Other days you don't. The goal of this tool is not to make every day look the same. It is to help you choose the next appropriate version of the day.

A low-energy day can come from ordinary life: a demanding schedule, poor sleep, stress, lower motivation or simply feeling less energetic. It can also overlap with symptoms or health concerns that deserve a different response.

THE RIGHT RESPONSE DEPENDS ON WHY YOUR ENERGY IS LOW AND HOW YOU FEEL.

This is an adaptation tool, not a test of discipline.

THE FOUR-STEP SYSTEM

CHECK → CHOOSE → ADAPT → RETURN

BONUS 3

STRONG WOMAN SYSTEM

THE LOW-ENERGY DAY PLAN

A simple plan to help you stay consistent, even when you have less energy, time or motivation.

1 CHECK

How do you feel today?

- What's your energy level?
- How's your stress level?
- Do you have any aches or discomfort?
- How much time do you have today?

2 CHOOSE

Pick your day based on how you feel.

GREEN DAY

I feel good.

- I have enough energy.
- My stress level is low or manageable.
- I feel comfortable and have no significant aches or discomfort.
- I have my usual time (or close to it).

YELLOW DAY

I feel somewhat tired.

- I have lower energy than usual.
- My stress level is higher or I feel a bit overwhelmed.
- I have mild aches or discomfort.
- I have less time than usual.

RED DAY

I feel very low energy.

- I feel very tired or unmotivated.
- My stress level is high.
- I have more noticeable aches or discomfort.
- I have very little time (or none).

SAME PLAN. DIFFERENT PACE.
YOU'RE STILL MAKING PROGRESS.

1/2

STEP 1

CHECK BEFORE YOU DECIDE

Before changing the plan, check the reason you want to change it. Ask:

☐ How is my energy today?

☐ How high is my stress?

☐ Do I have aches, discomfort or symptoms that change what is appropriate?

☐ How much time do I realistically have?

DO NOT CONFUSE LOW MOTIVATION WITH A HEALTH CONCERN.

They may lead to different decisions.

A SIMPLE SAFETY FILTER

If you have severe, unusual, worsening or concerning symptoms - such as chest discomfort, fainting, significant dizziness or unusual shortness of breath - stop and seek appropriate guidance.

If significant gastrointestinal symptoms or difficulty maintaining food or fluid intake persist or interfere with daily life, contact an appropriate healthcare professional.

Do not use this guide to change a prescribed medication dose or schedule.

STEP 2

CHOOSE YOUR DAY

GREEN DAY

You feel generally okay and there is no health or safety concern changing the plan. Follow your appropriate normal plan.

YELLOW DAY

Energy, time or motivation are lower, but there is no health concern telling you to stop. Adapt the plan instead of abandoning it.

RED DAY

A health or safety concern is present, symptoms are severe/unusual/worsening/concerning, or you are unsure whether activity is appropriate. Health and safety come first.

The color is not a grade. It is a decision aid.

For a fuller list of situations that call for professional guidance, see Protein Made Simple, page 25.

BONUS 3

STRONG WOMAN SYSTEM

THE LOW-ENERGY DAY PLAN

Same plan, different pace.
Here's how to adapt your workout.

3 ADAPT | Follow the plan for your day.

DO A FULL WORKOUT

- Do all 6 exercises (20–30 minutes).
- Use the recommended reps and sets.
- Enjoy the energy boost afterwards!

DO A SHORTENED VERSION

- Choose 3–4 of your favorite exercises (10–15 minutes).
- Do fewer reps or sets.
- Keep the intensity moderate.
- Focus on how good it feels to move.

DO A GENTLE ALTERNATIVE

- Try a gentle option instead:
  - 5–10 minutes of easy movement (e.g. walking, stretching, mobility),
  - or 1–2 light exercises.
- Focus on breathing, feeling better and showing up for yourself.

4 RETURN | Get back on track.

Be proud.
You showed up, and that's what matters.

No guilt.
A lower-energy day is part of the process, not a failure.

Stay consistent.
Adapt when needed, but keep coming back to your plan.

Progress over time.
Every effort counts and helps you build a stronger, healthier you.

SAME PLAN. DIFFERENT PACE.
PROGRESS ALWAYS COUNTS.

2/2

STEP 3

ADAPT THE DAY - DON'T PUNISH IT

On a Yellow Day, reduce the demand while keeping the decision simple.

• Use the planned session only if it feels appropriate.

• Use a shortened version.

• Choose a gentler alternative when appropriate.

• Protect nourishment, fluids and recovery instead of adding more demands.

DON'T ABANDON THE SYSTEM. SHRINK IT.

The smaller version still counts when it is the appropriate version.

THE 10-MINUTE OPTION

When the barrier is mild low energy, low motivation or limited time - not a health or safety concern - you can use ten minutes as a behavioral starting point.

Begin an appropriate, easier version. After ten minutes, reassess. Continue only if it still feels appropriate. Stopping is also a valid decision.

10-MINUTE OPTION

REASSESS - DON'T FORCE IT

After ten minutes, continue only if the easier version still feels appropriate. Stopping is also a valid decision.

This option is not a rule for exercising through pain, illness, significant dizziness, unusual shortness of breath or other concerning symptoms.

YELLOW DAY

YOUR MINIMUM VIABLE DAY

A minimum viable day protects the relationship with the system without pretending today is a normal day.

STRENGTH

Choose the simplest appropriate version - or skip formal strength work when recovery or health needs take priority.

NOURISHMENT

Make food easier. Use a familiar protein anchor or lower-appetite option that works for you. Persistent difficulty eating belongs with an appropriate professional.

MOVEMENT

Use gentle everyday movement only when it feels appropriate. Movement is not a debt you need to repay.

RECOVERY

Reduce unnecessary demands. Give sleep, nourishment, fluids and recovery the attention they need.

MINIMUM DOES NOT MEAN MEANINGLESS.

It means today has a smaller job.

DECISION CARD

WHAT DO I DO TODAY?

1 · CHECK

Energy • stress • discomfort/symptoms • time

2 · CHOOSE

Green • Yellow • Red

3 · ADAPT

Full plan • shorter version • gentler alternative • recovery/health first

4 · RETURN

Choose the next appropriate action when circumstances improve.

NEXT APPROPRIATE ACTION. That is enough for today.

STEP 4

RETURN WITHOUT REPAYING

A lower-energy day does not create a debt.

• Don't double the next workout or add punishment movement.

• Don't dramatically restrict food to make up for yesterday.

• Don't restart the entire system because one day changed.

Instead, ask:

WHAT'S MY NEXT APPROPRIATE ACTION?

Return from where you are.

THE 24-HOUR RESET

☐ How do I feel today?

☐ What actually needs attention?

☐ Which version fits today?

☐ What is my next appropriate action?

RETURN. DON'T REPAY.

Consistency includes becoming better at returning.

USE THIS WHEN

LOW ENERGY KEEPS HAPPENING

One disrupted day is one thing. A pattern deserves attention.

Consider appropriate professional guidance when low energy is persistent, worsening, interfering with daily life, or occurs with symptoms or nutrition/hydration difficulties that concern you.

This guide cannot tell you why your energy is low. It helps you organize the decision about what to do next.

ROUTE TO THE RIGHT TOOL

Need easier food choices? → Protein Made Simple.

Need movement instructions? → The Starter Kit.

Need to organize a messy week? → 12-Week Strong Habits Planner.

Need to see progress more broadly? → Beyond the Scale.

SAVE TO PHONE

LOW-ENERGY DAY QUICK CARD

CHECK

What is going on today?

CHOOSE

Green / Yellow / Red.

ADAPT

Use the version that fits the day.

RETURN

Come back when appropriate. Do not repay the missed plan.

HEALTH OR SAFETY CONCERN?

Address that first. Get appropriate guidance.

MILD LOW ENERGY OR MOTIVATION?

Adapt. Keep the decision small.

FINAL REMINDER

FLEXIBILITY IS PART OF THE SYSTEM

The goal is not to prove that you can push through every low-energy day. The goal is to make a better decision with the information you have.

Some days the right answer is the normal plan. Some days it is a smaller plan. Some days health and recovery take priority.

CHECK → CHOOSE → ADAPT → RETURN

Same system. Different day.

IMPORTANT NOTE

This guide provides general educational and organizational information. It does not provide individualized medical, nutrition, physical therapy or exercise advice. Seek appropriate qualified guidance for medical concerns, concerning symptoms, persistent difficulty eating or drinking, exercise limitations, or questions about medication and treatment.