

FIT CLUB BABES APP

Your Ultimate Guide to
Getting Started

TABLE OF CONTENTS

Welcome

- Personal Tour Guide Introduction

HOME PAGE ESSENTIALS

- Daily Workout, Macros, and Habits Tracker
- Navigation and Quick Access Features

ACCOUNT AND SETTINGS

- Managing Account, Memberships, Macros, and Personal Settings

NUTRITION & MEAL PLANNING

- Customizing Meal Plans and Recipes
- Grocery List and Meal Prep Tools
- Why its important

WORKOUTS & PROGRAMS

- Scheduling, Tracking, and Customizing Workouts
- Why following a program is important

PROGRESS & CHECK-INS

- Tracking Progress and Biofeedback
- Setting and Reviewing Goals
- Why tracking progress is important

DAILY HABITS & MOTIVATION

- Non-negotiables, Gratitude, and Reflection
- Daily Motivation and Podcast Access
- why daily habits make a big difference
- Why daily mindset is so important

COMMUNITY & SUPPORT

- Facebook Group, Coaching, and Feedback

FINAL THOUGHTS

- Embracing Your Transformation Journey

Frequently Asked Questions (FAQs)

- all the questions answered here- if its not there just message us

WELCOME TO FIT CLUB BABES



Welcome to the Fit Club Babes (FCB) app! Think of this app as your own personal tour guide on your health and fitness journey.

Whether you're just starting out or looking to elevate your routine, this guide will help you navigate through all the features the app offers, so you can make the most of your journey.

BRAVE. ACCOUNTABLE. BEAUTIFUL. EMPOWERED TO CHANGE HER STORY

A PERSONAL MESSAGE TO MY FIT SISTERS

Hello, beautiful Fit Sisters!

I'm so excited to welcome you to the Fit Club Babes app! As I created this guide, I kept you in mind and wanted to give you everything I wish I had when I started—tools and resources all in one place that truly made a difference in my own health and fitness journey.

This journey is so much more than just working out and eating right. It's about embracing and loving yourself exactly where you are and giving your body the care it deserves. We'll focus on nurturing every part of you—mind, body, and soul. From mindset and movement to nutrition and connecting with our amazing community, this is your time to shine and grow.

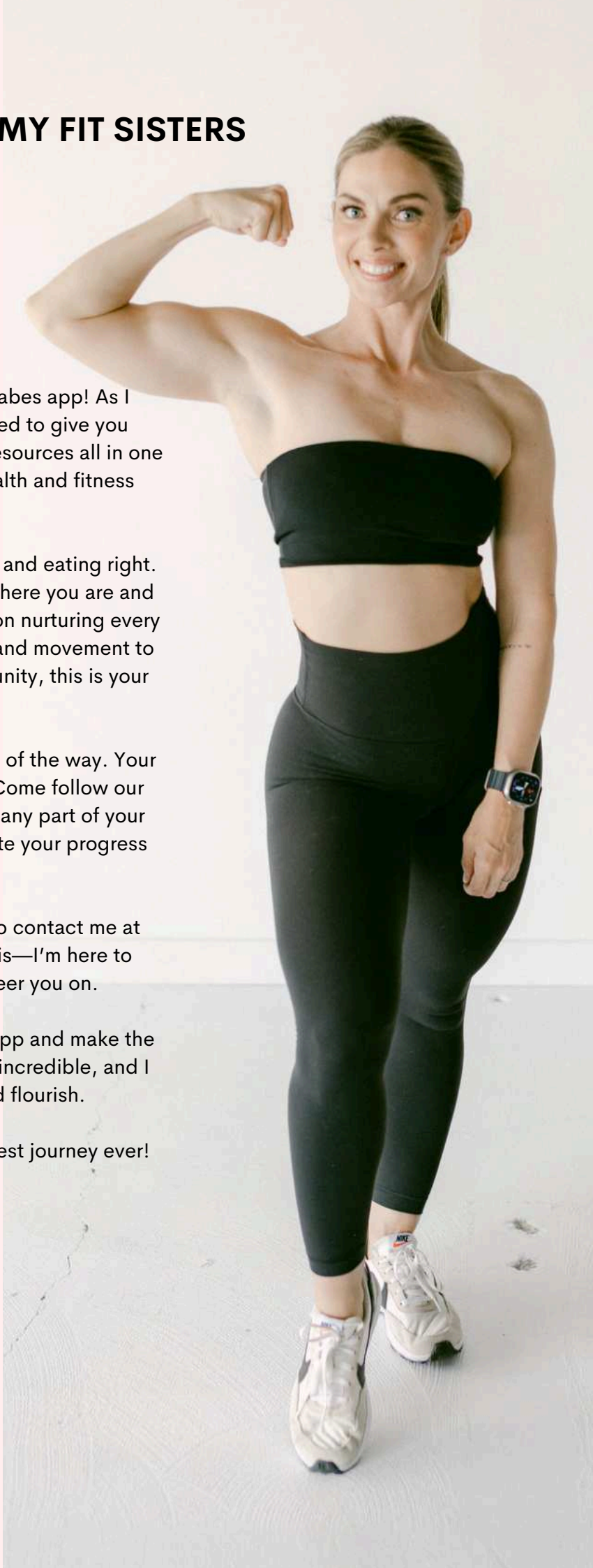
I want you to know that I'm here for you every step of the way. Your victories, challenges, and journey matter to me. Come follow our @fitclubbabes Instagram page and tag us during any part of your journey. I'd love to feature your story and celebrate your progress with our community.

If you need help or want to chat, don't hesitate to contact me at ask@fitnessministry.ca. You're never alone in this—I'm here to support you, answer your questions, and cheer you on.

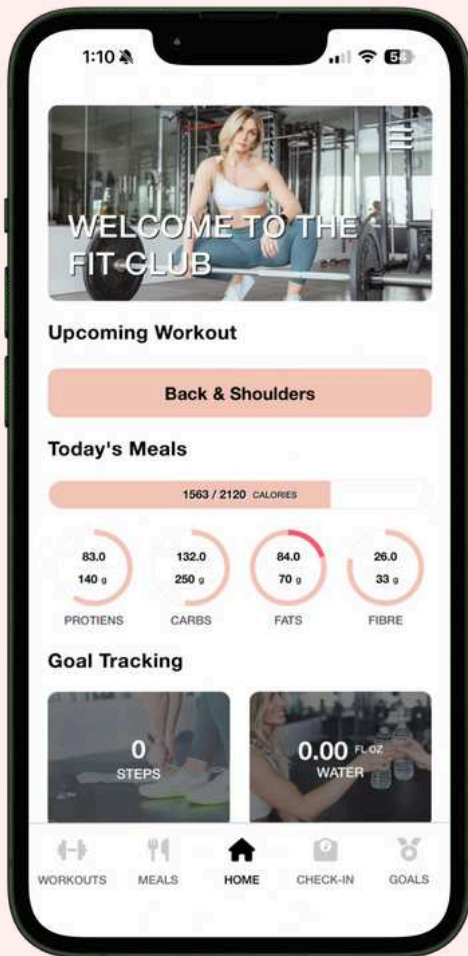
I hope this guide helps you navigate the Fit Club app and make the most out of your experience. Your journey will be incredible, and I can't wait to see you change your story and flourish.

Let's embrace every moment and make this the best journey ever!
With all my love and support,

Hannah xo



HOME PAGE OVERVIEW



UPCOMING WORKOUT

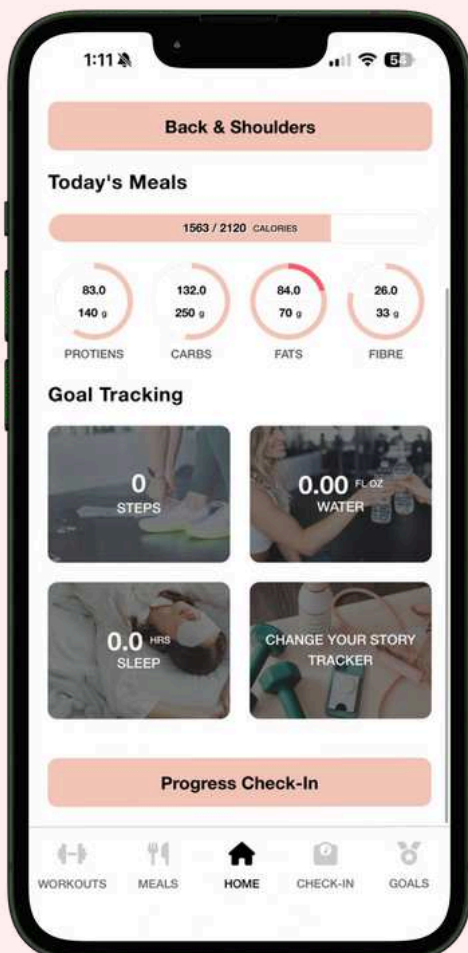
Location: At the top of your Home Page.

Purpose: This is where you will find the workout assigned to you for that day. Tap the button to view and start your workout. You can also access all your workouts by pressing the workout emoji on the bottom bar.

TARGET MACROS & CALORIES

Display: Circles represent your target macros (proteins, carbs, fats), and a line shows your calorie intake.

Functionality: As you log your food throughout the day, these circles and lines will fill up, showing you how close you are to hitting your targets.



DAILY HABITS TRACKER

Components:

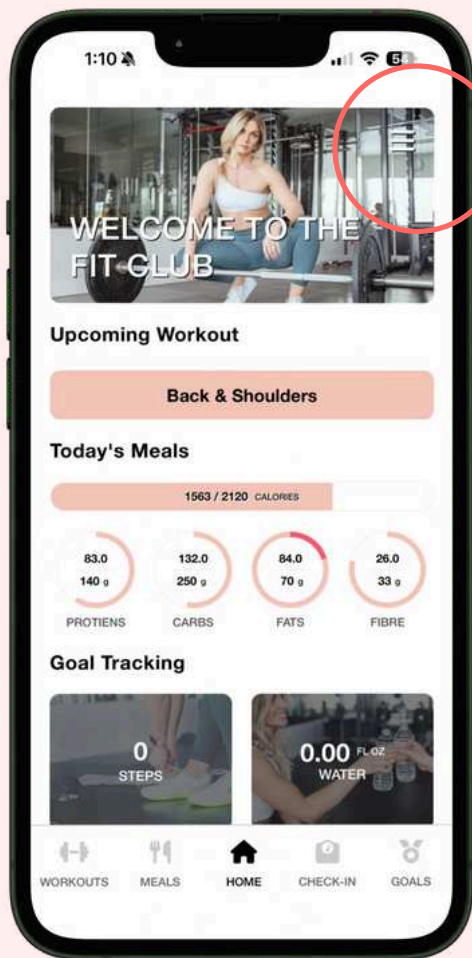
Sleep: Log your sleep hours.

Daily Steps: Track your steps and see your progress towards your daily step goal.

Water Intake: Log your water consumption.

Change Your Story Tracker: Track your progress on challenges you set for yourself. Tapping the calendar opens it, allowing you to track your workouts and other challenges.

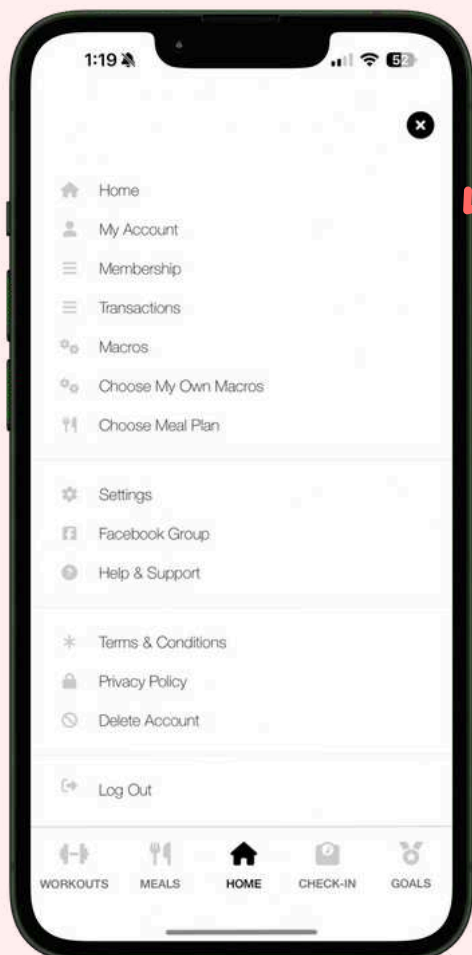
HOME PAGE OVERVIEW



HAMBURGER MENU (TOP RIGHT CORNER)

This menu is where you'll find various account settings and additional features:

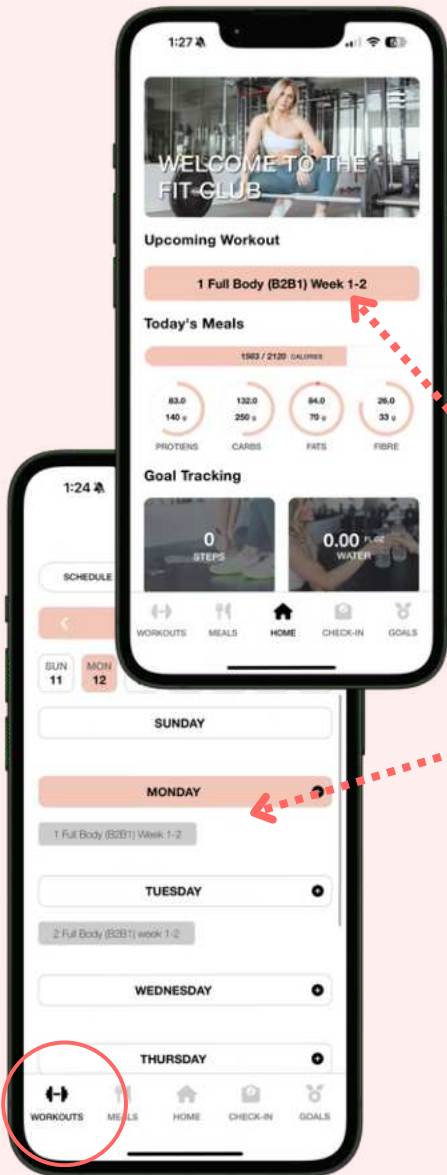
- **Account & Membership:** View and manage your subscription, transactions, and account details. For security, you'll be prompted to sign in again when accessing sensitive areas.
- **Macros & Goals:** Change your macro settings, update your goals, and even choose meal plans.
- **Meal Plan Selection:** Choose from a variety of meal plans, updated monthly.
- **Facebook Group Link:** Join the Fit Club Babes community on Facebook
- **Help & Support:** Access FAQs and get support if needed
- **Terms & Conditions:** View the app's terms of service.



A woman with long blonde hair in a ponytail is shown in profile, performing a squat. She is wearing a black sports bra, black leggings, and white sneakers. She is holding a large black dumbbell across her shoulders with both hands. She is wearing a black smartwatch on her left wrist and has a tattoo on her left forearm. The background is a plain, light-colored wall and floor.

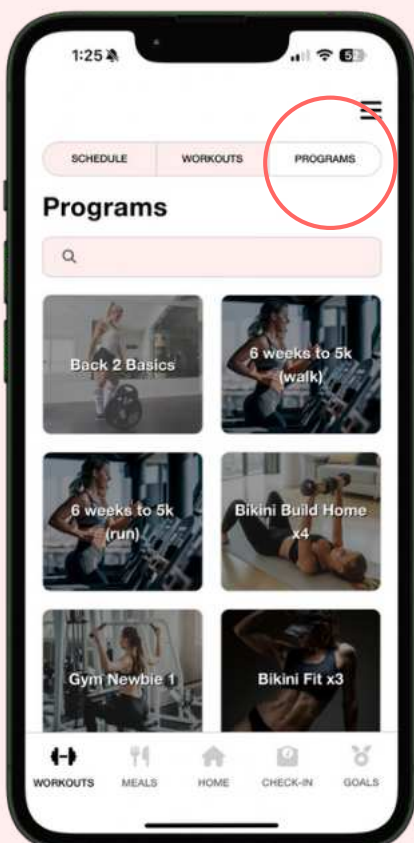
PROGRAMS &
WORKOUTS

WORKOUT SECTION



Workout Calendar

- **Overview:** Shows your scheduled workouts, which also appear on your Home Page.

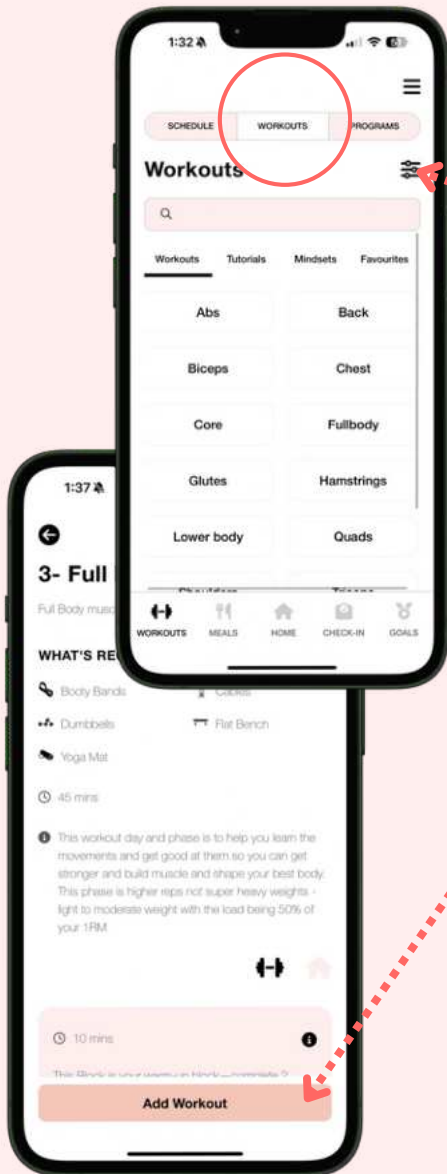


Program Selection:

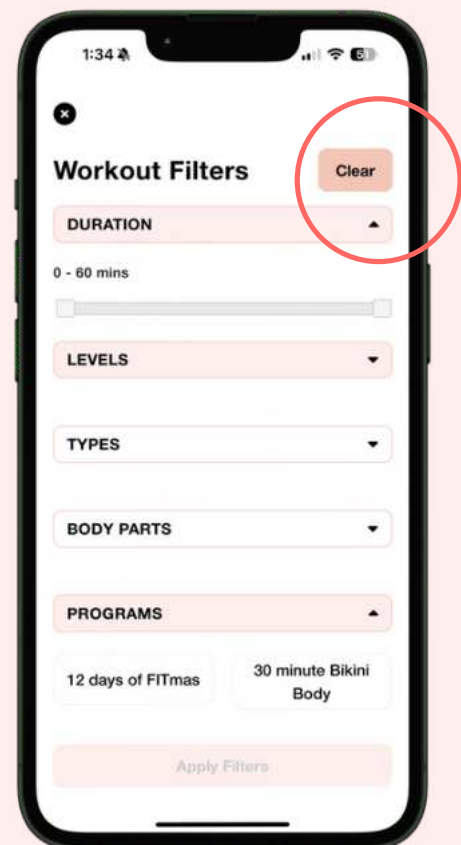
- Choose up to two programs to add to your calendar, with automatic scheduling. Note that you cannot change the workout order on the calendar, but you can complete them in any order you prefer.

WORKOUT SECTION

WORKOUT LIBRARY



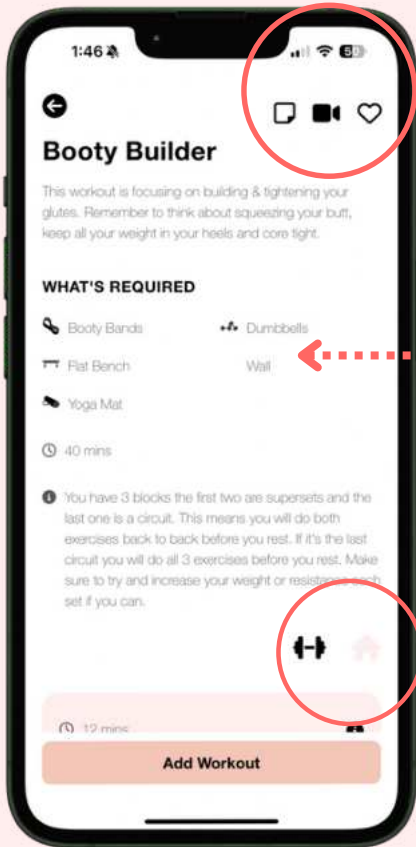
- **Filtering:** Choose workouts by body part, or use the filter button for more specific options.
- **Add to Calendar:** Add workouts directly to your calendar.



Programs vs. Workout Library:

- Programs are structured with specific lengths and goals, automatically syncing to your calendar.
- The workout library allows you to customize your own workout routine or complement your program with additional exercises like mobility, abs, or cardio.

WORKOUT PAGE *FEATURES*



ICONS:

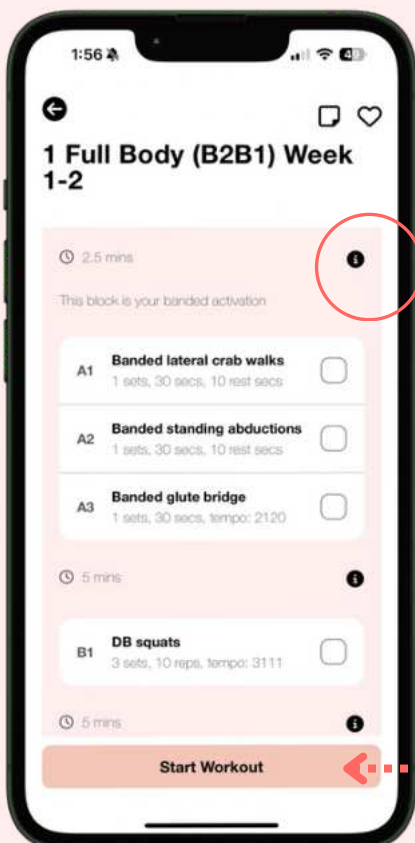
- **Heart:** Save the workout to your favorites.
- **Note:** Add personal notes about the workout.
- **Camera:** If available, tap to access a full recorded workout video.

DIRECTIONS & EQUIPMENT:

- See what you need before starting your workout.

HOME/GYM SWAP:

- Switch between home and gym workout options.



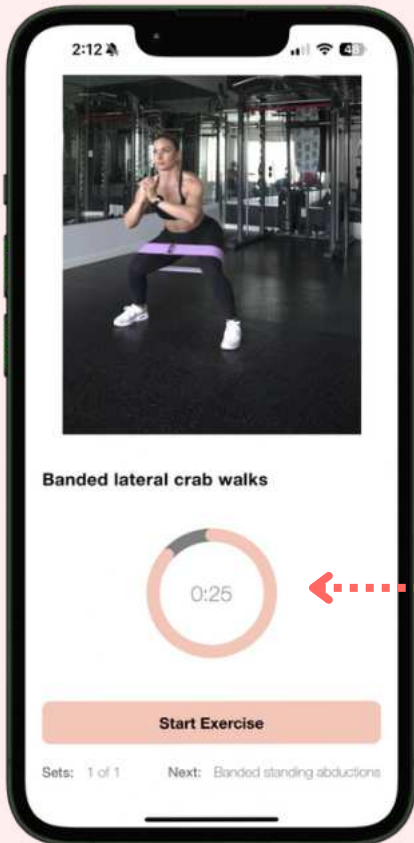
INFORMATION ICON (I):

- Learn about specific exercise terms and instructions.

REQUIRE ACCOUNTABILITY FOR YOUR WORKOUT- JUST PRESS START WORKOUT

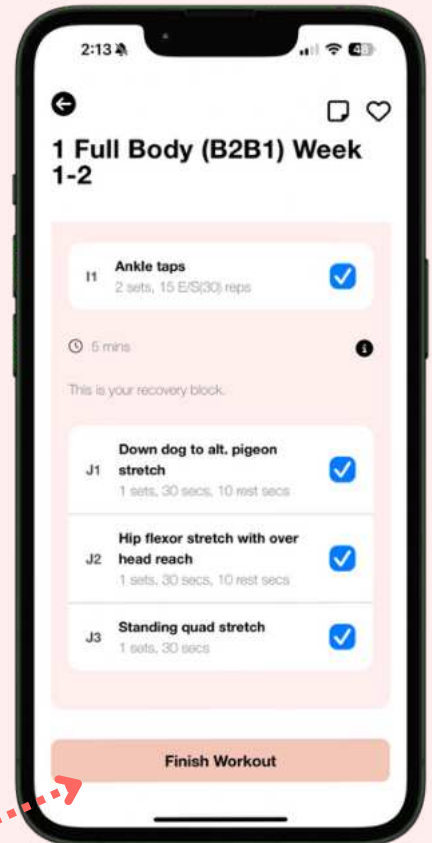
- The app guides you through your entire workout, including warm-up sets, repetitions, and rest periods.

WORKOUT PAGE *FEATURES*



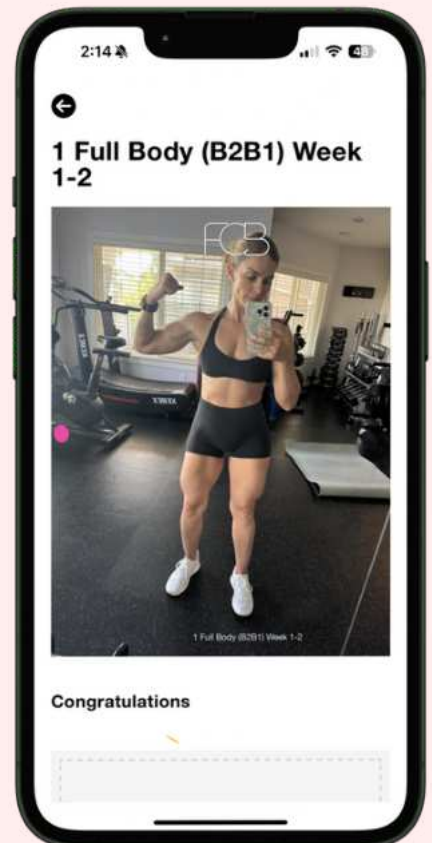
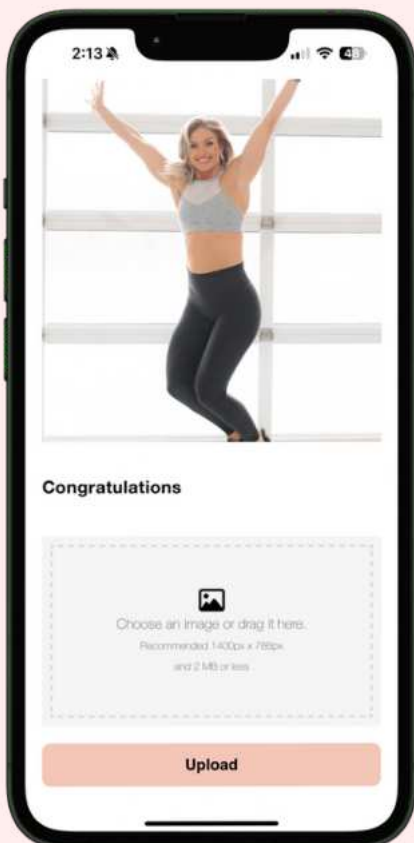
TIMER:

- It will countdown your rest times and or workout times if it's timed exercises.

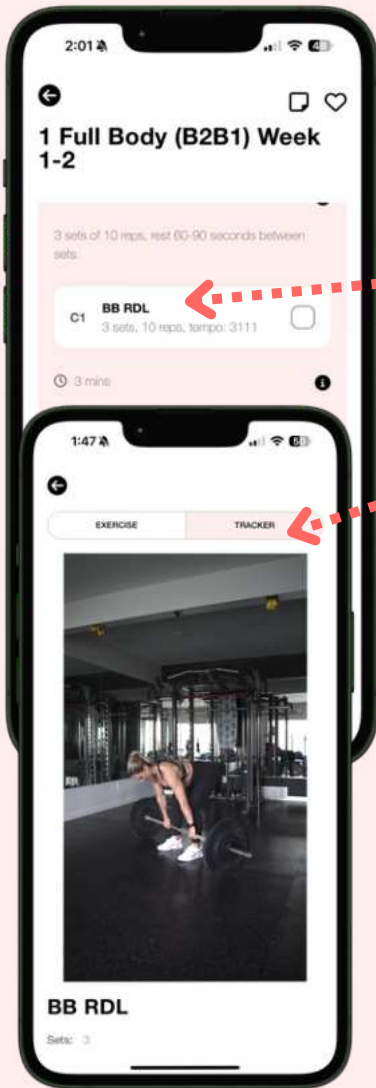


Post-Workout

- Completion: Once all exercises are ticked off, upload a workout selfie to share on social media.

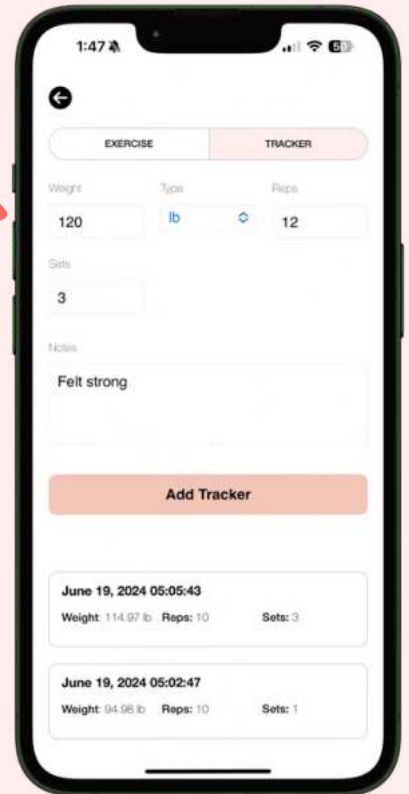


TRACKING PROGRESS



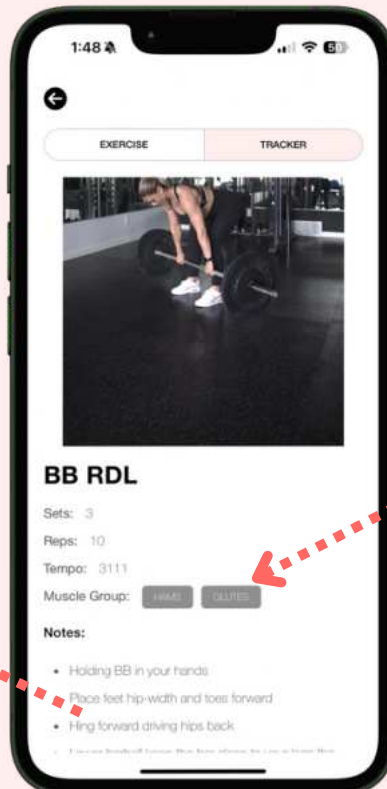
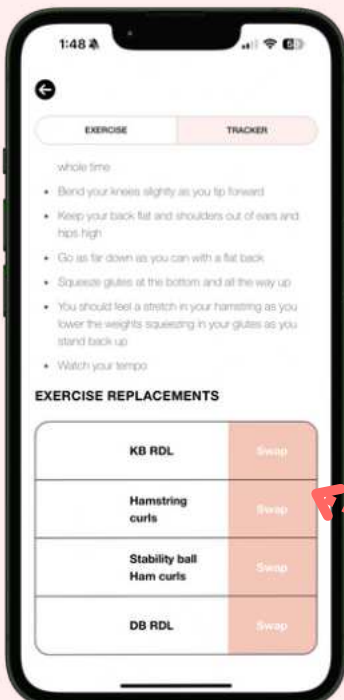
WEIGHTS TRACKER:

- Tap on the exercise to preview it.
- Log the weights you use for each exercise, along with notes. Your history will be saved and available across workouts.



EXERCISE DETAILS:

- **Description:** Learn how to perform each exercise.
- **Muscle Groups:** See which muscles are targeted.
- **Exercise Swap:** Swap exercises for different modalities (e.g., dumbbells, body weight).



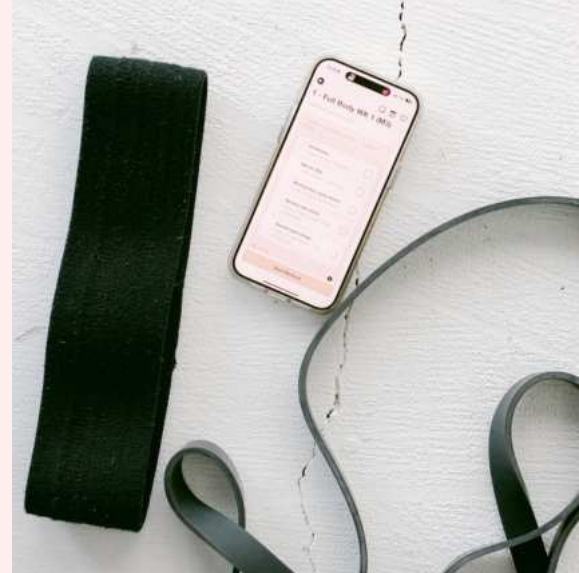
WHY FOLLOWING A WORKOUT PROGRAM IS ESSENTIAL

Consistency, Progression, and Flexibility

When it comes to fitness, having a structured workout program is your key to success. Here's why following a program, tracking your progress, and staying flexible is so important:

1 Provides Structure and Consistency

Following a structured program is essential for success because it gives you a clear roadmap to follow. It removes the guesswork from your workouts, ensuring that every session has a purpose and moves you closer to your goals. Structure creates consistency, which is the key to seeing real progress over time. When you stick to a plan, you build momentum, stay on track, and develop the habits necessary to sustain your health and fitness journey.



2 Helps You Learn Movement Patterns

A well-designed program teaches you proper movement patterns, which are the foundation of effective training. As you repeat these movements, you not only get stronger but also improve your coordination, balance, and overall technique. This reduces the risk of injury and allows you to lift heavier weights and perform more challenging exercises with confidence. Mastering these patterns is essential for long-term progress and for ensuring that your workouts are safe and effective.



3 Supports Progression and Strength Gains

One of the biggest benefits of following a program is that it's designed to help you progress. Whether it's increasing the weights you lift, the number of reps you perform, or the intensity of your workouts, a structured program guides you in making consistent gains. Progression is crucial for building strength, improving endurance, and achieving your fitness goals. It helps you break through plateaus and keeps your workouts challenging and effective.

4 Keeps You Focused and Motivated

Having a program to follow keeps you focused on your goals. It gives you a clear path to follow, which reduces distractions and helps you stay committed to your routine. Knowing what you need to do each day keeps you motivated, especially when you start to see the results of your hard work. It's easier to stay dedicated when you have a plan that's guiding you step by step toward your goals.

FLEXIBILITY AND MINDSET

1 Don't Get Hung Up on Specific Exercises

It's important to remember that flexibility is part of the process. If you find certain exercises challenging or if they don't work for your body, it's okay to swap them out for something that feels better for you. Progress isn't about sticking rigidly to every detail—it's about making the program work for you. Substituting exercises won't ruin your progress; it can actually help you stay consistent and injury-free.



2 Less is More for Beginners (even if your not a beginner)

If you're just starting out, remember that less is more. Begin with manageable workouts that allow room for growth. You don't need to do everything at once—starting small gives you the opportunity to build a solid foundation and increase intensity over time. This approach helps prevent burnout and keeps you excited about your progress.

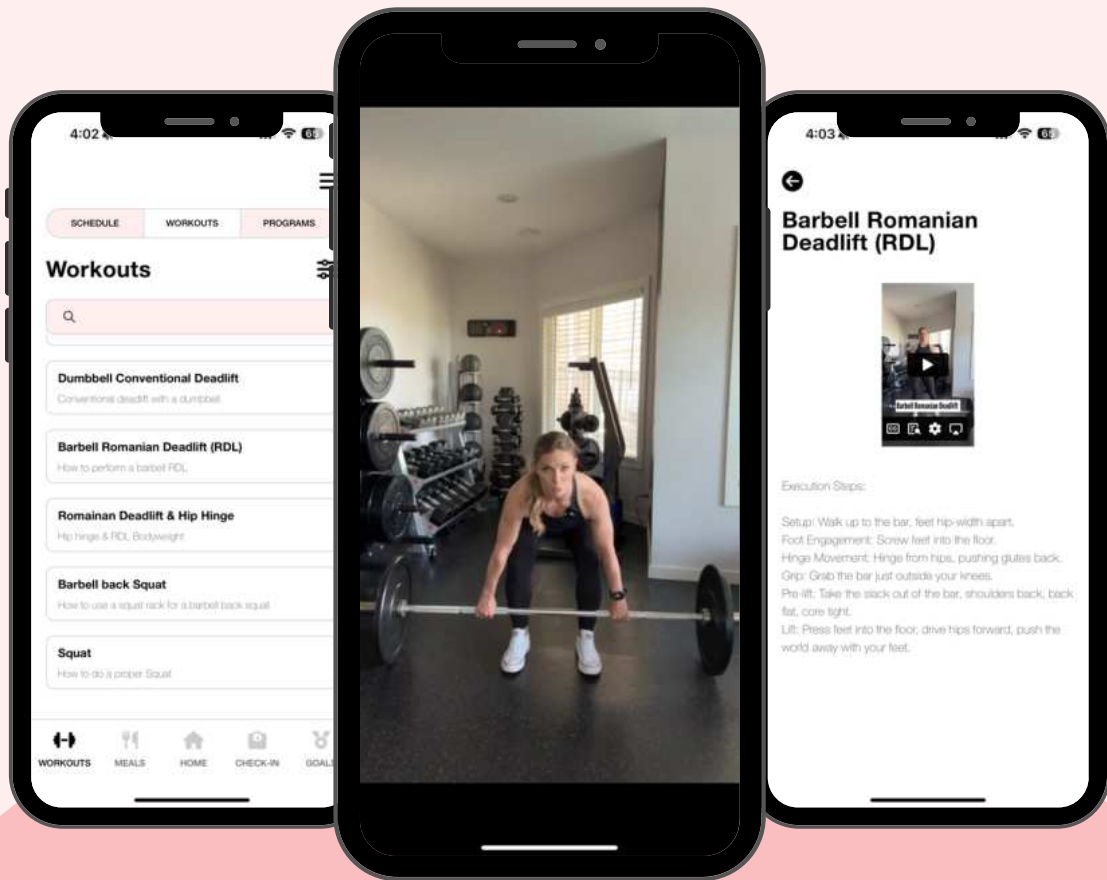


3 Stay Connected for Support

Remember, you're not alone on this journey. Share your workout successes, challenges, and questions in our Facebook or Instagram community. Connecting with others who are on the same path can provide motivation, accountability, and valuable support. Whether you're celebrating a personal best or need advice on an exercise modification, our community is here to cheer you on and help you succeed.

FORM FRIDAYS

Every Friday, we dedicate time to improving your form with Form Fridays in our Facebook group. This is your opportunity to send me videos of your exercises so I can review them and provide personalized feedback. Proper form is crucial for maximizing your results and preventing injury, so don't hesitate to share your workouts with me. Whether you're unsure about a movement or just want confirmation that you're on the right track, I'm here to guide you.



Form & Technique

Using the correct form is crucial when doing any exercise. Exciting news – our training tutorials are now available in the app. These tutorials will assist you in perfecting your form and maximizing your workout results. **Remember, if your form is incorrect, the entire program is ineffective.**

Join us for Form Friday in the Fit Club, where I will be available every Friday to assist you with your form. Just send me a video of your exercise, and I will help you correct your form.

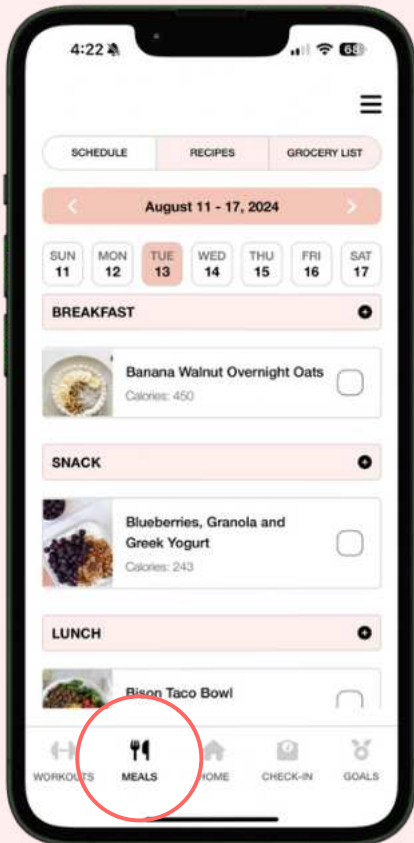
Whether you are a beginner looking to learn the basics or a gym goer looking to level up; I am here to guide you every step of the way.

The Fit Club app is your ultimate BFF for nailing your health and fitness goals. It's like having a personal cheerleader 24/7!

NUTRITION & **MEAL PLANS**



NUTRITION & MEAL PLANS

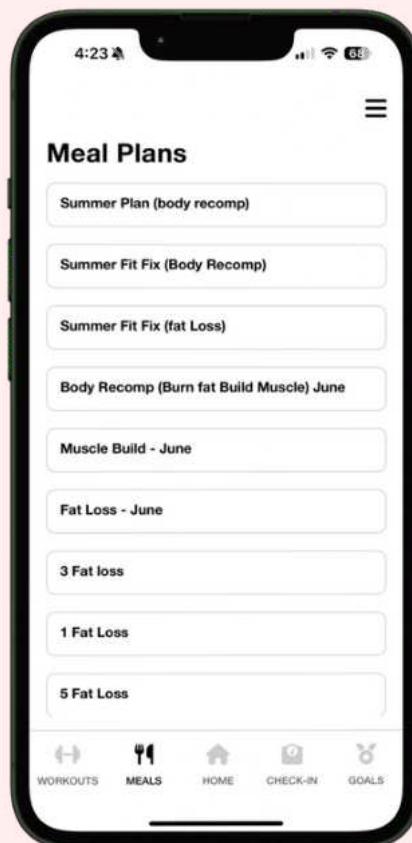
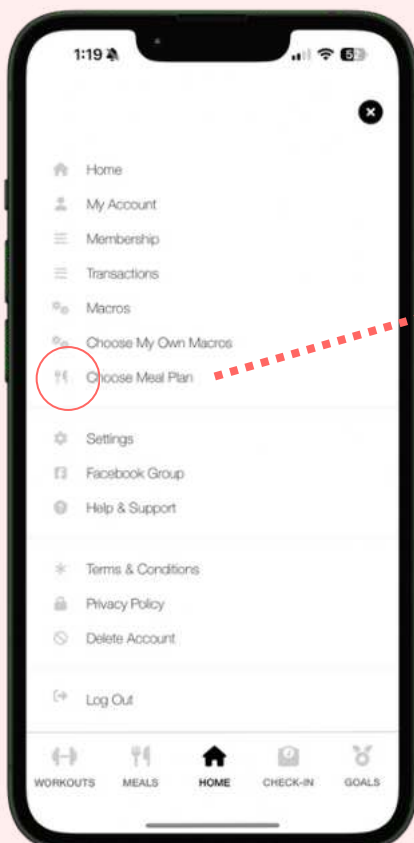


MEAL PLAN CALENDAR

Automatic Scheduling: Your meals are automatically planned, but you can swap them out as needed.

Meal Plan Selection:

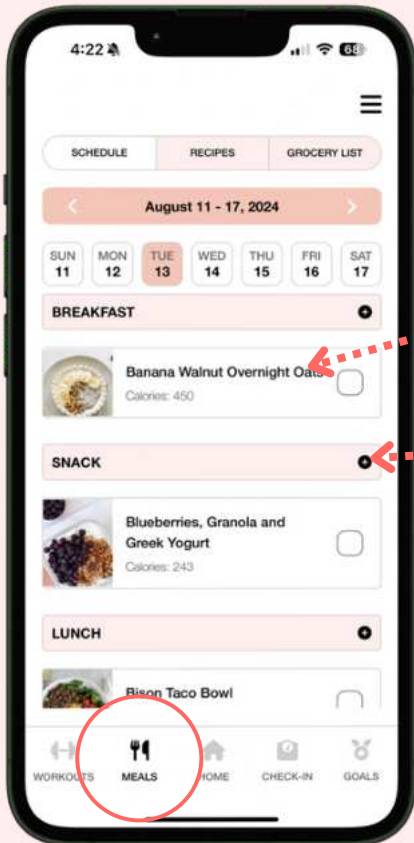
- Choose from monthly updated meal plans or customize your own.



NUTRITION & MEAL PLANS

MANAGING MEALS

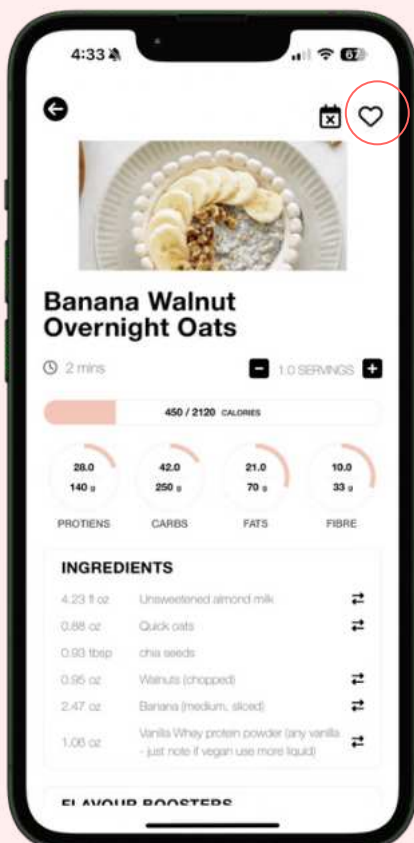
Recipe Functions:



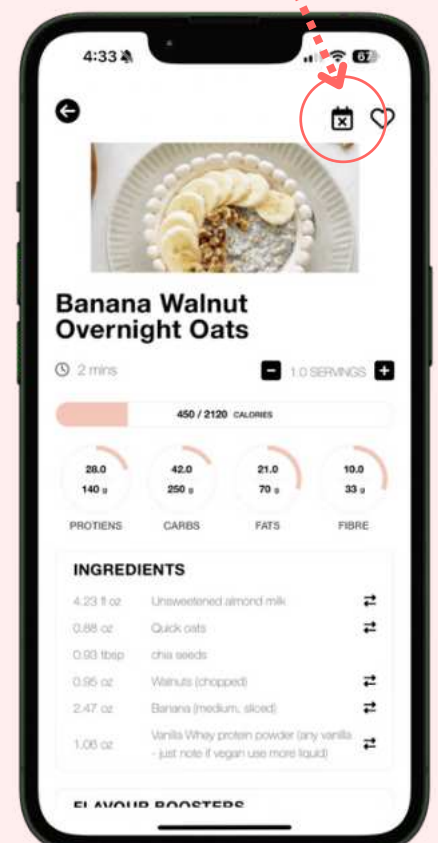
- **Looking at the recipes:** Tap on the recipe/ Meal you want to open

- **Quick Add to Meal Plan:** tap the + on the meal you would like to add - it will only add it to the plan for that day.

- **Remove recipe:** hit the (x) on the calendar it will ask you if you want to remove from just today or the whole meal plan



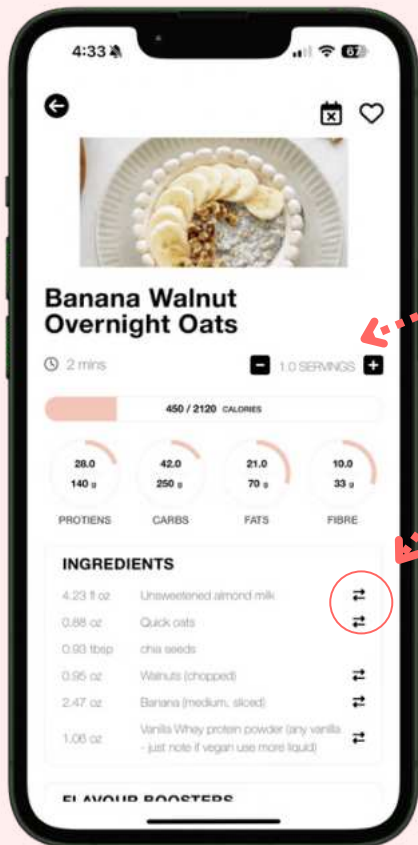
- **Save to Favorites:** Tap the heart icon.



NUTRITION & MEAL PLANS

MANAGING MEALS

Recipe Functions:

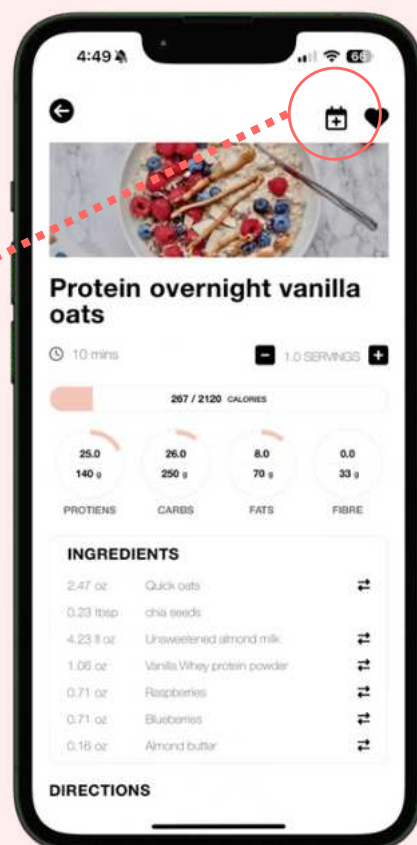
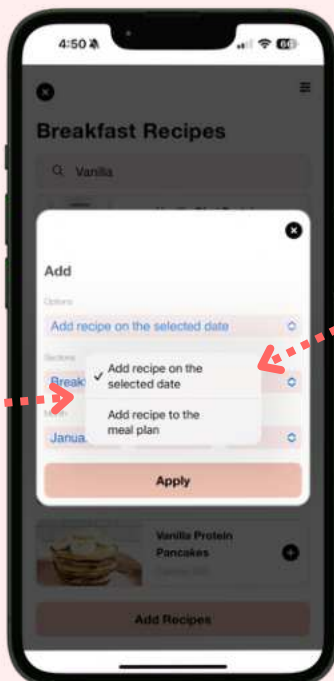
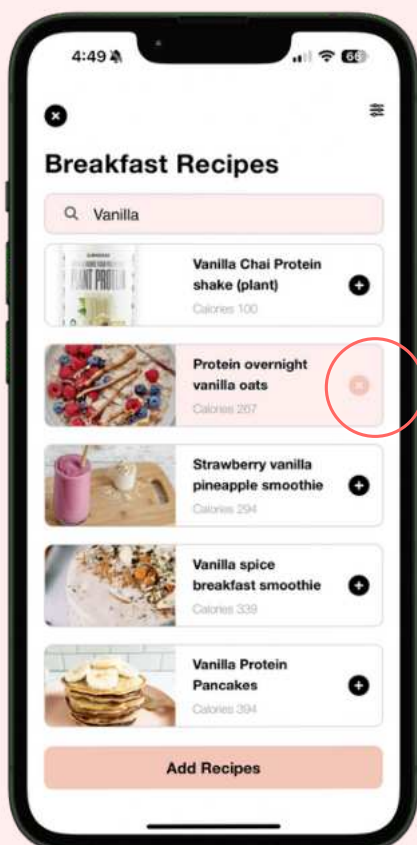


- **Adjust Servings:** Scale the recipe up or down for meal prepping.

- **Ingredient Swaps:** Change ingredients as needed.

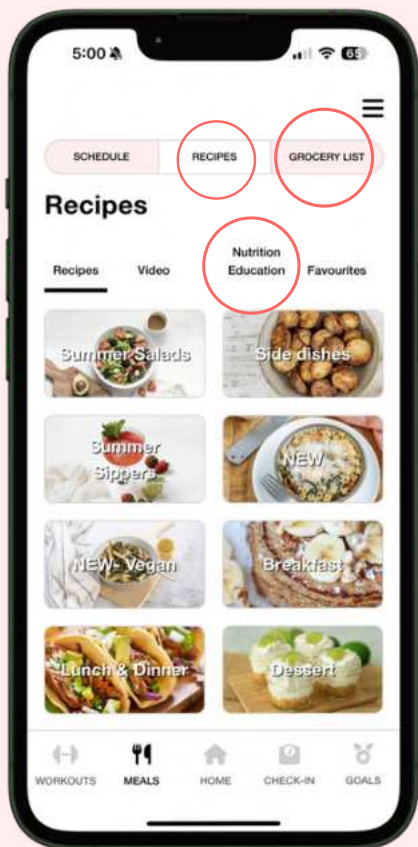
Add to Calendar/ Meal Plan: Use the calendar icon to schedule meals for specific days or add to the whole meal plan.

- 1. You can search in the recipe and add my pressing (+)
- 2. or open up the recipe and press the calendar with the (+)
- Now, you can add it to whatever day you choose or the whole meal plan.



NUTRITION & MEAL PLANS

ADDITIONAL FEATURES

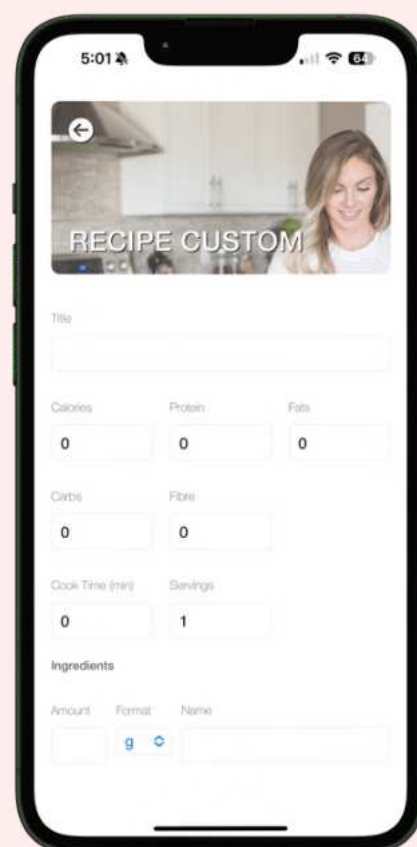
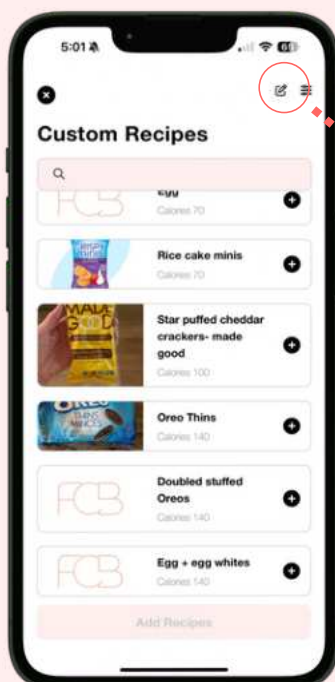
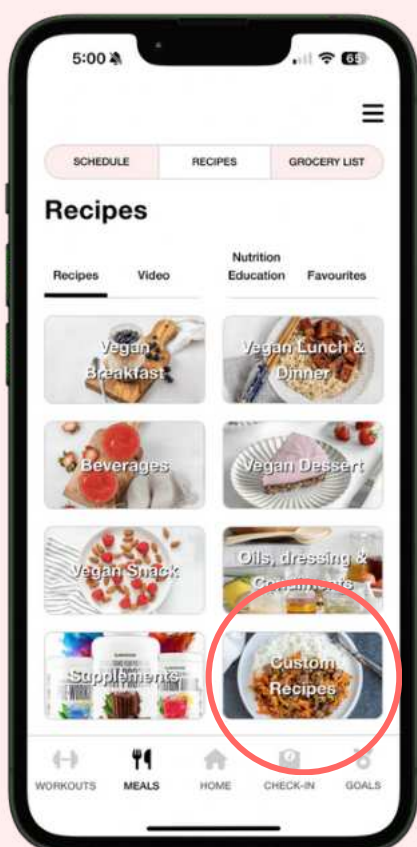


- **Grocery List:** Automatically update when you make changes to your meal plan.



- **Nutrition Education:** Learn about macros, tracking, and weighing food.

- **Custom Recipe Section:** Create your recipes or add single items for tracking. There is no need to put all the ingredients unless you want to-you can just input the calories and macros for easy tracking.



WHY NUTRITION IS KEY TO YOUR SUCCESS

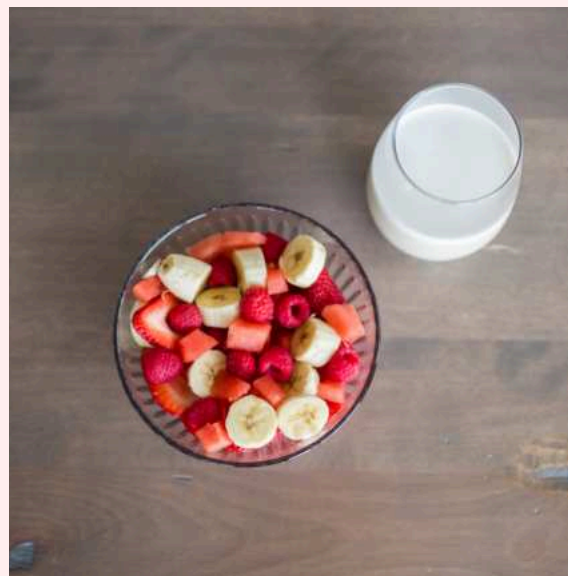
Fuel, Flexibility, and Consistency

Nutrition is the cornerstone of your health, energy, and fitness journey. Here's why approaching your nutrition with the right mindset and tools is crucial:

1 Fueling Your Day and Workouts: Think of nutrition as the fuel that powers your body. Just like a car needs the right fuel to run efficiently, your body needs the right nutrients to function at its best. What you eat directly impacts your energy levels, workout performance, and overall well-being. By focusing on nutritious, balanced meals, you're not just eating to get through the day—you're fueling yourself to thrive, both in the gym and in your busy life.

2 Tracking Macros for Faster Results: Tracking your macronutrients—proteins, carbs, and fats—is a game-changer when it comes to reaching your goals. It helps you understand exactly what your body needs to build muscle, lose fat, or maintain your current weight. By keeping track of your macros, you can make sure you're giving your body the right amount of fuel to meet your goals. It's not about perfection but about creating awareness and making small adjustments that add up over time.

3 Meal Prep Saves Time and Money: Life gets busy, and that's where meal prep comes in. By planning and preparing your meals in advance, you not only save time during the week but also money by avoiding last-minute takeout or unhealthy snacks. Meal prep takes the guesswork out of eating and ensures you always have something nutritious ready to go, keeping you on track even on the busiest days.



4 Flexibility and Ready-Made Meal Plans: The Fit Club app is designed to give you flexibility with your nutrition. You have the freedom to choose the foods you love while still hitting your macros. Plus, every new month, we provide ready-made meal plans to give you fresh ideas and help you stay on track. This balance between flexibility and structure makes it easier to stick with your nutrition plan and enjoy the process.

5 Consistency Over Perfection: Remember, consistency is key. Especially in the beginning, it's important to focus on understanding what and how much to eat to reach your goals. But also know that your macros and calories won't be perfect every day, and that's okay. What matters most is sticking with it over time. Small, consistent efforts lead to big results.

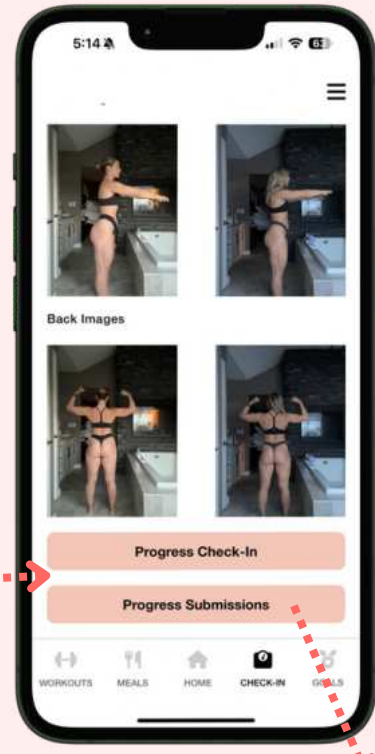
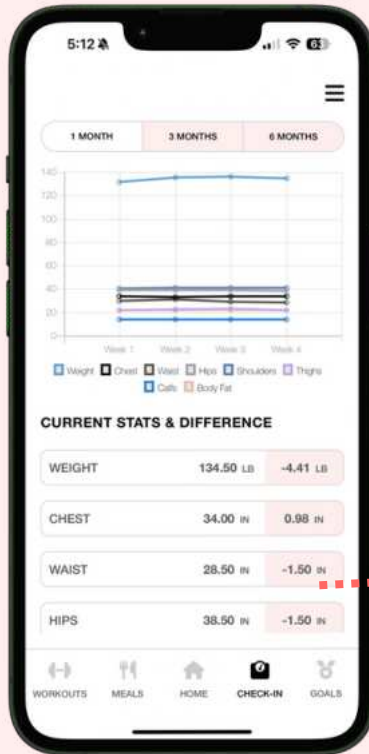
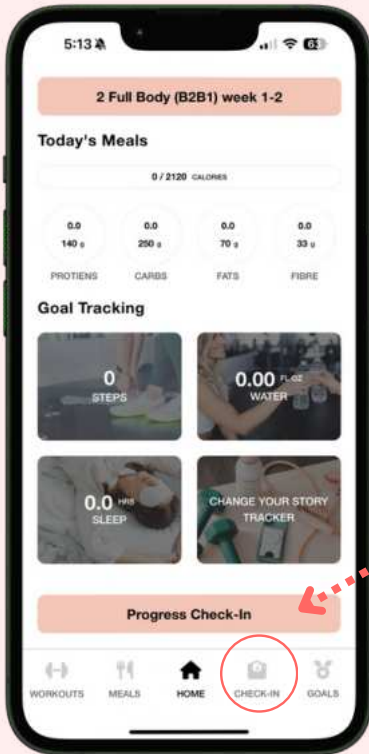


By approaching nutrition as a tool to fuel your day, your workouts, and your life, you're setting yourself up for success. Tracking macros, meal prepping, and staying consistent will help you reach your goals faster while allowing room for flexibility and enjoyment. Remember, it's not about being perfect—it's about making progress and taking care of your body every step of the way.

PROGRESS TRACKING
& CHECK-INS



PROGRESS TRACKING & CHECK-INS



Weekly Check-Ins

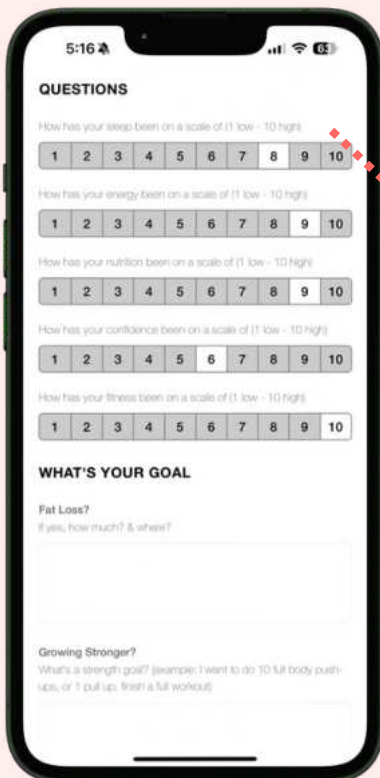
- **Track Progress:** Log your weight, measurements, body fat percentage, and progress photos.

Biofeedback Questionnaire:

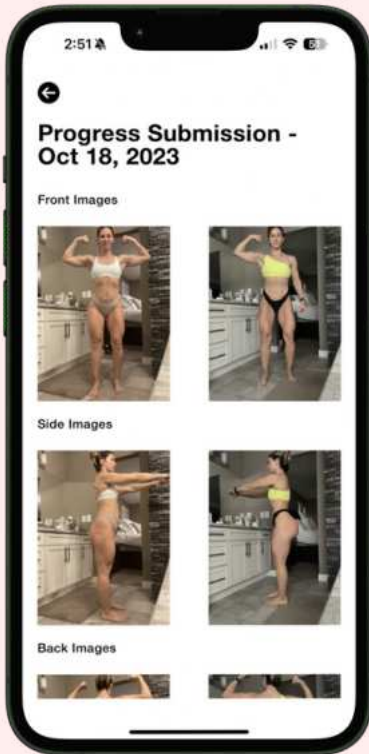
- Rate your sleep, energy, nutrient adherence, mental health, and body confidence on a scale from 1-10. This helps you identify areas that need attention.

Goals Section

- Write & Review Goals: Set weekly goals and reflect on them regularly.

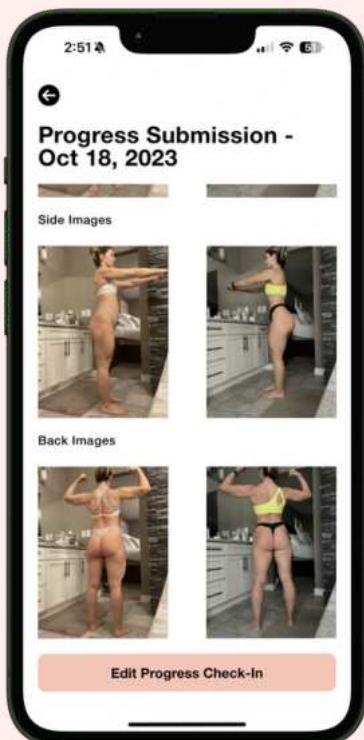


HOW TO TAKE **PROGRESS PICTURES**, **MEASUREMENTS**, AND **TRACK WEIGHT**.



TAKING PROGRESS PICTURES:

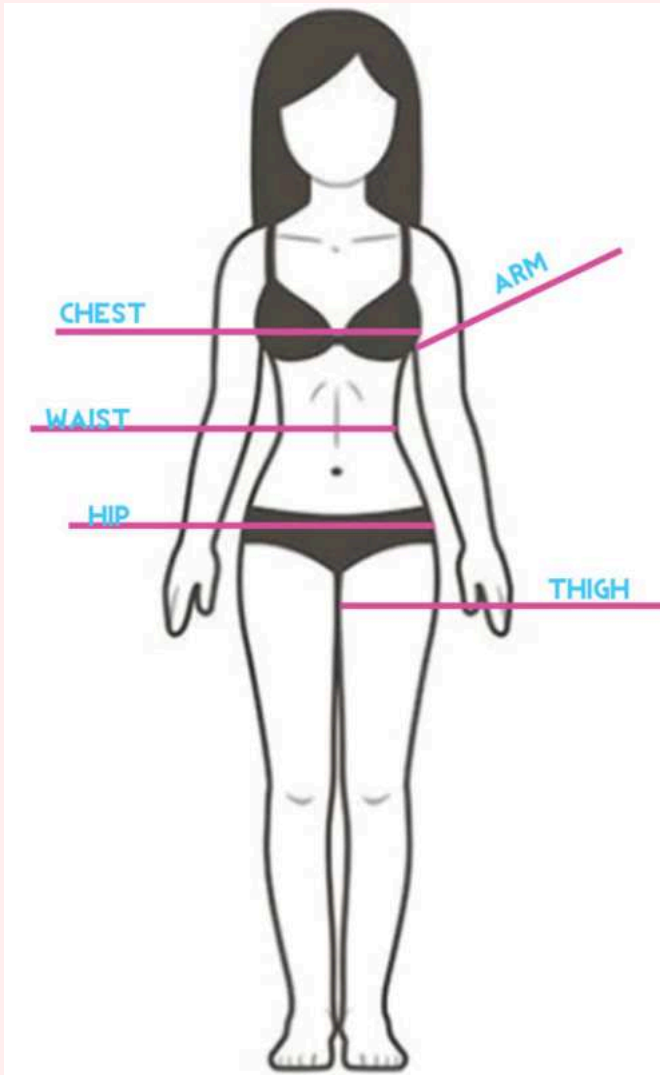
- **Lighting & Setup:**
 - Take your photos in good, natural light for the most accurate representation.
 - Ensure you are in a well-lit area where shadows won't obscure your body.
 - Ste your phone upright vertically and put a countdown timer on.
- **Outfit:**
 - Wear an outfit that clearly shows your body shape, such as a fitted top and shorts or a swimsuit.
 - Choose a consistent outfit for each check-in to accurately track changes.



POSITIONS:

- **Front View:**
 - Stand straight with your feet shoulder-width apart.
 - Smile and flex your biceps (even if they're small now, flexing helps highlight your progress).
 - Ensure the photo includes your head to toe.
- **Side View:**
 - Stand with your arms straight out in front of you, as if in a "zombie" pose.
 - This helps to clearly show your waistline and any changes in your body profile.
- **Back View:**
 - Stand with your back to the camera and flex your biceps again.
 - This view helps to show changes in your back and shoulders.

MEASURING YOUR BODY:



- **Tools Needed:**

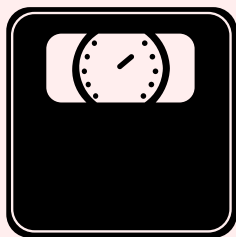
- A flexible measuring tape is essential for accurate measurements.

- **Measurement Steps:**

- **Shoulders:**
 - Wrap the tape measure around your shoulders and back, like giving yourself a hug.
 - Ensure the tape is level and snug but not too tight.
- **Chest:**
 - Measure across the fullest part of your chest, right at the nipple line.
 - Keep the tape level and comfortable.
- **Waist:**
 - Measure around your belly button for the most accurate waist measurement.
- **Hips:**
 - Measure around the widest part of your hips and bum.
- **Thigh:**
 - Measure the thickest part of your thigh, mid to upper.
- **Calf:**
 - Measure around the thickest part of your calf.



TRACKING YOUR WEIGHT & BODY FAT %



- **Consistency:**
 - Weigh yourself at the same time each day to ensure consistency. Morning is often the best time as it's before you eat or drink.
- **What to Remember:**
 - Don't get too hung up on daily fluctuations. Your weight can naturally vary due to several factors. Focus on the overall trend.
- **Body Fat Measurement:**
 - If you know your body fat percentage, include it in your records. If not, use a reference image to estimate and track this if possible.

BEST PRACTICES:

- **Choose a Consistent Day:**
 - Pick a specific day of the week to take your progress pictures, measurements, and weigh-ins. Stick to this day to ensure accuracy.
- **Be Consistent:**
 - Perform these tasks even on days when you might not feel motivated. Regular tracking is key to seeing long-term progress.
- **Keep a Record:**
 - Document your progress in a journal or app. This will help you see changes over time and stay motivated.



NON-SCALE VICTORIES TO CELEBRATE:

1. **Increased Strength:** Lifting heavier weights or completing more reps than before.
2. **Better Endurance:** Improved stamina during workouts or longer durations of physical activity.
3. **Improved Mood and Energy Levels:** Feeling more energetic or having a positive outlook.
4. **Enhanced Sleep Quality:** Noticing better rest and recovery.
5. **Clothes Fitting Better:** Finding that your clothes fit more comfortably or require adjustments.
6. **More Confidence:** Feeling more confident and positive about your body and achievements.
7. **Health Improvements:** Experiencing lower blood pressure, improved cholesterol levels, or other positive health metrics.
8. **Enhanced Flexibility:** Being able to perform stretches or movements that were previously difficult.

Remember: Consistency is key. Even if progress feels slow or you don't see changes immediately, keep up with your pictures, measurements, and weigh-ins. Your efforts will pay off, and you'll be glad you documented your journey.

WHY PROGRESS TRACKING IS IMPORTANT

Images, Measurements, and Biofeedback

Tracking your progress is one of the most powerful ways to stay motivated and see the real results of your hard work. Here's why:

1 Visual Progress: Taking images and measurements allows you to see changes that the scale might not show. Muscle gains, fat loss, and body composition improvements often become visible in photos and measurements before you notice them in everyday life. These changes are powerful reminders of how far you've come, even when the scale doesn't budge.



2 Weekly Goal Review: Setting and reviewing weekly goals keeps you focused and intentional on your journey. It's not just about where you want to go; it's about how you're going to get there. Reviewing your goals regularly ensures you're making progress, allows you to celebrate small wins, and helps you adjust your plan if needed. It's your roadmap to success.

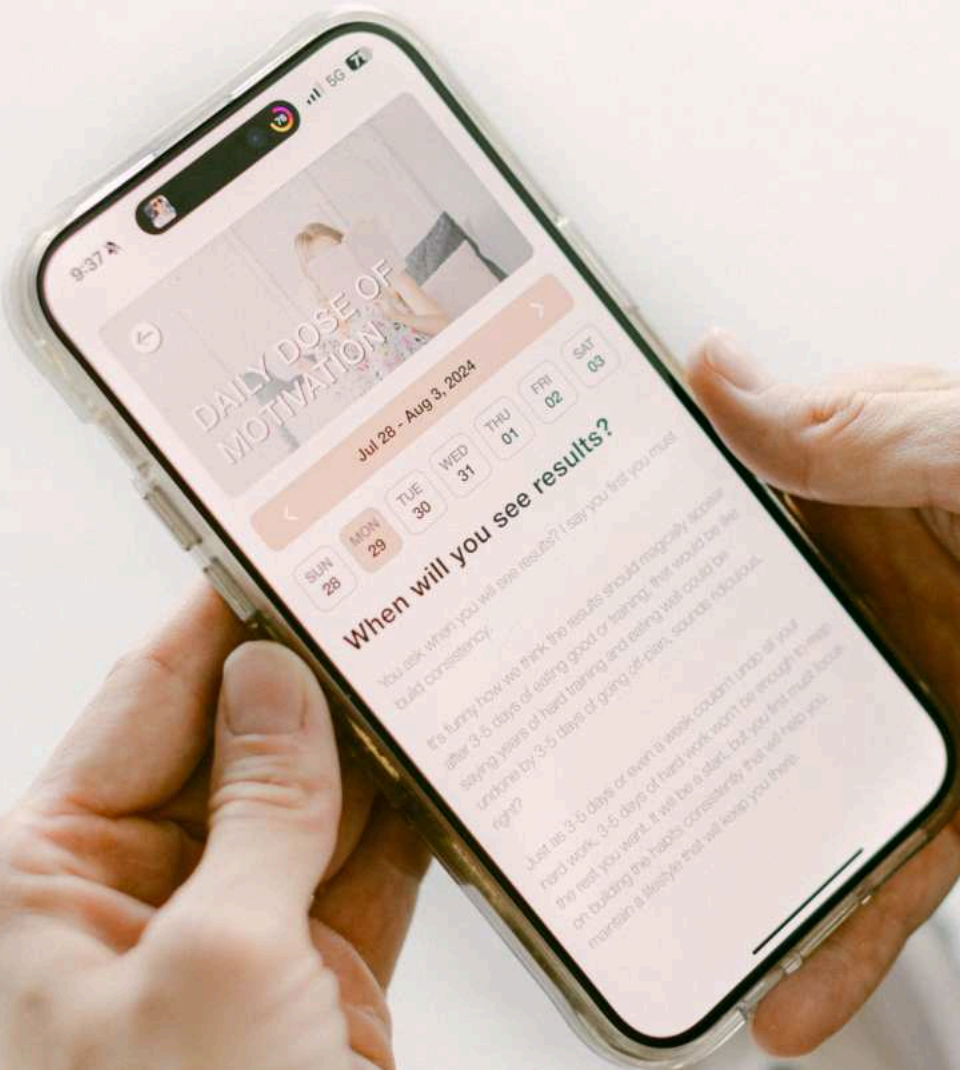


3 Biofeedback: Your body speaks to you in more ways than just weight or measurements. Biofeedback, such as sleep quality, energy levels, mental health, and overall well-being, is crucial for understanding how your lifestyle changes are affecting you. Tracking biofeedback helps you notice patterns, adjust your plan, and ensure you're not just getting fitter, but healthier too.



By regularly tracking your progress through images, measurements, biofeedback, and goal reviews, you're not just marking off days on a calendar—you're actively engaging in your transformation. This process helps you understand your body better, keeps you motivated, and ensures that every step you take is leading you closer to your goals. Remember, progress isn't always linear, but every effort you make counts. Trust the process, stay consistent, and let these tools guide you to becoming the strongest, healthiest version of yourself!

DAILY HABITS, MINDSET & MOTIVATION



When will you see results?

You ask when you will see results? I say you first you must build consistency.

It's funny how we think the results should magically appear after 3-5 days of hard training and eating well could be undone by 3-5 days of going off-plan, source: robw.com, right?

Just as 3-5 days or even a week couldn't undo all your hard work, 3-5 days of hard work won't be enough to undo the rest you want. It will be a start, but you first must focus on building the habits consistently that will help you maintain a lifestyle that will keep you there.

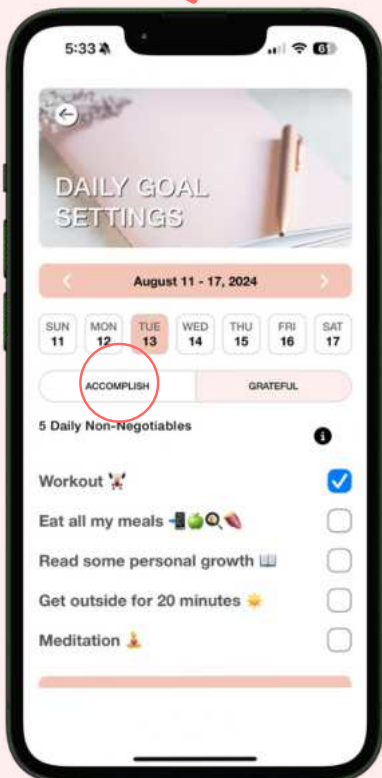
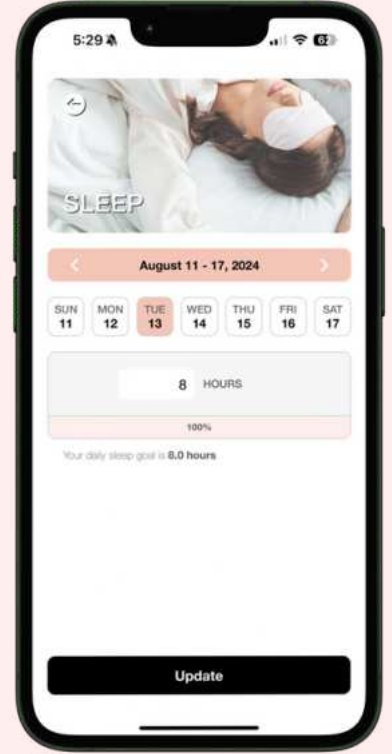
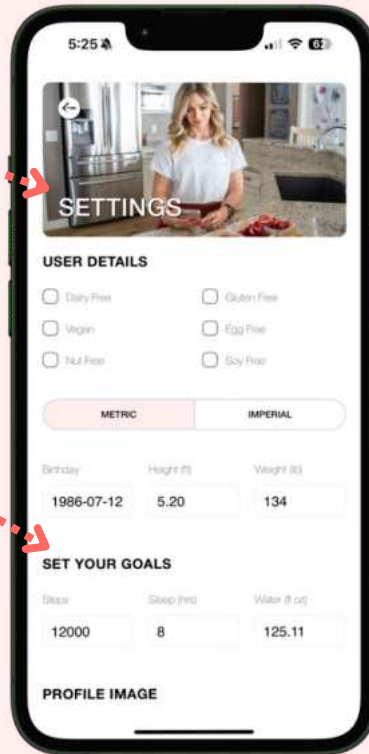
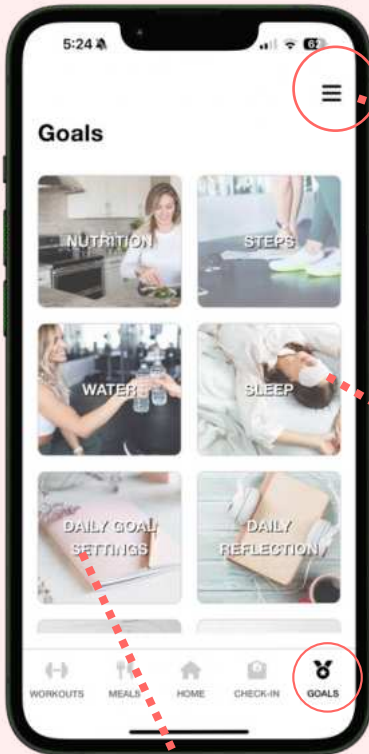
DAILY HABITS, MINDSET & MOTIVATION

ADJUST YOUR DAILY GOALS

- **Settings:** You can change your sleep goal, step goal, water goal right in settings and update.

HABIT TRACKER

- **Same as Home Page:** Track your daily habits, such as sleep, water intake, and steps.



DAILY 5 NON-NEGOTIABLES

- **Setting Goals:** Write out five daily goals that are crucial to achieving your larger objectives.

GRATITUDE & AFFIRMATIONS:

- **Write Gratitude:** List what you're grateful for each day.



WHY DAILY HABITS MATTER: STEPS, SLEEP, AND WATER

Beyond the Workout: Moving More, Sleeping Well, and Staying Hydrated

Your daily habits play a crucial role in your overall health and fitness. While your workouts are important, it's the things you do every day—like moving more, getting enough sleep, and staying hydrated—that truly make a difference. Here's why these habits are essential:

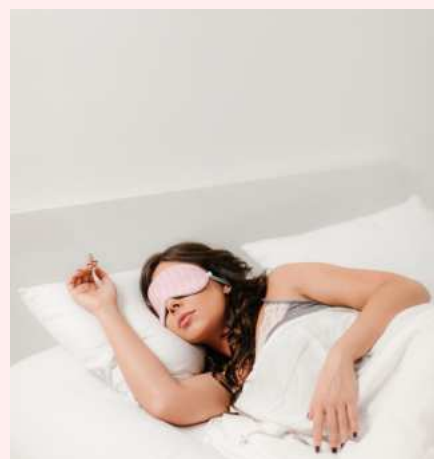
1 Moving More: Steps and General Activity

While your workouts are a key part of your fitness journey, staying active throughout the day is just as important. Increasing your daily steps and general movement helps boost your metabolism, improves cardiovascular health, and keeps your energy levels up. Whether it's taking the stairs, going for a walk, or just being more mindful of moving regularly, these small actions add up. Think of it as a way to keep your body engaged and active outside of your dedicated workout time. The more you move, the better you'll feel, and the more progress you'll make.



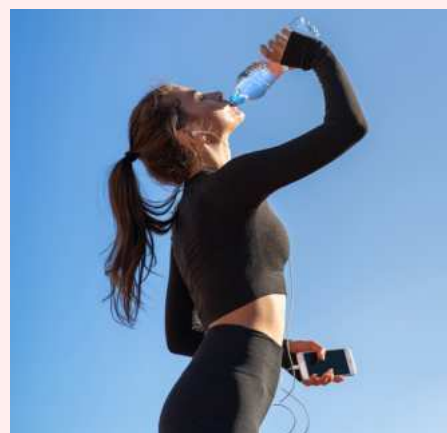
2 The Power of Sleep: Rest for Recovery and Health

Sleep isn't just about rest—it's when your body repairs, recovers, and prepares for the next day. Quality sleep impacts everything from muscle recovery to hormone balance and mental clarity. When you're well-rested, your workouts improve, your cravings decrease, and your body is better equipped to handle stress. On the flip side, lack of sleep can hinder your progress, making it harder to reach your goals. Prioritizing 7-9 hours of sleep each night is one of the best things you can do for your health and fitness.



3 Staying Hydrated: The Foundation of Wellness

Water is essential for every function in your body, from digestion to energy production. Staying hydrated helps maintain your energy levels, supports muscle function, and aids in recovery after workouts. It also helps control hunger, improves skin health, and keeps your mind sharp. Aim to drink enough water throughout the day, especially before, during, and after your workouts. Keeping a water bottle handy and tracking your intake can help you stay on top of your hydration.

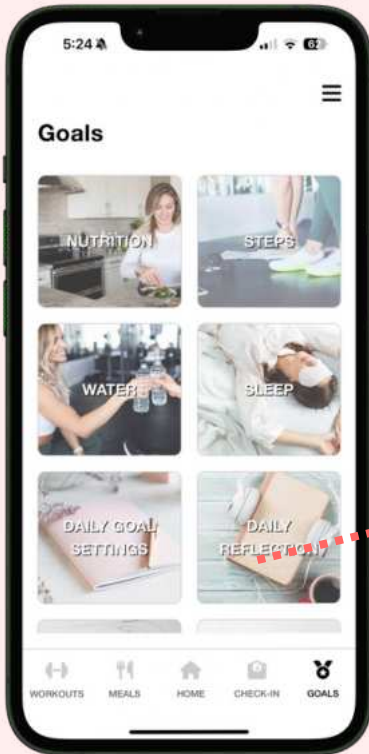


WHY THESE HABITS MATTER

Incorporating these daily habits into your routine is about creating a strong foundation for your health and fitness. Moving more throughout the day, prioritizing sleep, and staying hydrated are simple but powerful ways to enhance your results, improve your well-being, and ensure that your hard work in the gym pays off. They're the building blocks that support your journey, helping you feel better, recover faster, and stay motivated.

Remember, it's not just about the time you spend working out—it's about how you take care of yourself throughout the day. Embrace these habits, and you'll see how they can positively impact your health, fitness, and overall quality of life.

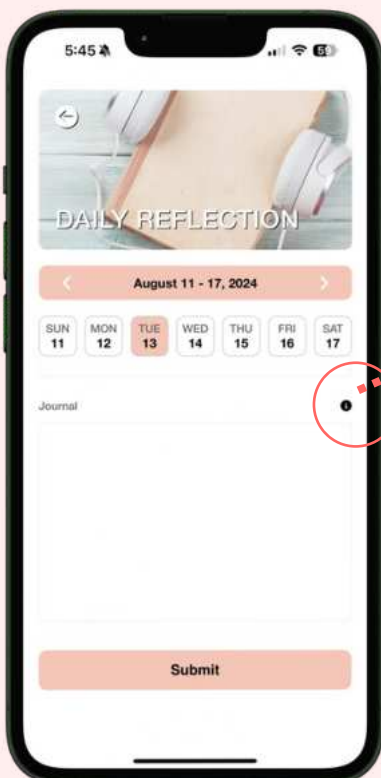
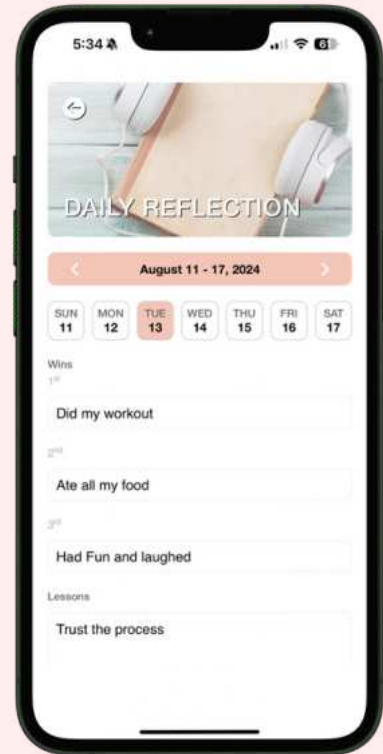
DAILY HABITS, MINDSET & MOTIVATION



DAILY REFLECTION

Wins & Lessons:

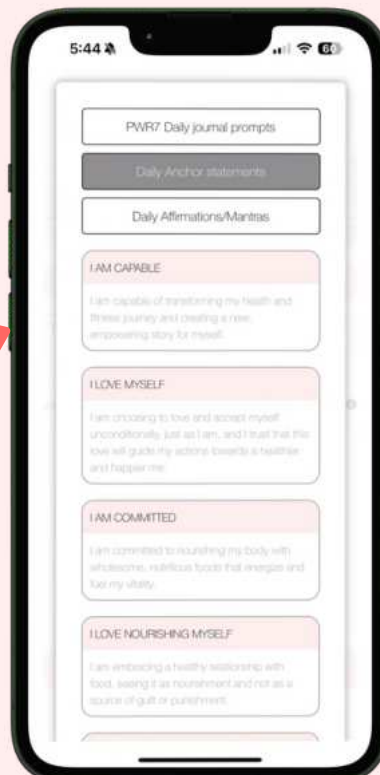
- Reflect on three wins from the day, lessons learned, and journal about your experiences.



AFFIRMATIONS

Access Mantras & Journal Prompts:

- Tap the (i) icon to find affirmations and prompts.



DAILY HABITS, MINDSET & MOTIVATION



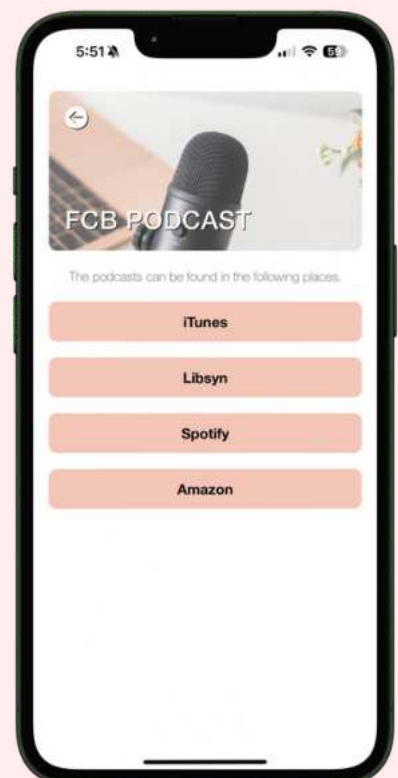
DAILY DOSE OF MOTIVATION

- **Mini Motivation Read:** A daily devotional to set your mind right and keep you inspired.



CHANGE YOUR STORY PODCAST

- **Quick Access:** Tap into episodes filled with knowledge, motivation, and encouragement.



WHY MINDSET MATTERS:

Building a Strong Foundation for Success

ACHIEVING BIG GOALS THROUGH DAILY STEPS

Your mindset is the foundation of everything you do on your health and fitness journey. It's what drives you, keeps you focused, and helps you overcome challenges. Big goals, like transforming your health or achieving a fitness milestone, aren't achieved overnight—they result from consistent, daily actions that align with your vision. That's where your Daily 5 Non-Negotiables come in. These are the small, actionable steps you commit to each day that move you closer to your goal. Whether it's drinking enough water, getting your workout in, or making time for sleep, these daily habits are the building blocks of your success. When you focus on what you can do today, you'll be amazed at how it all adds up over time.

THE POWER OF GRATITUDE: EMBRACING WHAT YOUR BODY CAN DO

Gratitude is a powerful tool that shifts your perspective and keeps you grounded. When you take time each day to acknowledge what you're thankful for—whether it's the strength of your body, the progress you've made, or the support of your community—you cultivate a positive mindset that fuels your journey. Gratitude reminds you of how far you've come and helps you appreciate the incredible things your body is capable of. It's about recognizing the good in your life, which in turn, gives you the energy and motivation to keep going.

REFLECTION: LEARNING AND GROWING FROM EVERY STEP

Reflection is an essential part of personal growth. By taking time to review your day, identify your wins, and learn from your lessons, you gain valuable insights that propel you forward. Reflecting on your journey helps you celebrate your successes and understand what works for you, making it easier to stay on track and keep improving. It's about acknowledging your progress, no matter how small, and using those insights to refine your approach. Through reflection, you develop a deeper connection with yourself and your goals, allowing for continuous growth and transformation.

FEEDING YOUR MIND: DAILY DEVOTIONALS AND THE CHANGE YOUR STORY PODCAST

Just like your body, your mind needs daily nourishment. That's why it's so important to start your day with a positive mindset. Our Daily Devotional provides a quick, 5-10 minute read that sets the tone for your day, helping you focus on what truly matters and inspiring you to take action. Along with that, the Change Your Story Podcast offers motivation, knowledge, and encouragement tailored to your health and fitness journey. These resources are designed to help you renew your mind, set your intentions, and stay aligned with your goals. Remember, mindset is like a muscle—it needs to be trained daily. And with just a few minutes a day, you can build a mindset that supports your success.

WHY MINDSET MATTERS

Your mindset is the key to unlocking your potential. It's what turns your goals into reality and keeps you moving forward, even when things get tough. By focusing on your Daily 5 Non-Negotiables, practicing gratitude, reflecting on your progress, and feeding your mind with positive content, you create a strong mental foundation that supports every aspect of your journey. This is where real change happens—when you commit to renewing your mind daily and setting it on the path you want to go.

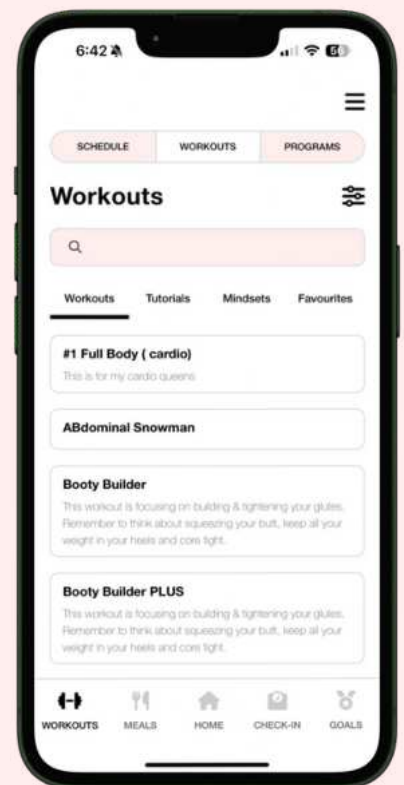
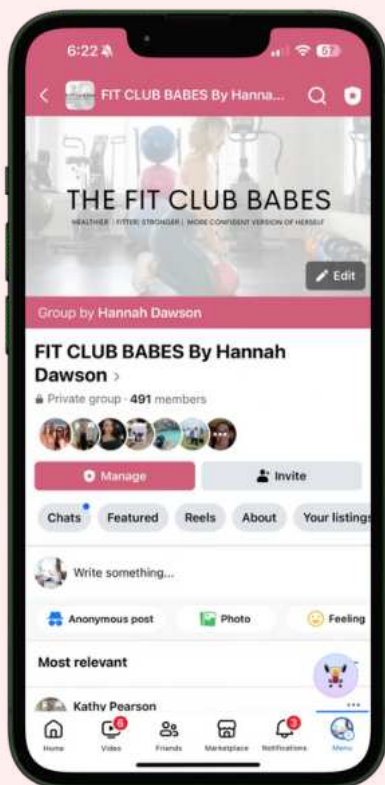
Remember, it only takes a few minutes each day to cultivate the right mindset. And with the tools in this app, you have everything you need to train your mind, stay focused, and achieve the goals you've set for yourself. Your mindset is your greatest asset—nurture it, and watch how it transforms your journey.



FRIDAY MINDSET COACHING

Mindset Coaching Also, every Friday at 12 PM, join us for Mindset Coaching in the Facebook group.

This session is designed to help you shift your mindset, tackle challenges, and grow through your fitness journey. We focus on changing the way you think about your goals, your body, and your progress so that you can overcome obstacles and achieve lasting success. This is a space for you to recharge mentally and stay motivated.



My Mission & Mindset Coaching

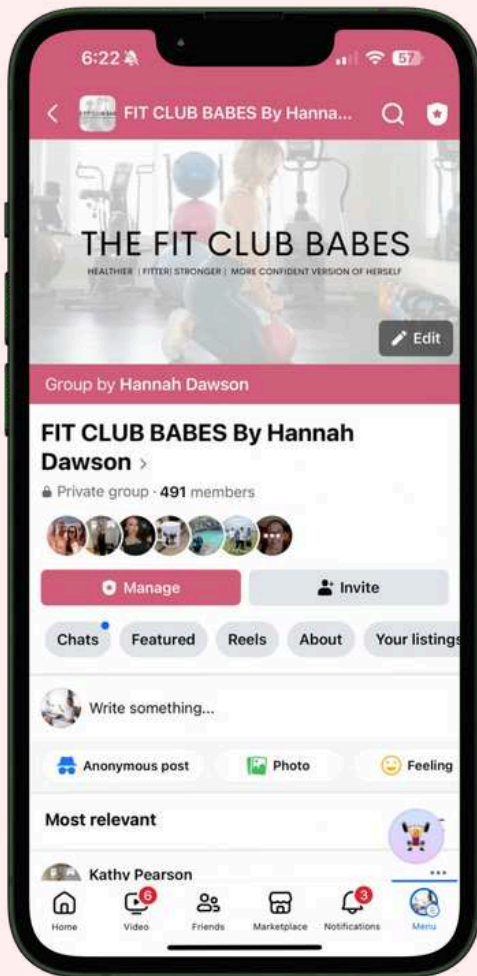
My mission is to impact the hearts and minds of women, helping you change your story and learn to love yourself, your body, and your life.

That's why I show up every Friday for our Mindset Coaching sessions—and I want you to promise yourself that you'll show up, too! If you can't make it to the live session, don't worry—it will be available in our Facebook group afterward. And if you're not on Facebook, you can find the session in the app under Training Mindsets in the Workouts tab. Let's make a commitment to grow together!

COMMUNITY & SUPPORT

Welcome to our family of fit sisters! In our Facebook community, you're never alone. We've created a space where you can connect, share, and grow alongside others who are on the same journey. With events like

Form Fridays and Mindset Coaching sessions, you'll have endless support and motivation. Together, we'll lift each other up and crush our goals!



FINAL THOUGHTS

I'm so excited to have you here on this journey. You've taken a powerful step toward becoming the healthiest, strongest, and most confident version of yourself. Remember, this isn't just about reaching your goals—it's about rewriting your story and embracing every part of the process. I'm here for you every step of the way, cheering you on, answering your questions, and providing the support you need. You're not alone in this; together, we'll make incredible progress. Stay connected, stay committed, and remember that your journey is worth it. Let's do this!

Hannah xo



FAQ

1. How do I stay motivated to work out consistently?

Answer: Staying motivated can be challenging. Set small, achievable goals and track your progress to stay inspired. Engaging with our community and sharing your journey can also provide accountability and support.

2. What should I do if I don't see progress?

Answer: Progress can sometimes be slow and depends on various factors like consistency, diet, and workout intensity. Ensure you're following the program, tracking your nutrition, and being patient. If you're still concerned, consider reaching out for personalized advice.

3. How do I balance working out with a busy schedule?

Answer: Time management is key. Consider shorter, more intense workouts if you're pressed for time, and make use of meal prep to save time on nutrition. Remember, even small efforts add up!

4. How do I adjust my workouts if I'm a beginner or returning after a break?

Answer: Start slow and focus on form. The app provides beginner-friendly workouts, and you can modify exercises as needed. Listen to your body, and don't hesitate to take rest days if needed.

5. Why is tracking my food intake important, and how do I do it correctly?

Answer: Tracking food helps ensure you're getting the right balance of nutrients to support your fitness goals. Use the app's food diary to log meals, and consider planning your meals in advance to make tracking easier.

6. How do I lose weight without losing muscle?

Answer: Focus on strength training and maintaining a moderate calorie deficit while ensuring adequate protein intake. The app's meal plans and workouts are designed to help you lose fat while preserving muscle mass.

7. How can I overcome gym anxiety?

Answer: Start with home workouts to build confidence. When you're ready, visit the gym during off-peak hours and have a plan in place, like the workout programs provided in the app. Remember, everyone starts somewhere, and most people are focused on their own workouts.

8. What should I eat before and after workouts?

Answer: For energy, eat a balanced meal with carbs and protein a couple of hours before working out. After your workout, focus on protein and carbs to help repair muscles and replenish glycogen stores. The app provides meal suggestions tailored to your workout schedule.

FAQ

9. How do I manage cravings while sticking to my diet?

- **Answer:** Cravings can be managed by ensuring you're eating enough throughout the day, particularly protein and fiber. If you still experience cravings, the app's flexible meal planning can help you incorporate occasional treats without derailing your progress.

10. How do I get rid of belly fat?

- **Answer:** Spot reduction isn't possible, but losing overall body fat through a combination of strength training, cardio, and proper nutrition will help. Consistency is key, and the app's programs are designed to help you achieve a balanced, healthy physique over time.

11. How do I cancel or pause my membership?

- **Answer:** You can pause or cancel your membership directly through the app in the Membership tab. If you have any issues, contact support at ask@fitnessministry.ca.

12. What should I do if the app is not working properly?

- **Answer:** First, try logging out and logging back in. If the issue persists, email us at ask@fitnessministry.ca for assistance.

13. How can I track my progress effectively?

- **Answer:** Use a combination of photos, measurements, and biofeedback to track your progress. The app provides tools to log all these metrics, helping you stay motivated and see your improvements over time.

14. How do I set realistic goals for my fitness journey?

- **Answer:** Start by setting small, achievable goals and gradually increase them as you progress. The app's goal-setting feature can help you break down your larger objectives into manageable steps.

15. What is the best way to stay consistent with my diet?

- **Answer:** Meal planning and prepping in advance can help you stay on track. The app provides meal plans and grocery lists to make this easier. Remember, consistency is key, and it's okay to have occasional deviations as long as you stay focused overall.

16. How do I switch measurement units from ounces to grams for recipes?

- **Answer:** Go to your settings tab and choose "grams" from the drop-down bar. For check-ins, if you switch to grams, remember to go back to settings to switch measurements to "kg" and "cm" as needed.

17. How do I switch between units for measuring and check-ins?

- **Answer:** measuring body/weight and check-in units are managed separately. Adjust measuring units under your app settings, and for check-ins, switch units specifically in the the settings.