

PLUS

WEIGHT LOSS SECRETS

by Coach Eve - 20 Page Workbook

1
RELAX
REFRESH
BE YOU



STYLE

Sun
Sea
Confidence

BEAUTY HAS
NO SIZE



REAL
STRATEGIES



REAL
RESULTS



A HAPPIER
YOU

Stronger
Healthier
Happier
♡



Life is
Better
in a
Swimsuit
♡



JOIN THE JOURNEY
CoachEve.com
♡
youtube



CLEAN
NUTRITION



SIMPLE
WORKOUTS



LASTING
CONFIDENCE



A HEALTHIER
HAPPIER YOU

YOUR 12 MONTH TRANSFORMATION JOURNEY

THIS IS YOUR VISION

Stronger every day.
Healthier every choice.
The best version of me.
This is just the

Beginning ♥

TRACK. FOCUS. TRANSFORM.

SCAN TO CONNECT
TO MY ONLINE JOURNEY



youtubefitness.com/eve

Nutrition & Fitness Log



STRONG
BODY



CLEAR
MIND



HAPPY
HEART



YOUR
GOALS

DAILY NUTRITION LOG

MEAL	FOOD / DRINK	CALORIES	PROTEIN	NOTES
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				
DAILY TOTALS		CALORIES: _____	PROTEIN: _____	

ONE YEAR. ONE COMMITMENT.

DAILY HABITS CHECKLIST

- WORKOUT COMPLETED ☐
- ATE WHOLE FOODS ☐
- NO ADDED SUGARS ☐
- STAYED HYDRATED ☐
- 10K+ STEPS ☐
- 7-9 HOURS SLEEP ☐
- STRESS MANAGEMENT ☐

HYDRATION TRACKER

GOAL:
8 CUPS / DAY



NOTES _____

WEEKLY PROGRESS

WEEK OF: _____

WINS THIS WEEK

WEIGHT: _____

BODY FAT %: _____

YOUR 12-MONTH TRANSFORMATION JOURNEY

Track. Focus. Transform.

Use this workbook to connect nutrition, movement, sleep, stress management and cycle awareness into one practical system.



NUTRITION

Fuel a healthier, happier you.

BUILD THE PLATE

- Protein: choose a satisfying source at meals to support muscle and fullness.
- Vegetables and fruit: add color, fiber and variety.
- Quality carbohydrates: support activity, recovery and enjoyment.
- Healthy fats: include foods such as nuts, seeds, avocado and olive oil.
- Hydration: drink regularly; needs vary with climate, activity and health.



SIMPLE NUTRITION HOMEWORK

- Plan three breakfasts you can repeat on busy days.
- Choose two protein-rich snacks you genuinely enjoy.
- Write a grocery list around foods you will actually eat.
- Notice hunger and fullness without labeling foods as good or bad.
- Bring medical nutrition questions to a qualified healthcare professional.



NUTRITION - NOTES + HOMEWORK

Turn information into choices that fit your real life.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



NUTRITION - NOTES + HOMEWORK

Plan meals, obstacles, questions and one experiment for this week.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:

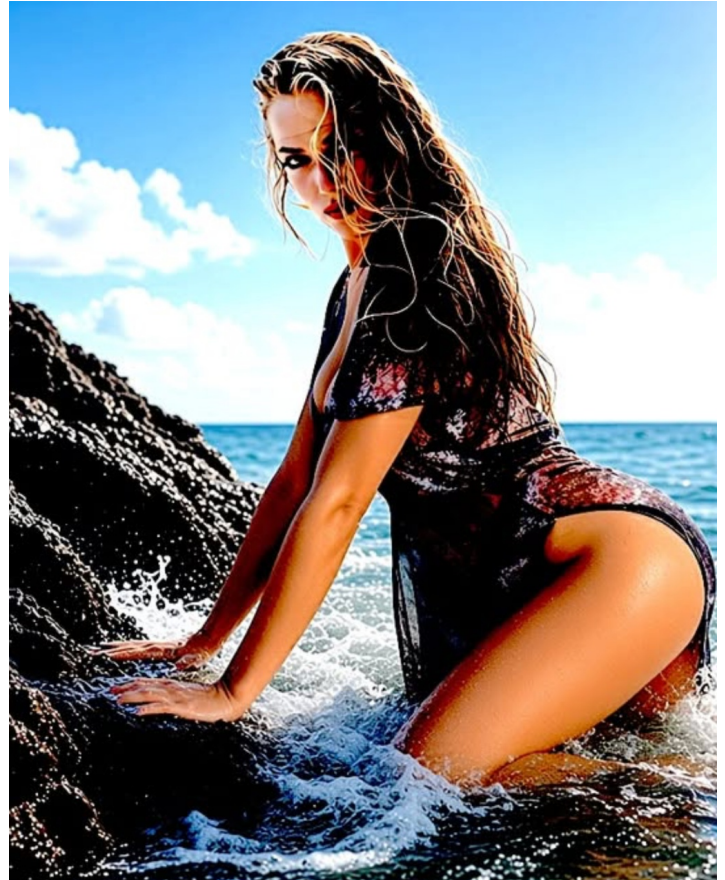


DAILY HABITS

Small steps. Big results.

DAILY CHECKLIST

- Move daily in ways you enjoy.
- Eat mindfully and build meals around whole foods.
- Protect a consistent sleep opportunity.
- Use healthy stress-management tools.
- Limit unplanned screen time.
- Hydrate throughout the day.
- Review progress with self-compassion.



CONSISTENCY BEATS INTENSITY

- Choose one habit that feels almost too easy.
- Attach it to a routine you already do.
- Track completion for seven days.
- Adjust the plan if the habit repeatedly does not fit your life.



DAILY HABITS - NOTES + HOMEWORK

Audit a normal weekday and find your highest-impact habit.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



DAILY HABITS - NOTES + HOMEWORK

Choose one habit and define exactly when, where and how.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



CYCLE AWARENESS

Track patterns. Work with your body.

WHAT TO TRACK

- Bleeding days and flow changes.
- Energy, mood and sleep.
- Appetite and cravings.
- Training performance and recovery.
- Pain or other symptoms.
- Questions you want to discuss with a clinician.



FOUR-PHASE FRAMEWORK

- Menstrual: begins on day 1 of bleeding.
- Follicular: after menstruation leading toward ovulation.
- Ovulatory: around ovulation; timing varies.
- Luteal: after ovulation until the next period.
- Cycles differ from person to person. Tracking is for awareness, not diagnosis.



CYCLE AWARENESS - NOTES + HOMEWORK

Record patterns without assuming every change is caused by your cycle.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



CYCLE AWARENESS - NOTES + HOMEWORK

Write questions about symptoms, nutrition, sleep and training.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



13-MONTH CALENDAR

September 2026 - September 2027

SEPTEMBER 2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2026

M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER 2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY 2027

M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2027

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH 2027

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL 2027

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2027

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE 2027

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY 2027

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2027

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER 2027

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

KEY: Period-day | Estimated-ovulation | Energy | Mood | Notes



13-MONTH PLANNING - NOTES + HOMEWORK

Define the few things you want to track consistently.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



13-MONTH PLANNING - NOTES + HOMEWORK

Set monthly milestones for behaviors, not perfection.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:

TRACK PROGRESS

CUSTOM FITNESS SOFTWARE FOR YOUR SMART PHONE

Use your private fitness tools to organize workouts, habits, check-ins and measurable progress.

CUSTOM WORKOUTS

REAL-TIME STATS

COACH FEEDBACK

PRIVATE & SECURE

Our Personal Fitness Coach
Your Pocket.
Custom Workouts.
Real Results.



CUSTOM WORKOUTS

Programs built for you
and your goals.



TRACK REAL PROGRESS

Heart rate, calories, &
performance insights.



COACH FEEDBACK

Stay motivated with
expert guidance.



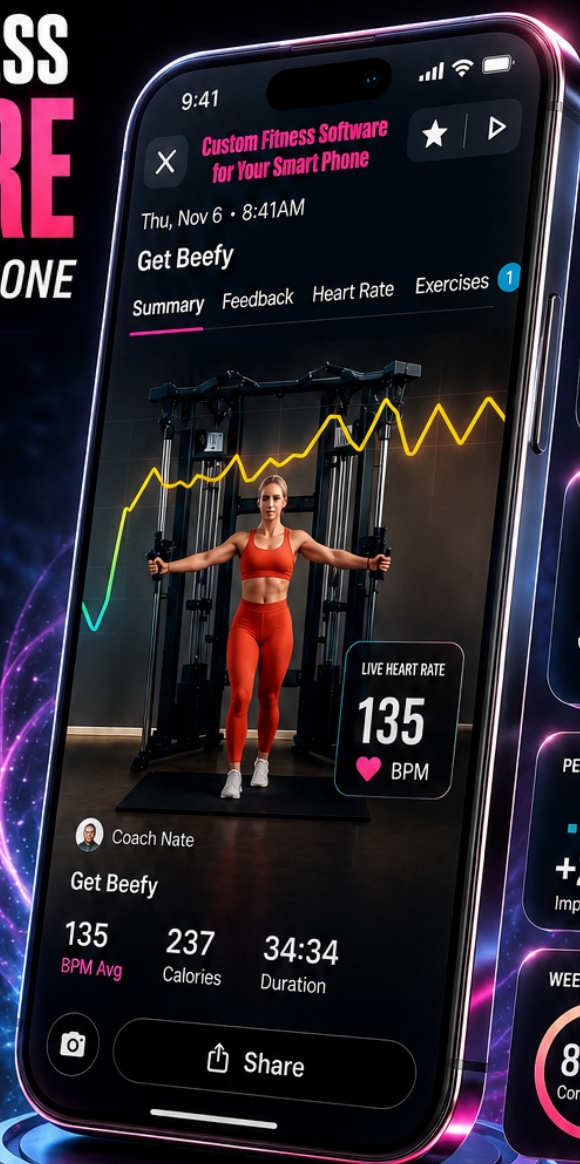
100% PRIVATE & SECURE

Your data. Your journey.
Always protected.



100% PRIVATE

Your fitness journey
is safe with us.



CALORIES
BURNED



237
CAL

WORKOUT
DURATION



34:34
MIN

PERFORMANCE



+28%
Improvement

WEEKLY GOAL



POWERFUL FEATURES. PROVEN RESULTS.



GOAL SETTING

Define. Track.
Achieve.



REAL-TIME STATS

Monitor every rep,
every beat.



ACHIEVE MORE

Data-driven insights
for real progress.



ANYTIME, ANYWHERE

Your coach is
always with you.



BUILT FOR YOU

Smart. Secure.
Personalized.

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CUSTOM FITNESS SOFTWARE
BUILT FOR YOUR SUCCESS.

START YOUR JOURNEY TODAY

YOUR GOAL:
OUR MISSION



PROGRESS TRACKING - NOTES + HOMEWORK

Decide which measurements help you make useful decisions.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



PROGRESS TRACKING - NOTES + HOMEWORK

Review trends, celebrate wins and choose one adjustment.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



YOUR NEXT STEPS

One year. One commitment. A new you.

YOUR ACTION PLAN

- Set a meaningful goal and write down why it matters.
- Choose the smallest behaviors that move you toward it.
- Schedule movement and meal preparation.
- Track progress without obsessing over one number.
- Celebrate follow-through and consistency.
- Ask for support when you need it.

THIS IS YOUR VISION
Stronger every day.
Healthier every choice.
The best version of me.
This is just the Beginning

TRACK. FOCUS. TRANSFORM.
SCAN TO CONNECT
TO MY ONLINE JOURNEY

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Nutrition & Fitness Log

DAILY NUTRITION LOG

MEAL	FOOD / DRINK	CALORIES	PROTEIN	NOTES
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				

DAILY HABITS CHECKLIST

- WORKOUT COMPLETED ☐
- ATE WHOLE FOODS ☐
- NO ADDED SUGARS ☐
- STAYED HYDRATED ☐
- 10K+ STEPS ☐
- 7-9 HOURS SLEEP ☐
- STRESS MANAGEMENT ☐

HYDRATION TRACKER

GOAL: 8 CUPS / DAY

NOTES

WEEKLY PROGRESS

WEEK OF: _____

WEIGHT: _____

BODY FAT %: _____

ENERGY LEVEL: ☆☆☆☆☆

SLEEP QUALITY: ☆☆☆☆☆

WINS THIS WEEK

ONE YEAR. ONE COMMITMENT.
A New You.

CONSISTENCY TODAY • CONFIDENCE TOMORROW • RESULTS FOREVER

TRACK TODAY • TRANSFORM TOMORROW

THIS WEEK'S COMMITMENT

- My most important habit:
- When I will do it:
- What could get in the way:
- My backup plan:
- How I will celebrate completing the week:



NEXT STEPS - NOTES + HOMEWORK

Turn the plan into a realistic seven-day commitment.

What stood out to me?

What is already working?

What will I practice next?

Questions for Coach Eve:



PLUS STYLE

*Sun
Sea
Confidence*

BEAUTY HAS
NO SIZE



*Life is
Better
in a
Swimsuit*

*Real
Women
Real*

YOUR NEXT CHAPTER STARTS NOW

Stronger habits. Brighter days. Bigger you.

Keep the plan simple enough to repeat. Learn from your tracking, adjust when life changes, and use professional medical support whenever a health concern falls outside coaching scope.

youtubefitness.com/eve | Eve@YoutubeFitness.com



13 x 28-DAY CYCLE CALENDAR

A 364-day rhythm for period tracking - with SOL at the center

JANUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

FEBRUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

APRIL

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

JUNE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SOL

CENTER OF YOUR CYCLE YEAR

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

JULY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

AUGUST

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SEPTEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

OCTOBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

NOVEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

DECEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

TRACKING KEY

- Period
- Ovulation
- High energy
- Low energy
- Mood / notes