

STRUCTURED

*her*

— STRENGTH THROUGH STRUCTURE —

*The Lockdown*

— FITNESS —

THE **BUSY**  
*Woman*  
**RESET**  
**STARTER KIT**



Simple strategies to reset your  
**habits, boost your energy** and  
feel back in control — even with  
*a busy life.*

*You've  
got this!*



REFOCUS  
YOUR MIND



RESET  
YOUR BODY



RECLAIM  
YOUR TIME

# Welcome

TO YOUR **RESET**,  
YOUR **COMEBACK**,  
*your time.* 

I created this guide for busy women just like you — who are juggling everything, yet still want to feel healthy, strong and back in control.

You don't need a perfect routine. You need simple, realistic strategies that fit your life and help you build consistency that lasts.

You've got this, and I'm here to help you every step of the way.

*Cheering you on,  
Structured Her* 



This is your reset.  
Your fresh start.  
Your time to feel like *you again.*

## THIS GUIDE WILL HELP YOU:



### REFOCUS

your mindset  
and priorities



### RESET

your body with simple  
nutrition and  
movement



### RECHARGE

your energy and  
build habits that  
last



### RECLAIM

your time and  
create a life that  
feels good

# WHY A *Reset*

## CHANGES EVERYTHING


Life gets busy. Routines slip. Energy dips.  
You start over... again.

**A reset isn't about being perfect.**


It's about pausing, realigning and choosing *you* again.


Small shifts today create a completely different tomorrow.




*Remember:* You don't need more willpower.  
You need a plan that works for *your* life. 

### WHAT THIS RESET IS **NOT**






 Not a diet

 Not about perfection

 Not a quick fix

 Not one-size-fits-all

### WHAT THIS RESET IS

-  Simple daily habits that create *results*
-  Nourishment that *fuels* your body
-  Movement that supports your *energy*
-  Mindset shifts that build *confidence*
-  Consistency that *fits your life*



*You've got this.*

One small step today can change *your* whole future.

# YOUR 5 DAY *Reset*

 5 SIMPLE DAYS TO **RESET** YOUR BODY,  
REFRESH YOUR MIND AND **GET BACK ON TRACK.**



## *Day 1*

### RESET WITH MOVEMENT

- ✓ 20-minute walk
- ✓ Protein with each meal
- ✓ 2 litres water

#### GOAL:

*Build momentum. *



## *Day 2*

### ADD STRENGTH

- ✓ 15-minute strength workout
- ✓ Add vegetables to two meals
- ✓ Aim for 7-8k steps

#### GOAL:

*Wake the body up. *



## *Day 3*

### KEEP IT EASY

- ✓ 10-minute backup workout
- ✓ Protein breakfast
- ✓ Slow down at one meal

#### GOAL:

*Practice consistency on  
imperfect days. *



## *Day 4*

### REDUCE STRESS

- ✓ Walk + mobility/stretch
- ✓ Hydrate well
- ✓ Prioritise sleep tonight

#### GOAL:

*Support recovery. *



## *Day 5*

### FULL RESET DAY

- ✓ Total body workout
- ✓ Protein at every meal
- ✓ Reflect:  
What helped me feel  
good this week?

#### GOAL:


*Lock in momentum. *

*You've  
got this! *

Small daily actions  
create big changes.  
**Keep it simple,  
keep showing up,  
and trust the process.**



#### WANT LINKS TO THE EXACT WORKOUTS?

DM me "WORKOUTS" and I'll send you the  
full workout links to follow each day! 



# 3 EASY FAT LOSS Breakfasts



Fuel your body.  
Start your day.  
Stay on track.

## 1. Protein Eggs Plate

- ♥ 2 eggs
- ♥ Sourdough or wholegrain toast
- ♥ Avocado
- ♥ Tomatoes

*Simple and filling.*



## 2. Greek Yoghurt Bowl

- ♥ Greek yoghurt
- ♥ Berries
- ♥ Chia seeds
- ♥ Nuts

*Protein + fibre = fuller for longer.*




## 3. Protein Oats

- ♥ Oats
- ♥ Protein powder (optional)
- ♥ Cinnamon
- ♥ Banana

*Perfect busy-morning option.*



*Quick Tip:*

Try aiming for **20–30g protein** at breakfast.  
It can help satiety, cravings and energy. 



# MY CONSISTENCY *Rule* ♥

♥  
Small actions,  
done consistently,  
create big results.



## THE 20-MINUTE RULE

*On hard days... do 20 minutes.* ♥



**NOT AN HOUR.**  
Not perfect.  
**20 minutes.** ♥



**WALK.** ♥



**STRETCH.** ♥



**QUICK WORKOUT.** ♥



**ANYTHING.** ♥



*This rule changes*  
**EVERYTHING.** ♥

It keeps you moving forward,  
even when motivation disappears.

♥  
*Because:*  
**CONSISTENCY**  
**BEATS**  
**INTENSITY.** ♥



*You don't have  
to go all in.  
You just have  
to show up.*



Want links to short **20-minute workouts**  
and mobility routines?

DM me "WORKOUTS"  
and I'll send them to you!




# BUSY WOMAN RESET *Tracker*

Small daily habits. **Big results** over time. 



*Tick daily:*

Use this tracker to stay consistent with the little things that create the biggest change. 

HABIT	MON	TUE	WED	THU	FRI
 MOVEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 SLEEP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 STEPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



*Progress, not perfection.*


Some days will be easier than others.  
What matters is that you keep showing up for you.

*You've got this!* 




Every tick  
is a step closer  
to the woman  
*you're becoming.*



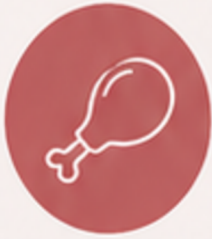
**TIP:** Focus on showing up daily, not being perfect.  
Consistency creates transformation. 



Print this page, stick it somewhere  
you'll see it every day and own  
your reset! 

# BONUS: HORMONE-FRIENDLY *Fat Loss Tips* ♥

35+  
♥



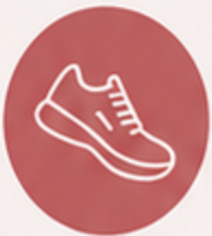
## 1. PRIORITISE PROTEIN.

It supports muscle, hormones and keeps you fuller for longer. ♥



## 2. STRENGTH TRAIN 2-3 TIMES WEEKLY.

Build lean muscle, boost metabolism and support bone health. ♥



## 3. WALK MORE THAN YOU THINK YOU NEED.

Low stress, high impact for fat loss and mood. ♥



## 4. MANAGE STRESS — CORTISOL MATTERS.

High stress can lead to cravings, fat storage and low energy. ♥



## 5. DON'T UNDEREAT.

Too little food can backfire — it affects hormones, energy and metabolism. ♥

*Especially for women dealing with:* ♥



PCOS



ENDOMETRIOSIS



PERIMENOPAUSE




*Work with your body. Not against it.* ♥


You don't need to be perfect — you need a plan that supports you. ♥

# WANT *Support?*

READY FOR ACCOUNTABILITY  
BEYOND THIS **RESET?** 



This guide is a  
*starting point.* 

If you want support applying  
it in real life, I offer coaching  
through **The Busy Woman Reset.** 

STRUCTURED  
*her*

— STRENGTH THROUGH STRUCTURE —

## THE BUSY WOMAN RESET

Built for women who are:



Busy



Overwhelmed



Tired of  
restarting



Ready for  
real change

## WHAT'S INCLUDED?

- ✓ Personalised weekly workout plan
- ✓ Workouts matched to your fitness level and goals
- ✓ Daily accountability check-ins
- ✓ Direct coach access via WhatsApp
- ✓ Nutrition guide to help you build your ideal meal plan

I take on a limited number of women each month so  
I can give every client the support and attention she deserves.

## READY TO START?


Reply with:

**START**

and I'll send you the details.

No pressure.

No hard sell.

Just a conversation to see if it's the right fit for you. 



Instagram:  
[@lockdownfitnesscoach](https://www.instagram.com/lockdownfitnesscoach)



Email:  
[start@structuredher.com.au](mailto:start@structuredher.com.au)

STRUCTURED  
*her*

— STRENGTH THROUGH STRUCTURE —

*Small habits. Real support. Lasting results.* 

# BONUS

# 5 QUICK

# “Reset Meals”

FOR BUSY DAYS



Fast to make.  
Nourishing.  
Keeps you on track.

*Every time.*

1



## EGGS + TOAST + AVOCADO

Protein, healthy fats, fibre.  
Simple and satisfying.



2



## TUNA/CHICKEN WRAP + SALAD

High protein + crunchy veg.  
Perfect on the go.



3



## GREEK YOGHURT BOWL

Protein + fibre + healthy fats.  
Keeps you fuller for longer.



4



## RICE + DHAL + EGGS

Balanced, filling and budget-  
friendly.



5



## STIR-FRY CHICKEN + VEG

Quick, colourful and easy  
to prep.



*Simple fallback meals*  
BEAT TAKEOUT PANIC. ♥



**TIP:** Prep one or two  
ingredients ahead of time  
to save you later. ♥