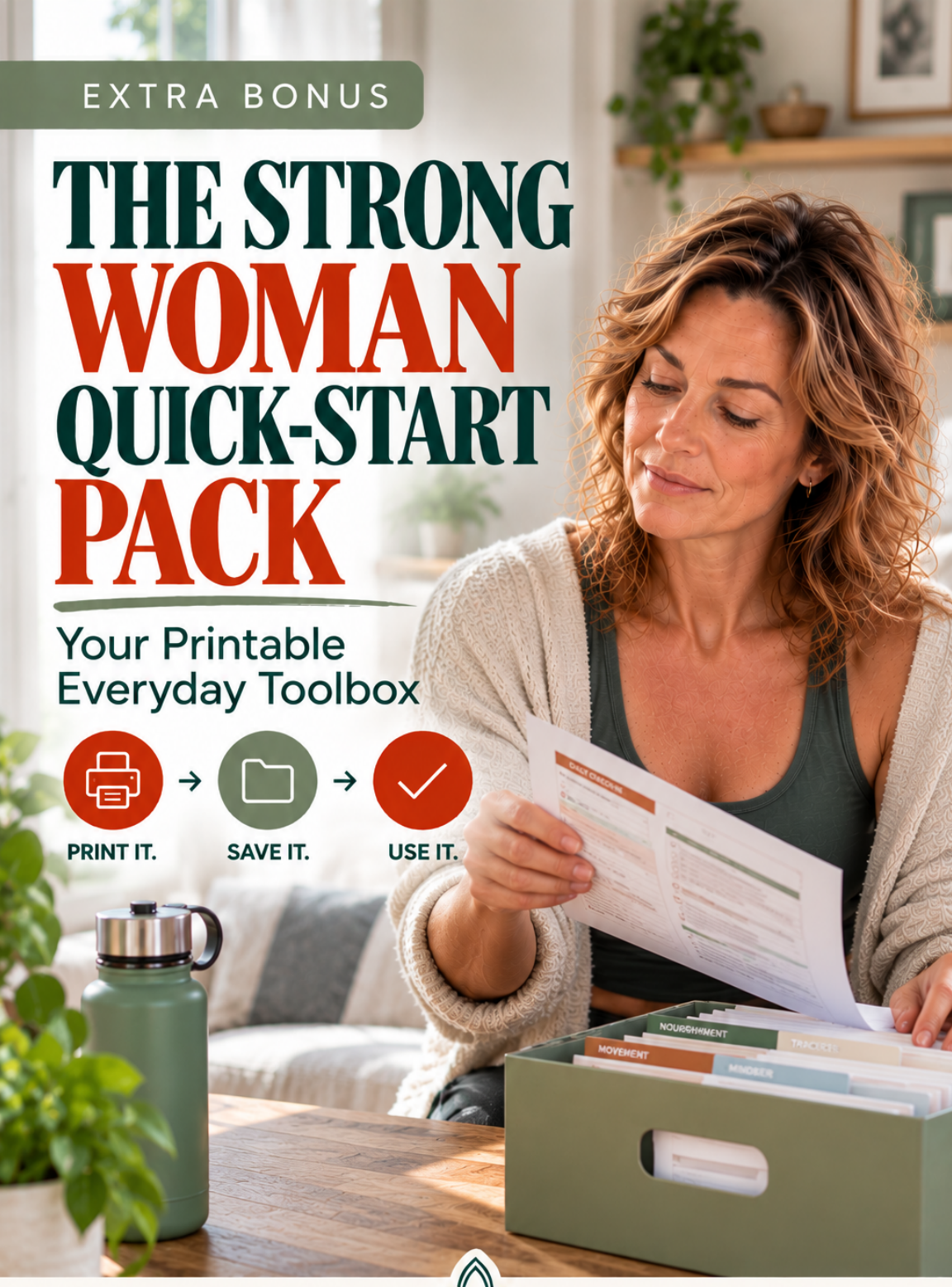
EXTRA BONUS

THE STRONG WOMAN QUICK-START PACK

Your Printable Everyday Toolbox

PRINT IT. → SAVE IT. → USE IT.



STRONG WOMAN SYSTEM

START HERE

YOU DON'T NEED ANOTHER LESSON.

Sometimes you don't want to open a guide, find a chapter, or remember which framework applies. You just want the answer in front of you.

NO NEW SYSTEM. NO EXTRA HOMEWORK.

The most useful decisions from your Strong Woman system, compressed into quick-reference tools.

Use the tools you need. Ignore the ones you don't need today.

EXTRA BONUS

STRONG WOMAN SYSTEM

STRONG WOMAN QUICK-START DASHBOARD

Your go-to guide for any day.
Find what you need and take the next step.

WHAT DO I NEED TODAY?

Choose what you want to focus on right now.

EAT

I want simple, high-protein meals and ideas.

GO TO
PROTEIN ANCHOR
Bonus #1

TRAIN

I want to do a short, effective workout.

GO TO
EXERCISE CARDS
Bonus #2

ADAPT

I have less energy, time or motivation today.

GO TO
LOW-ENERGY DAY PLAN
Bonus #3

PLAN

I want to know what to do today.

GO TO
PLAN A / PLAN B
Main Guide
(pages MG-01 to MG-04)

MEASURE

I want to track my progress beyond the scale.

GO TO
MY PROGRESS SNAPSHOT
Bonus #4

SMALL STEPS, BIG RESULTS.
YOU'VE GOT THIS.

Use this as a visual shortcut. The individual cards that follow are the working tools.

TOOL 1 · SAVE TO PHONE

WHAT DO I DO TODAY?

THE 30-SECOND DECISION CARD

NORMAL / GOOD → Follow my appropriate plan.
LOWER ENERGY → Open my Low-Energy Day Plan or use Plan B.
SEVERE / UNUSUAL / CONCERNING → Health and safety first. Seek appropriate guidance.

☐ Strength

☐ Nourishment

☐ Movement

☐ Planning

☐ Recovery

☐ Gradual progression

MY NEXT APPROPRIATE ACTION:

_____

DO THAT.

Choose the next appropriate action.

TOOL 2 · PRINT AGAIN

MY STRONG WEEK

WEEK OF:

_____

STRENGTH — WINDOW 1 / WINDOW 2 / BACKUP:

_____

NOURISHMENT — MY EASIEST FOOD DEFAULTS:

_____

MOVEMENT — MY EASIEST OPPORTUNITY:

_____

RECOVERY — THIS WEEK I WANT TO PROTECT:

_____

PLAN B — IF THE WEEK GETS MESSY:

_____

TOOL 3 · PRINT AGAIN

STRONG WOMAN GROCERY SHEET

☐ Protein anchors

☐ Produce / sides

☐ Easy meals

☐ Lower-appetite options

☐ No-cook options

☐ Busy-day backup

☐ Don’t forget

BEFORE YOU CHECK OUT

Do I have something easy enough to eat when I don’t want to cook?

TOOL 4 · SAVE TO PHONE

RESTAURANT DECISION CARD

FIND → BUILD → ADAPT → ENJOY

FIND the protein anchor. BUILD with sides and additions that work for you. ADAPT the portion to your appetite. ENJOY — stop turning dinner into homework.

WORKABLE > PERFECT

You don’t need the perfect order. You need a workable one.

TOOL 5 · PRINT THIS PAGE

TRAVEL STRONG CHECKLIST

☐ Follow my prescribed medication plan

☐ Pack what I need appropriately

☐ Know relevant storage / travel requirements

☐ Easy first food option

☐ Travel backup

☐ Lower-appetite option if useful

☐ Realistic movement opportunity

☐ Decide whether formal strength practice is realistic

☐ Consider sleep / schedule changes

MY TRAVEL PLAN B:

_____

TOOL 6 · PRINT AGAIN

THE 10-MINUTE WEEKLY RESET

1. WHAT DOES MY CALENDAR LOOK LIKE?

2. WHERE CAN STRENGTH FIT?

3. WHERE WILL FOOD GET DIFFICULT?

4. WHERE CAN MOVEMENT FIT?

5. WHAT DOES RECOVERY NEED?

6. WHAT'S LIKELY TO GO WRONG?

7. WHAT'S PLAN B?

TOOL 7 · PRINT THIS PAGE

MY PLAN B

When the normal plan doesn't fit:

STRENGTH BECOMES:

_____

FOOD BECOMES:

_____

MOVEMENT BECOMES:

_____

RECOVERY BECOMES:

_____

THE ONE PRIORITY I WANT TO PROTECT:

_____

DON'T ABANDON THE SYSTEM.

SHRINK IT.

TOOL 8 · SAVE TO PHONE

“I DON’T KNOW WHAT TO EAT”

1. Find a protein anchor. 2. Add what the meal needs. 3. Make it easy enough to actually eat. 4. Stop searching.

MY FASTEST OPTION 1:

_____

MY FASTEST OPTION 2:

_____

MY FASTEST OPTION 3:

_____

For more choices → Protein Made Simple

TOOL 9 · SAVE TO PHONE

“I DON’T FEEL LIKE TRAINING”

HEALTH OR SAFETY CONCERN?

YES → Address that first.
NO + NORMAL ENERGY / LOW MOTIVATION → Begin appropriately.
LOWER ENERGY → Adapt.
STILL UNSURE → Use the Low-Energy Day Plan.

KEEP THE DECISION SHORT.

Don't turn a decision into a 45-minute negotiation.

TOOL 10 · SAVE TO PHONE

“NOTHING IS WORKING”

WIDEN THE LENS BEFORE YOU REACT.

WEIGHT TREND — One measurement or a meaningful pattern?

STRENGTH — What evidence do I have?

FUNCTION — What feels different in real life?

CONSISTENCY — What have I actually been doing?

HEALTH / TREATMENT — Does this belong with my healthcare team?

For deeper tracking → Beyond the Scale

TOOL 11 · PRINT AGAIN

THE 24-HOUR RESET

Yesterday didn't go as planned.

☐ Plan A

☐ Plan B

☐ Low-Energy Day Plan

☐ Health / professional guidance first

HOW DO I FEEL?

_____

WHAT ACTUALLY NEEDS ATTENTION?

_____

MY NEXT APPROPRIATE ACTION:

_____

RETURN.

DON'T REPAY.

TOOL 12 · PRINT AGAIN

MY S.T.R.O.N.G. DASHBOARD

S — STRENGTH

T — TARGET YOUR NOURISHMENT

R — REGULAR MOVEMENT

O — OWN YOUR WEEK

N — NURTURE RECOVERY

G — GROW GRADUALLY

WHICH ONE NEEDS MY ATTENTION MOST?

TOOL 13 · PRINT THIS PAGE

HEALTHCARE CONVERSATION CARD

Use this to organize questions before an appointment.

WHAT I'VE NOTICED:

WHEN IT STARTED:

WHAT HAS CHANGED:

QUESTIONS I WANT TO ASK:

NUTRITION QUESTION:

EXERCISE QUESTION:

MEDICATION / TREATMENT QUESTION:

OTHER:

This card helps you organize a conversation. It does not diagnose the issue.

TOOL 14 · PRINT THIS PAGE

THE STRONG WOMAN FRIDGE CARD

STRENGTH — Give it a place.
NOURISHMENT — Find the protein. Make it easy.
MOVEMENT — Keep moving.
PLANNING — Look ahead.
RECOVERY — Respect it.
PROGRESS — Grow gradually.

WHEN LIFE GETS MESSY

DON’T ABANDON THE SYSTEM. SHRINK IT.

WHEN THE SCALE GETS LOUD — THE SCALE IS DATA, NOT A GRADE.

WHEN YOU DON’T KNOW WHAT TO DO — CHOOSE THE NEXT APPROPRIATE ACTION.

PHONE CARD

WHEN IN DOUBT…

DON’T KNOW WHAT TO EAT? → Find the protein anchor.
DON’T FEEL LIKE TRAINING? → Check your energy. Choose the right version.
WEEK IS FALLING APART? → Use Plan B.
SCALE IS FRUSTRATING YOU? → Widen the lens.
MISSED A DAY? → Return.
EVERYTHING FEELS COMPLICATED? → Simplify.
SOMETHING FEELS MEDICALLY WRONG? → Get appropriate help.

NEXT APPROPRIATE ACTION.

THAT’S ENOUGH.

CHOOSE YOUR THREE

You don't need all fourteen tools visible at once.

TOOL I NEED MOST OFTEN:

TOOL THAT SAVES ME THE MOST DECISIONS:

TOOL I NEED WHEN LIFE GETS MESSY:

WHAT TO PRINT FIRST

Fridge → Strong Woman Fridge Card
Planner → My Strong Week
Kitchen → Grocery Sheet
Phone → Restaurant / Training / When in Doubt cards
Health notes → Healthcare Conversation Card

FINAL REMINDER

PRINT IT. SAVE IT. USE IT.

You already have the information. You already have the system. These cards exist so you don’t have to remember all of it at once. Print what helps. Save what helps. Ignore what you don’t need today. Then use the right tool when the moment arrives.

DON'T MAKE HER FIND THE TOOL.

PUT THE TOOL WHERE SHE NEEDS IT.

IMPORTANT NOTE — This pack provides general educational and organizational tools. It does not provide individualized medical, nutrition, physical therapy or exercise advice. For medical concerns, concerning symptoms, individualized nutrition needs, exercise limitations or medication and treatment questions, seek appropriate qualified guidance.