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.

Because:
CONSISTENCY
BEATS
INTENSITY.

This rule changes
EVERYTHING.
It keeps you moving forward,
even when motivation disappears.

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	☐	☐	☐	☐	☐
PROTEIN	☐	☐	☐	☐	☐
WATER	☐	☐	☐	☐	☐
SLEEP	☐	☐	☐	☐	☐
STEPS	☐	☐	☐	☐	☐

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

Designed for busy **women who want:**

- Fat loss
- Strength
- Consistency
- Accountability

Message me **RESET** and ask about coaching 💛

Instagram:
@Lockdownfitnesscoach

Email:
start@structuredher.com.au

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.