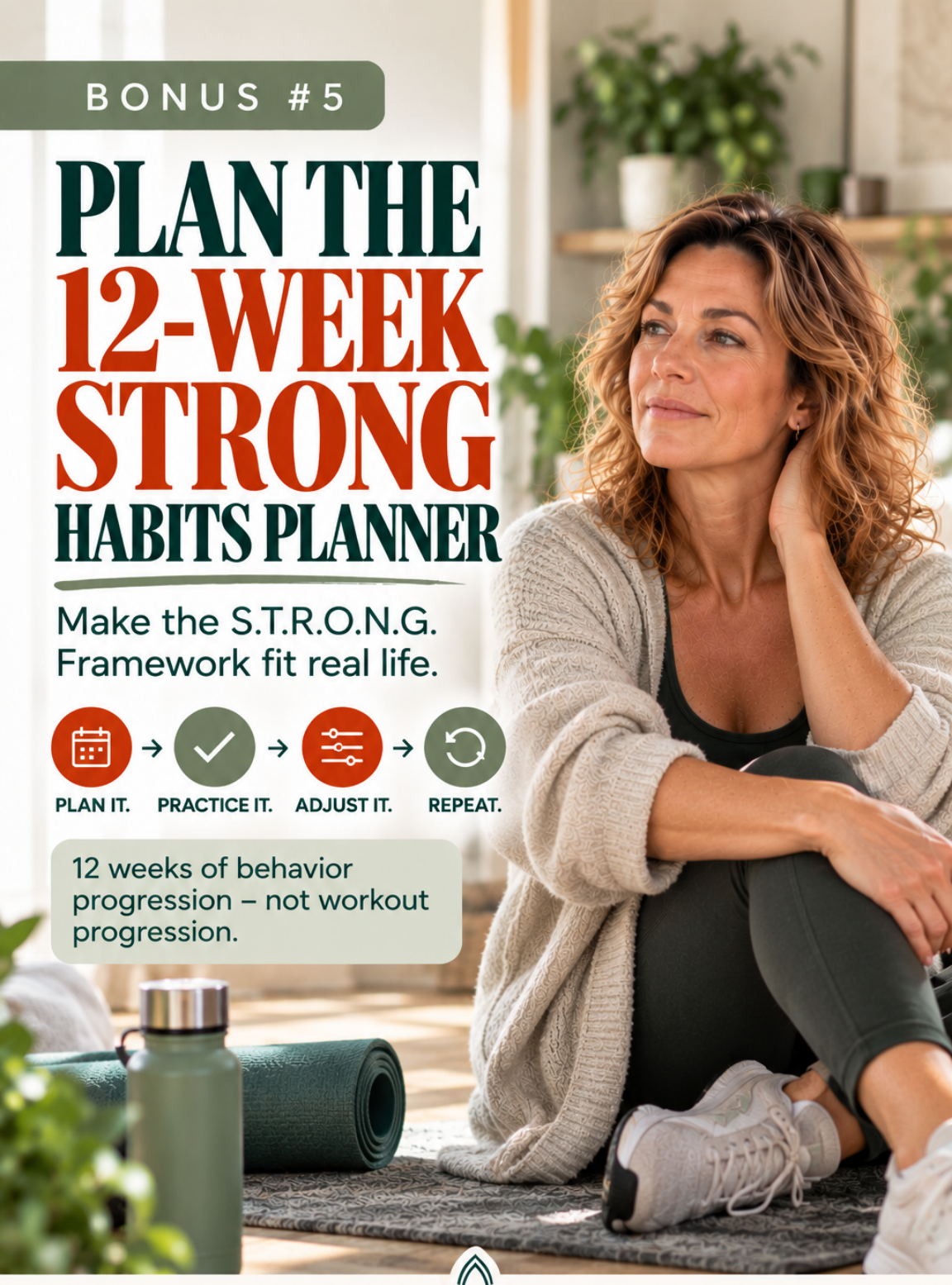
BONUS #5

PLAN THE 12-WEEK STRONG HABITS PLANNER

Make the S.T.R.O.N.G. Framework fit real life.

PLAN IT. → PRACTICE IT. → ADJUST IT. → REPEAT.

12 weeks of behavior progression – not workout progression.



STRONG WOMAN SYSTEM

START HERE

THIS IS NOT ANOTHER BOOK

Don't read this planner from beginning to end and put it away. Write in it. Schedule things. Cross things out. Change your mind. Use Plan B. Come back after a messy week.

ONE JOB

Help the S.T.R.O.N.G. Framework fit your real life for 12 weeks.

It is not a 12-week progressive workout program. It does not replace individualized training or nutrition guidance. It organizes the behaviors that support your system.

PRINT IT. SAVE IT. USE IT.

This planner is designed to be printed at home on standard US Letter paper.

THREE WAYS

DIGITAL — Keep the guide on your phone.

PRINTED — Print the companion planning pages.

HYBRID — Read digitally and print only what you use.

DON'T PRESERVE THIS PLANNER.

Use it.

BONUS 5 — STRONG WOMAN SYSTEM

YOUR 12-WEEK STRONG HABITS ROADMAP

A simple, step-by-step plan to help you build healthier habits and make lasting progress.

1 WEEKS 1–4

BUILD RHYTHM

Create a simple routine you can repeat.

- Get familiar with the system.
- Focus on the essentials (so it feels manageable).
- Build consistency, not perfection.

2 WEEKS 5–8

REDUCE FRICTION

Make your helpful choices easier.

- Simplify your routine.
- Use the low-energy day plan when needed.
- Remove common obstacles.

3 WEEKS 9–12

MAKE IT YOURS

Adapt the system to your real life.

- Build on what works for you.
- Fine-tune your habits and routines.
- Keep going with confidence beyond 12 weeks.

PLAN IT. PRACTICE IT. ADJUST IT. REPEAT.

BEHAVIOR PROGRESSION. NOT WORKOUT PROGRESSION.

BEFORE WEEK 1

YOUR STRONG START SETUP

I WANT TO FEEL STRONG ENOUGH TO:

_____

MY TWO MOST REALISTIC STRENGTH WINDOWS:

_____

MY BACKUP WINDOW:

_____

MY THREE FOOD DEFAULTS:

_____

MY EASIEST MOVEMENT OPPORTUNITY:

_____

MY RECOVERY PRIORITY:

_____

THE OBSTACLE MOST LIKELY TO GET IN MY WAY:

_____

WHAT I'LL DO WHEN IT HAPPENS:

_____

PLAN A — MY NORMAL WEEK

When life is reasonably cooperative:

STRENGTH:

_____

NOURISHMENT:

_____

MOVEMENT:

_____

RECOVERY:

_____

WEEKLY RESET — DAY / TIME:

_____

PLAN B

MY BUSY-WEEK VERSION

When life isn't cooperative:

STRENGTH CAN BECOME:

_____

FOOD CAN BECOME SIMPLER BY:

_____

MOVEMENT CAN BECOME:

_____

RECOVERY NEEDS:

_____

THE ONE THING I DON'T WANT TO LOSE COMPLETELY:

_____

DON'T ABANDON THE SYSTEM.

SHRINK IT.

PRINT AGAIN

THE 10-MINUTE WEEKLY RESET

Use this before each new week.

1. WHAT DOES MY CALENDAR ACTUALLY LOOK LIKE?

2. WHERE CAN STRENGTH FIT?

3. WHERE WILL FOOD BE DIFFICULT?

4. WHERE CAN MOVEMENT FIT NATURALLY?

5. WHAT DOES RECOVERY NEED?

6. WHAT FRICTION CAN I REMOVE NOW?

7. WHAT'S PLAN B?

PRINT AGAIN

YOUR WEEKLY PLANNER

WEEK:

THIS WEEK'S FOCUS:

STRENGTH WINDOWS — 1 / 2 / BACKUP:

FOOD DEFAULTS — BREAKFAST / LUNCH / BUSY-DAY OPTION:

MOVEMENT — MY EASIEST OPPORTUNITY:

RECOVERY — THIS WEEK I WANT TO PROTECT:

PLAN B — IF THE WEEK GETS MESSY:

DAILY PULSE

THIS IS A PULSE - NOT A GRADE

	MON	TUE	WED	THU	FRI	SAT	SUN
STRENGTH	☐	☐	☐	☐	☐	☐	☐
NOURISHMENT	☐	☐	☐	☐	☐	☐	☐
MOVEMENT	☐	☐	☐	☐	☐	☐	☐
RECOVERY	☐	☐	☐	☐	☐	☐	☐

You don't need four checks every day. A blank box is information, not failure.

END-OF-WEEK REVIEW

WHAT WORKED?

WHAT CREATED FRICTION?

WHERE DID PLAN B HELP?

WHAT WILL I KEEP?

WHAT ONE THING WILL I CHANGE?

SCHEDULE IT

GIVE THE BASICS A PLACE.

Don't rely on 'I'll do it when I have time.' Decide when the opportunities are.

DID MY PLAN EXIST ON THE CALENDAR - OR ONLY IN MY HEAD?

BUILD THE RHYTHM

Give useful behaviors somewhere to live.

REPEAT IT

FAMILIAR IS EASIER TO REPEAT.

Use what worked. Repeat the strength windows that fit. Repeat useful food defaults. Repeat easy movement opportunities. Repeat your recovery priority.

FAMILIAR IS NOT BORING.

Familiar is easier to repeat.

PROTECT THE BASICS

IF I CAN'T DO EVERYTHING, WHAT STILL MATTERS?

Life may begin pushing back. Identify the few things that deserve protection.

MY BASIC #1:

_____

MY BASIC #2:

_____

MY BASIC #3:

_____

REVIEW

RHYTHM BEFORE OPTIMIZATION.

You've completed one month. Don't add anything yet. Look back.

WHAT WORKED MOST OFTEN?

WHAT FAILED REPEATEDLY?

WHAT WAS EASIER THAN EXPECTED?

WHAT REQUIRED TOO MANY DECISIONS?

WHAT SHOULD I KEEP FOR MONTH 2?

WEEKS 1-4 CHECKPOINT

You now have evidence. Use it.

FIX ONE FRICTION POINT

MAKE ONE USEFUL ACTION EASIER.

Choose one repeated obstacle. Equipment, food availability, timing, work meals or an overcomplicated backup plan can all create friction.

MY FRICTION POINT:

_____

WHAT CAUSES IT?

_____

ONE CHANGE THAT COULD MAKE ACTION EASIER:

_____

DO THAT.

Not ten things.

BUILD BETTER DEFAULTS

A GOOD DEFAULT ELIMINATES A DECISION.

Strengthen the defaults that repeatedly save you time.

MY BEST FOOD DEFAULT:

_____

MY BEST STRENGTH-TIME DEFAULT:

_____

MY BEST MOVEMENT DEFAULT:

_____

MY BEST RECOVERY DEFAULT:

_____

ONE DEFAULT I STILL NEED:

_____

WEEK 7

PRACTICE RETURNING

GET BETTER AT COMING BACK.

Something will eventually go wrong. The skill is not avoiding disruption. It is returning.

WHAT HAPPENED?

_____

WHAT DID I DO NEXT?

_____

HOW LONG DID IT TAKE ME TO RETURN?

_____

YOUR GOAL IS NOT: NEVER MISS.

Your goal is to get better at coming back.

REVIEW

MAKE THE USEFUL ACTION EASIER.

Two months. Review what has become easier and what still creates friction.

WHICH PART OF THE SYSTEM FEELS MOST NATURAL NOW?

_____

WHICH PART STILL REQUIRES TOO MUCH EFFORT?

_____

WHICH FRICTION POINT DID I REDUCE?

_____

IS PLAN B ACTUALLY USABLE?

_____

WHAT SHOULD I KEEP FOR MONTH 3?

_____

WEEKS 5-8 CHECKPOINT

Reduce friction before adding complexity.

KEEP WHAT WORKS

MAKE THE SYSTEM YOURS.

By now you have enough experience to stop copying your original plan blindly. Keep what earns its place.

KEEP:

_____

CHANGE:

_____

REMOVE:

_____

SIMPLIFY:

_____

STRENGTHEN PLAN B

MAKE THE BACKUP ACTUALLY USABLE.

Look back at difficult weeks. Was Plan B realistic, or was it secretly another perfect plan?

MY REALISTIC PLAN B STRENGTH OPTION:

_____

MY REALISTIC FOOD BACKUP:

_____

MY REALISTIC MOVEMENT OPTION:

_____

MY RECOVERY PRIORITY:

_____

WHEN EVEN PLAN B ISN'T APPROPRIATE:

_____

NOTICE THE EVIDENCE

DON'T ADD. NOTICE.

This week, look for evidence that the system is becoming more usable.

SOMETHING PHYSICAL THAT FEELS EASIER:

_____

A STRENGTH MOVEMENT THAT FEELS MORE FAMILIAR:

_____

A FOOD DECISION THAT TAKES LESS THOUGHT:

_____

A HABIT THAT FEELS MORE NORMAL:

_____

A DISRUPTION I HANDLED BETTER:

_____

For deeper tracking, use Beyond the Scale.

REVIEW & CONTINUE

TWELVE WEEKS GIVES YOU EVIDENCE.

Twelve weeks does not make you finished. It gives you evidence about what works.

WHAT NOW FEELS NORMAL?

WHAT STILL NEEDS SUPPORT?

WHAT DID I LEARN ABOUT MY SCHEDULE?

WHAT DID I LEARN ABOUT MY ENERGY?

WHAT DID I LEARN ABOUT CONSISTENCY?

WHAT AM I READY TO BUILD NEXT?

PRINT AGAIN

YOUR S.T.R.O.N.G. SCORECARD

This is not a score out of six. Use it to decide what needs attention.

S — STRENGTH — WHAT IS WORKING?

T — TARGET YOUR NOURISHMENT — WHAT IS WORKING?

R — REGULAR MOVEMENT — WHAT IS WORKING?

O — OWN YOUR WEEK — WHAT IS WORKING?

N — NURTURE RECOVERY — WHAT IS WORKING?

G — GROW GRADUALLY — WHERE HAVE I PROGRESSED WITHOUT RUSHING?

WHICH LETTER NEEDS MY ATTENTION NEXT?

“I FELL OFF” RESET

Don't rebuild your entire life.

WHAT INTERRUPTED ME?

_____

IS THE ISSUE STILL PRESENT? ☐ **YES** ☐ **NO**

_____

WHICH VERSION IS APPROPRIATE NOW? ☐ **PLAN A** ☐ **PLAN B** ☐ **LOW-ENERGY DAY PLAN** ☐ **PROFESSIONAL / MEDICAL GUIDANCE FIRST**

_____

MY NEXT ACTION:

_____

RETURN THERE.

Do not repay a missed week.

THE BUSY-WEEK EMERGENCY PAGE

When your calendar explodes:

STRENGTH — WHAT'S THE SIMPLEST APPROPRIATE VERSION?

NOURISHMENT — WHICH DEFAULTS REQUIRE ALMOST NO THOUGHT?

MOVEMENT — WHERE CAN IT HAPPEN NATURALLY?

RECOVERY — WHAT NEEDS PROTECTING?

WHAT CAN WAIT UNTIL NEXT WEEK?

THE TRAVEL WEEK

Before you leave:

STRENGTH — WHAT IS REALISTIC?

_____

FOOD — WHAT'S MY EASIEST BACKUP?

_____

MOVEMENT — WHAT WILL HAPPEN NATURALLY?

_____

RECOVERY — WHAT MIGHT CHANGE?

_____

PLAN B:

_____

For the compact travel checklist, use the Strong Woman Quick-Start Pack.

SIMPLIFY

WHEN YOU'RE TRYING TO DO TOO MUCH

Check everything you've added recently.

☐ More workouts

☐ More food rules

☐ More tracking

☐ More step goals

☐ More supplements

☐ More planning

☐ More pressure

WHICH OF THESE IS ACTUALLY HELPING?

Remove unnecessary complexity.

YOUR NEXT 12 WEEKS

At the end of this planner, you should know more about the kind of support you need next.

I NEED MORE STRUCTURE WITH:

_____

I WANT TO PROGRESS IN:

_____

I NEED MORE PERSONALIZED HELP WITH:

_____

I WANT MY NEXT PHASE TO HELP ME:

_____

YOU DON'T NEED MORE COMPLEXITY

You need the right next step.

FINAL PAGE

PLAN IT.

PRACTICE IT.

ADJUST IT.

REPEAT.

You are not trying to win twelve perfect weeks. You're learning how to make useful behaviors survive real life. That skill lasts longer than a perfect calendar.

PRINTING GUIDE

PRINT ONCE — Strong Start Setup · Plan A · Plan B

PRINT WEEKLY — 10-Minute Weekly Reset · Weekly Planner

PRINT AS NEEDED — Plan B Update · "I Fell Off" Reset · Busy-Week Emergency · Travel Week

PRINT PERIODICALLY — S.T.R.O.N.G. Scorecard

IMPORTANT NOTE

This planner provides general educational and organizational tools. It does not provide individualized medical, nutrition, physical therapy or exercise advice. Adapt your plan appropriately and seek qualified guidance when your circumstances require individualized support.