

AESTHETIC FIT GUIDE

Bewely.



Welcome to Your Glow-Up Era

This isn't just a planner - it's your ultimate hot-girl system.

Hey babe - let's be real. You didn't download this planner to journal about your feelings. You downloaded it because you want to look 🔥. You want to feel confident at the beach, glow in your selfies, and walk into any room like it's your runway.

Whether you're getting ready for vacation, a pool party, a festival, or just want to look so good your ex regrets everything - this planner is your new secret weapon.

What You'll Get with This Planner:

- A system to build consistency and stay on track (even when motivation dips)
- A way to track your body goals, habits, workouts, and meals
- Tools to help you get that bikini-ready confidence
- A digital layout that looks cute and keeps you organized

In the *Lite Version*, you'll be able to:

✨ Test out daily and weekly planning pages
✨ Set short-term fitness goals and track your glow-up
✨ Use habit trackers for workouts, water, skin care & more
✨ Get a sneak peek at the full planner *(some pages are blurred - tease alert)*

This planner is for the girl who's done with excuses. She's ready to look hot, feel unstoppable, and make every jaw drop - starting with hers in the mirror.

So if you're ready to become **That Girl...**

Let's go glow up. ✨💪👙

How to Set Up Your Planner

No stress - this is super easy.

Whether you're team iPad or Android, here's how to get your Glow Up Planner into your fave note-taking app in just a few taps. (BTW - this is the *lite version*, so some pages are blurred. The *full planner* has even more tools to help you stay on track ✨)

iPad Users (Goodnotes / Notability)

There are two ways to load your planner - pick the one that's easiest for you:

Option 1: From Your Files App

1. Make sure your planner PDF is saved to your iPad.
2. Open the Files app and find it.
3. Press and hold the file to bring up the menu.
4. Tap Share.
5. Select "Open in Goodnotes" or "Notability" (or your go-to app).
6. Choose the folder or notebook where you want to save it - and that's it, done!

👉 *Can't see your app in the Share menu? Tap Edit Actions... and make sure Goodnotes/ Notability is switched on.*

Option 2: Import Straight from Goodnotes

1. Open Goodnotes.
2. Tap the [+] icon to start something new.
3. Hit Import.
4. Find the planner in Files or Downloads.
5. Tap the file and it'll load right up!
6. When you see the checkmark ✅, you're good to go.

Android Users (Noteshelf / Xodo / Samsung Notes)

We got you - this'll just take a sec:

1. Download the planner PDF to your tablet.
2. Open your app of choice (Noteshelf, Xodo, Samsung Notes, etc.).
3. Tap Import or Open (look for a + or the three-line menu ☰).
4. Find your planner in Files/Downloads and tap it.
5. Boom - your planner is open and ready to slay 🫶

✨ Using Links & Editing Your Planner

Let's keep it cute, easy, and fun.
This planner isn't just a static PDF - it's interactive! You can tap on tabs and buttons to move between sections. BUT here's the tea: most apps have two modes, and the clickable links only work in Read Mode (sometimes called "Navigation Mode").

Switching Between Write & Read Mode

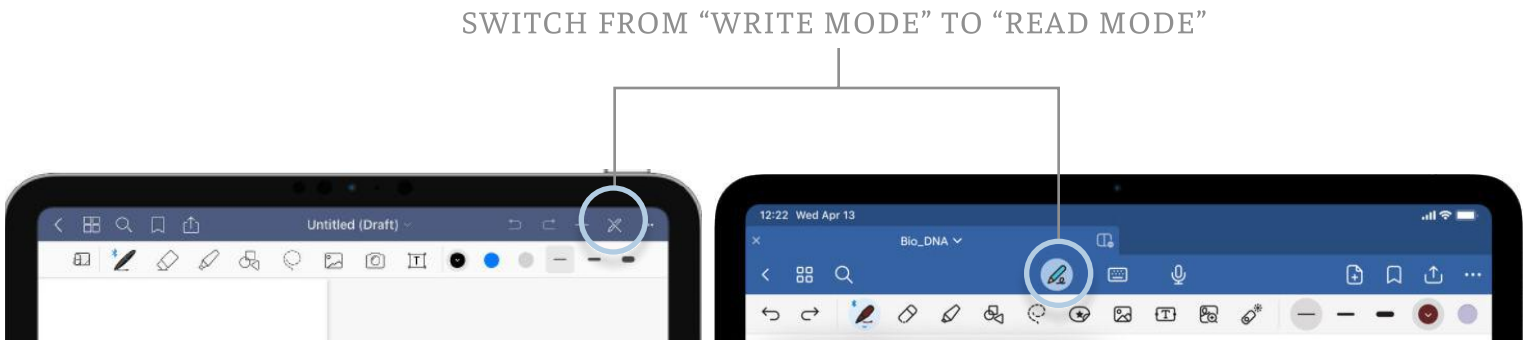
In Goodnotes, Notability, and Noteshelf, look for the little pen or pencil icon up top.

🖋️ Tap it to switch between:

- Write Mode (you can draw, write, and plan)
- Read Mode (you can tap buttons + jump between pages)

Wanna click stuff? Make sure you're in ***Read Mode.***

Wanna write and doodle? Head back to ***Write Mode.***



Copying, Adding & Deleting Pages

Your planner is super flexible. Love a page (like a meal plan or habit tracker) and want to reuse it? You totally can - just duplicate it!

iPad Users (Goodnotes / Notability / Noteshelf)

💞 To **duplicate** a page:

- Go to the page you wanna copy.
- Tap the **3-dot menu** or share icon.
- Tap **Copy Page** (sometimes it says "Duplicate").
- Pick where you want it to go.
- **Tap Paste** or "Add Page Before/After." Done!

🗑️ To **delete** a page:

- Open thumbnail view.
- Tap the page(s) you don't need anymore.
- Tap the 🗑️ trash icon.
- ⚠️ **Double check - once it's gone, it's gone.**

Android Users (Xodo / Noteshelf)

💞 To **duplicate** a page:

- Open your planner app.
- Tap the menu (⋮) or three dots on the page.
- Tap Copy Page or Duplicate.
- Move it where you want using thumbnails.

🗑️ To **delete** a page:

- Open full view or thumbnails.
- Tap the page(s) you want gone.
- Use the trash or delete button.

💎 What's Inside the *Full Planner*

This *lite version* is just your warm-up. The *full version* is the real glow-up toolkit - with an entire year of daily, weekly, and monthly pages ready to take you from "kinda consistent" to "who is she?! 😍"

When you upgrade, you'll unlock **exclusive extras** like:

💖 A body goals tracker so you can actually see the progress
💦 A hydration log to get that glowing skin (yes, it works!)
✨ Beauty-focused tools for reflection, routines, and that clean girl aesthetic

You'll be able to mix, match, and reuse pages however you want - whether you're prepping for hot girl summer, a party weekend, or just need a reset after finals.

You're in control. Use it your way. Make it hot. Make it yours.

🌟 A Quick Reality Check (Before You Slay)

Let's be honest - the only thing standing between you and your glow-up is consistency. And this planner? **It's here to help you show up** for yourself like the main character you are.

Start simple:

- One cute planner page a day
- One small habit (like "no soda" or "10K steps")
- One win that builds real momentum

You're not behind. You're building that bikini body, that confidence, that "everyone's staring" energy 0 one day at a time.

This is YOUR glow-up season. ☀️ Let's make it impossible to look away!

You've got this. 💛

🗂️ Index & Navigation

Here's a quick peek at how your planner's set up - and how to find your way around.

In the *full version* of this planner, the Index page is totally clickable. Each section links straight to its page - like your meal planner, habit tracker, or monthly check-in. Tap it once and bam, you're there. It's all about keeping things smooth and saving time (because you've got better things to do than scroll forever).

In this *lite version*, the index is more of a sneak peek - the links won't work yet, but you'll still see how everything's organized. It's like a preview of what's waiting for you in the *full version* when you're ready to take it up a level 💪

✨ What's Inside & How to Use It

This planner is built for your glow-up era - with cute, goal-focused sections to help you stay on track, crush your habits, and actually see results. From body goals and routines to tracking wins and feeling yourself, it's all in here. 💅

As you scroll through, I'll walk you through the main areas and how to use them - but don't overthink it. Start with whatever feels fun or useful right now. You don't need to be perfect to make progress.

This planner's not here to pressure you.
It's here to help you glow. 💖

💌 Need help or have a question?

I've got your back!
If you need anything or have a question, just send an email to **info@bewely.com.** I'll reply as soon as I can and make sure you're good to go ✨

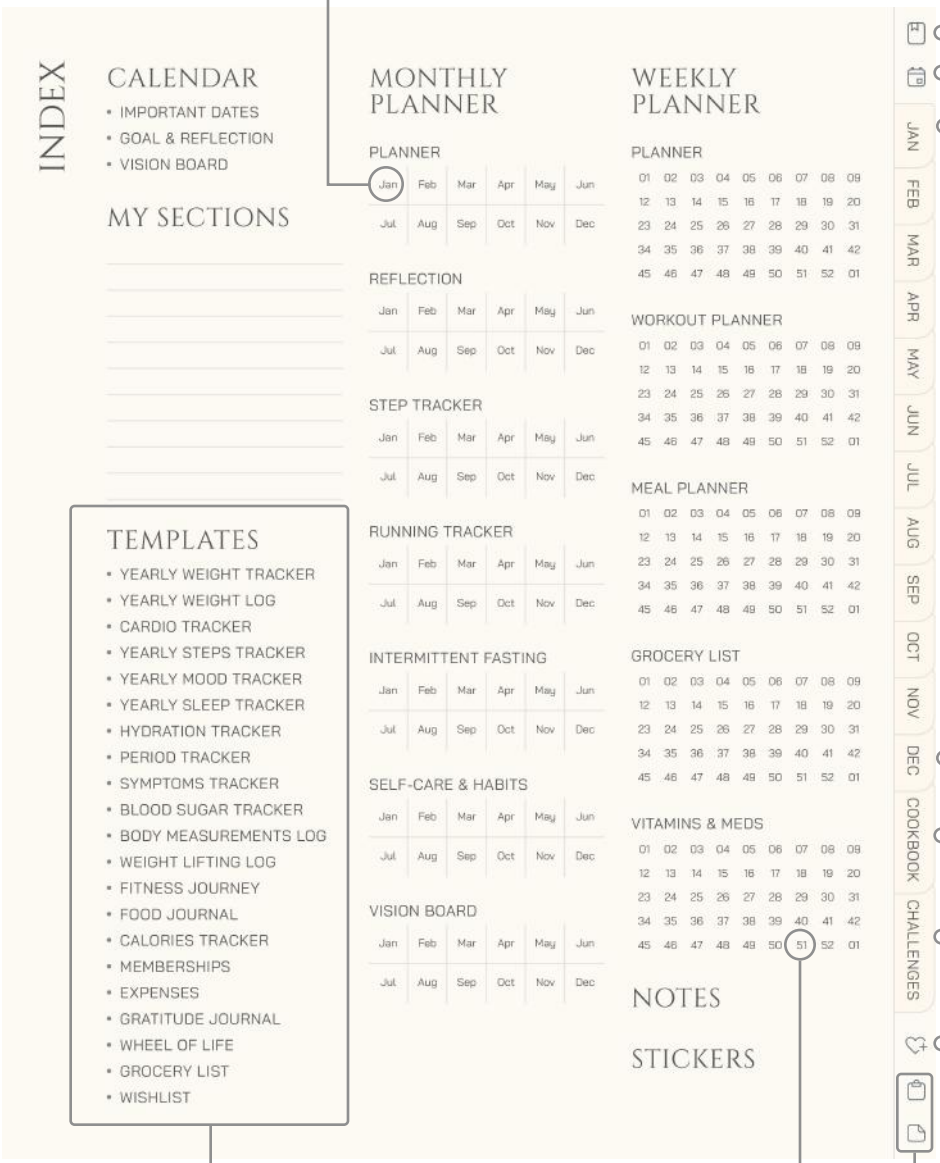
Main Index & Side Navigation

Here's a look at how the *full version* of your Fitness Planner is organized.

This is where the magic happens - everything's linked so you can jump to any section with one tap. It's designed to save time, keep things super smooth, and make navigating your planner feel ✨effortless✨.

You can access any monthly planner by clicking on the month number in the Index menu

You can access the Index from any page by clicking on this icon



You can access Calendar from any page by clicking on this icon

You can access any Month from any page in the planner by clicking on the Month's name

You can store up to 60 of your favorite recipes and access them here

You can access Challenges here

You have the freedom to create your own sections here and access them with a simple tap using hyperlinks (More detailed in dedicated section)

You can choose any template from here or access them through the "Notes & Templates" section using the icon from any page

You can access any week planner by clicking on the week number in the Index menu (More detailed about week navigation in dedicated section)

These Icons will lead you to the Notes & Templates section and Sticker page (where you will be able to store your most used stickers)

📅 Yearly Fitness Planner *(Full Version Only)*

This is your big-picture glow-up strategy.

This section is where the real transformation happens. The Yearly Planner is your roadmap - helping you set bold body goals, break them down into easy monthly wins, and actually see your progress over time.

No more guessing. No more chaos. Just a plan that works 🔥

🔍 What You'll Use It For:

- Setting realistic but hot long-term goals that match your lifestyle
- Breaking them into monthly milestones so you don't lose momentum
- Tracking progress so you can look back and say: ***"Damn. I did that."***

Whether you want to tone up, glow up, or stay consistent - this section keeps you focused and fierce. No pressure. Just results.

⚡ Why It Slays:

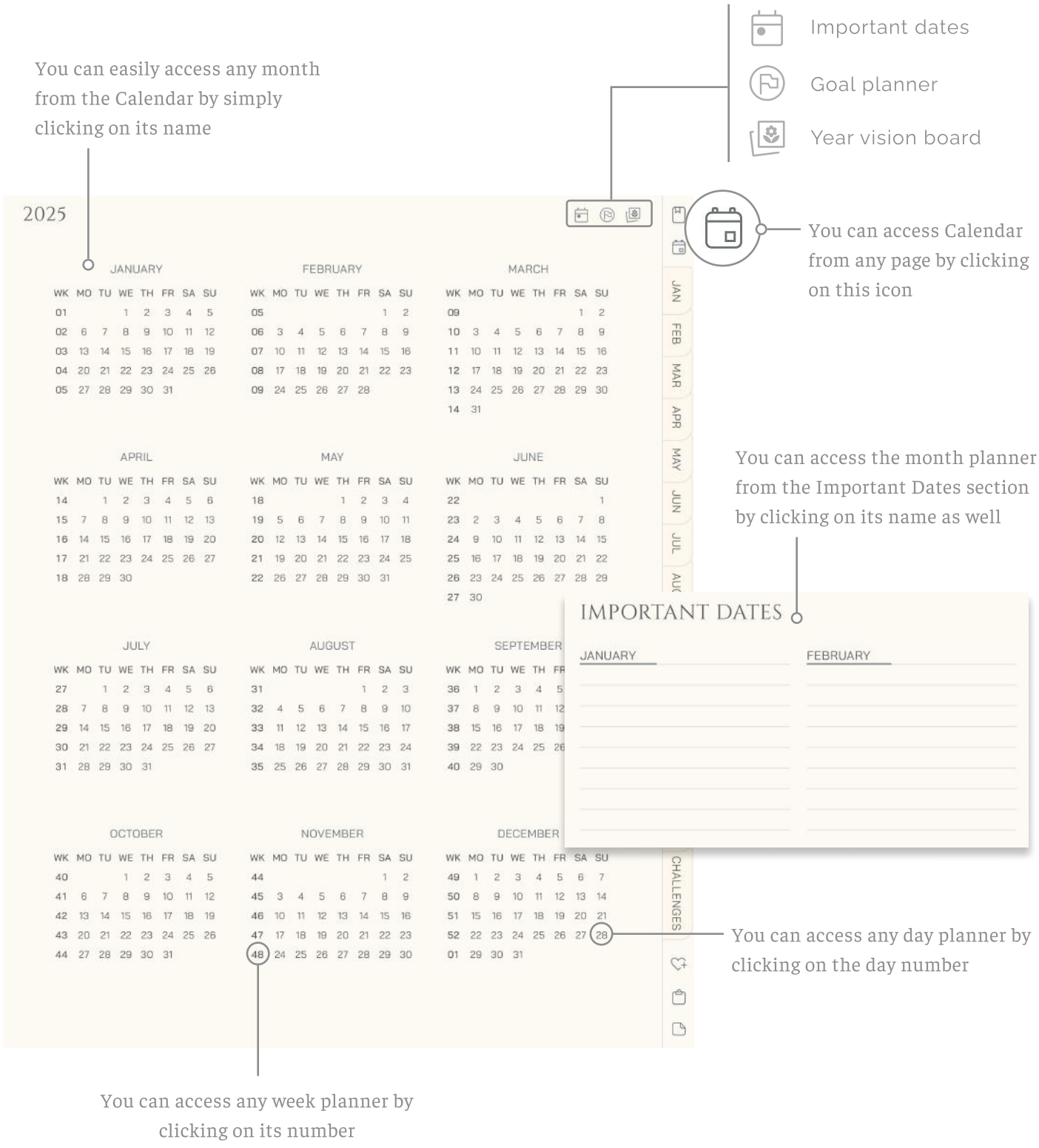
✨ You'll feel like you actually have your life together
✨ Your routines will start to flow instead of fight you
✨ You'll build real momentum - without the burnout

This is your space to stop guessing, start glowing, and finally become the version of you you keep visualizing.

No pressure to be perfect.

Just confidence, structure, and the body you came for 💛

Year Section Navigation



🗓️ Monthly Fitness Planner

A hot girl reset - minus the chaos.

Let's be real - some months you're thriving, others you're just tryna show up and stay cute while juggling your whole life. This section is your monthly glow-up hub: a place to reset, refocus, and get back to the body goals.

It's not here to stress you out. **It's here to make consistency look good.**

💫 In the lite version, you'll get:

- A monthly calendar to see your vibe at a glance
- Space for goal-setting + notes (track the glow-up, not just the grind)
- A vision board to manifest the body, the hair, the skin
- Self-care, mood, and habit trackers to stay that girl

🔒 In the full version, you'll also unlock:

🚫 Step Tracker
🚫 Running Tracker
🚫 Intermittent Fasting Log

They're hidden in the *free version* so you can start simple - but once you're ready to take it next level, the *full planner* is ready for you.

💡 What This Section Helps You Slay:

- Set monthly body + vibe goals (like "flat stomach check-in" or "glow skin unlocked")
- Reflect on what's working (and drop what's not - no guilt, just growth)
- Build better habits at your own pace (aka routine with results)
- Keep everything in one spot so your brain isn't doing the most
- Add structure without killing the vibe

🖱️ And yes, it's ridiculously easy to use:

Just tap a date or month name (*full version* only) to jump where you need to be - no scrolling chaos. Just smooth, aesthetic planning with tap-and-go links.

This planner isn't here to push you. It's here to make you look and feel amazing.

One month at a time. One glow-up at a time. 💛

Month Section Navigation

Step tracker

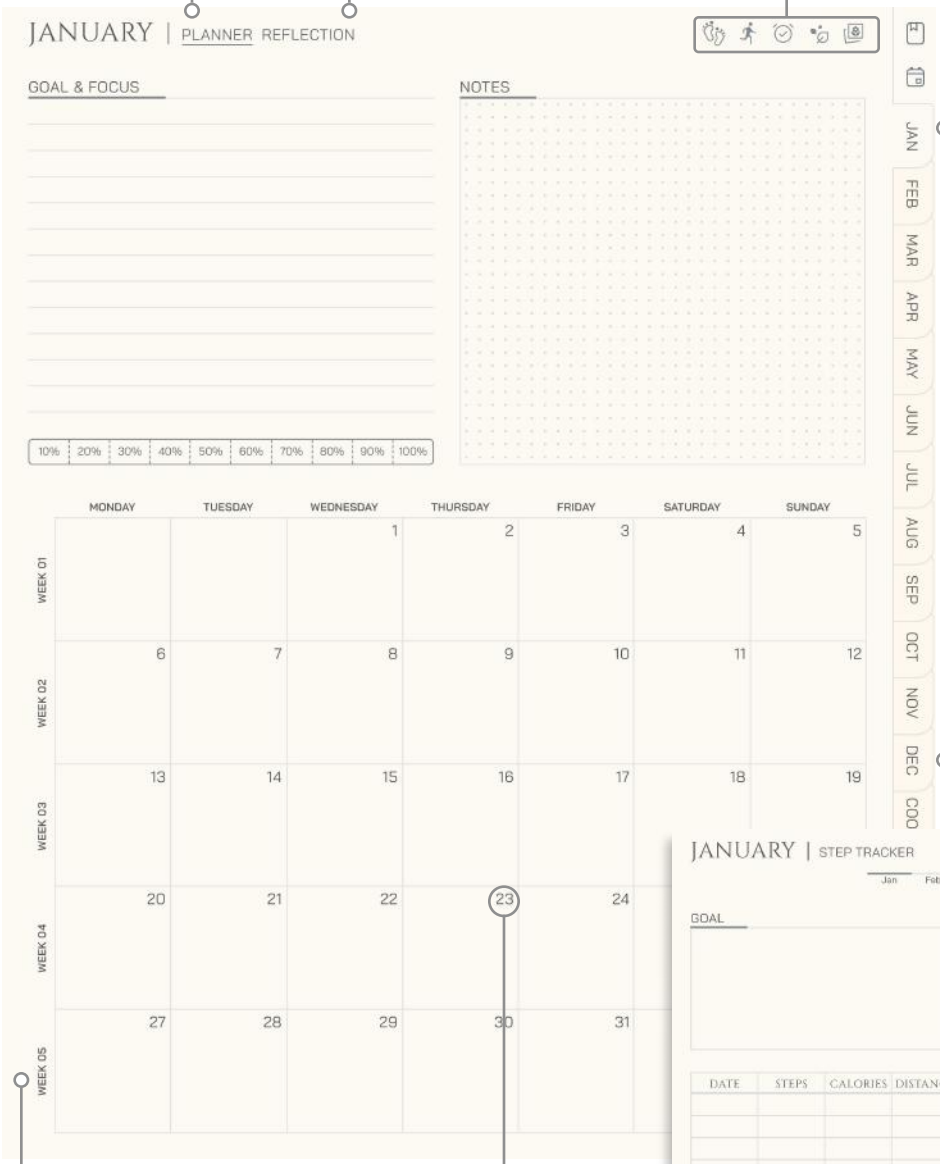
Running tracker

Intermittent fasting

Self-care & habits

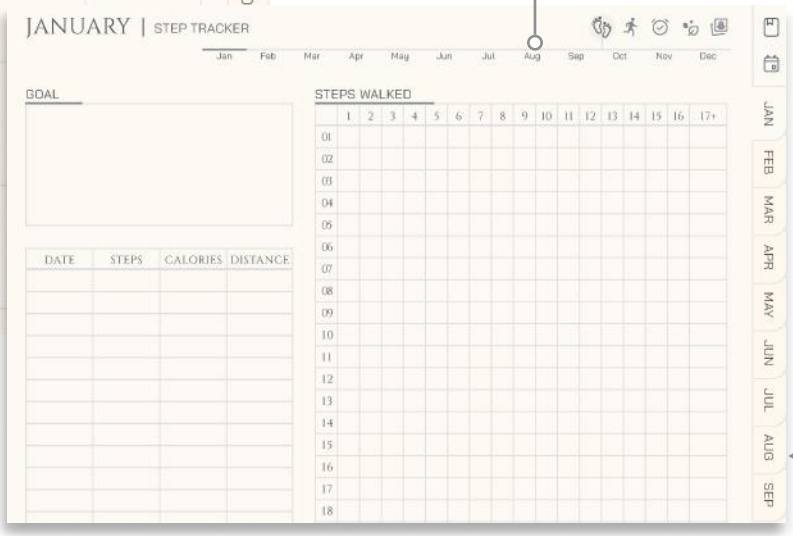
Monthly vision board

You can access Monthly reflection page and return to the planner page using this links



You can access any Month from any page in the planner by clicking on the Month's name

Each sub-section features its own navigation menu, streamlining your movement between subsections across different months



You can access any week planner by clicking on its number

You can access any day planner by clicking on the day number

Click on the month name in the right sidebar to return to the month's planner page

🧘 Weekly Fitness Planner

Structure, glow, and real results - one week at a time.

This is where everything starts to feel ✨put together✨. The Weekly Planner helps you reset every week, make a simple (but hot-girl effective) game plan, and actually stay consistent - without the chaos.

Use it to check in, get organized, and make space for the things that move you closer to your glow-up.

💫 What You'll Use It For:

📅 Weekly Overview

- Set a small focus - like "3 workouts" or "no soda this week"
- Keep tabs on your vibe, energy, or anything you want to track

💪 Workout Planner

- Log your movement - gym, walks, pilates, YouTube workouts, you name it
- Stay on track without needing 3 different apps

🍽️ Meal Planner

- Plan simple meals or jot ideas (no more standing in front of the fridge lost)
- Keeps you balanced when life is anything but

🛒 Grocery List

- Track what you actually need
- Separate your items so your cart (and week) stays organized

💊 Vitamins & Meds *(Full Version Only)*

- Track supplements or anything else in your wellness stack
- This section is full-version only - perfect when you're ready to level up your detail game

💖 Self-Care Tracker

- Quick check-in space - journal, skincare, deep breath, or mirror talk
- It's not pressure, it's a vibe

🚀 Navigation That Keeps Up

Only got 5 minutes? That's all you need. Tap the week number or any date and jump straight to planning - no scrolling or hunting.

In the *full version*, you'll get a clickable sidebar and a 12-week menu, so you can zoom out or plan ahead whenever you want. This planner doesn't ask for perfection. It gives you a system that works with your life - and your glow-up goals. 💅

Week Section Navigation

The full version of Weekly planner features its own navigation menu, streamlining your movement between different weeks.



- Weekly planner
- Workout planner
- Meal planner
- Grocery list
- Meds & Supplements

Each sub-section features its own navigation menu (similar to the weekly planner menu, streamlining your movement between subsections across different months

The sub-menu shows 12 weeks including the current one. Five weeks before the current one and Six weeks after

The highlight serves to indicate the current week

You can access any day of the month by clicking on the date

You can access day planner by clicking on the date

You can access any week of the month by clicking on the week number

☀️ Daily Fitness Planner

One day. One page. One glow-up at a time.

This is your space to check in, level up, and track your glow - inside and out.
Not just workouts or meals, but energy, mindset, and results. It's the daily routine that keeps you consistent and cute.

📝 In the lite version, you'll get 7 daily pages to start.

That's one week to try it on. Reuse them as much as you want - screenshot, duplicate, print —- whatever works for your routine. **There's no "right way," just your way.**

🔒 The full version gives you 365 pre-dated daily pages

No setup. Just open → write → slay the day.

💛 What This Page Helps You Track:

😴 Sleep + Energy

Track your sleep schedule so you're not wondering why you're tired (or glowing). Because beauty sleep is part of the plan, babe.

🎯 Today's Focus

Pick ONE small win. That's it. One tiny goal → one tiny success → one massive vibe shift.

🥗 Food Log

Write what you ate - no pressure, no calorie counting unless you want it. It's awareness, not obsession. Like journaling, but for your plate.

🏋️ Workout + Cardio

Track your movement - gym, walks, dance workouts, pilates.
Progress > perfection, always.

💧 Water Tracker

Hydration = glowing skin, focus, and energy.
If you want that clean girl look, this log helps you stay on top of it.

📝 Notes & Reflection

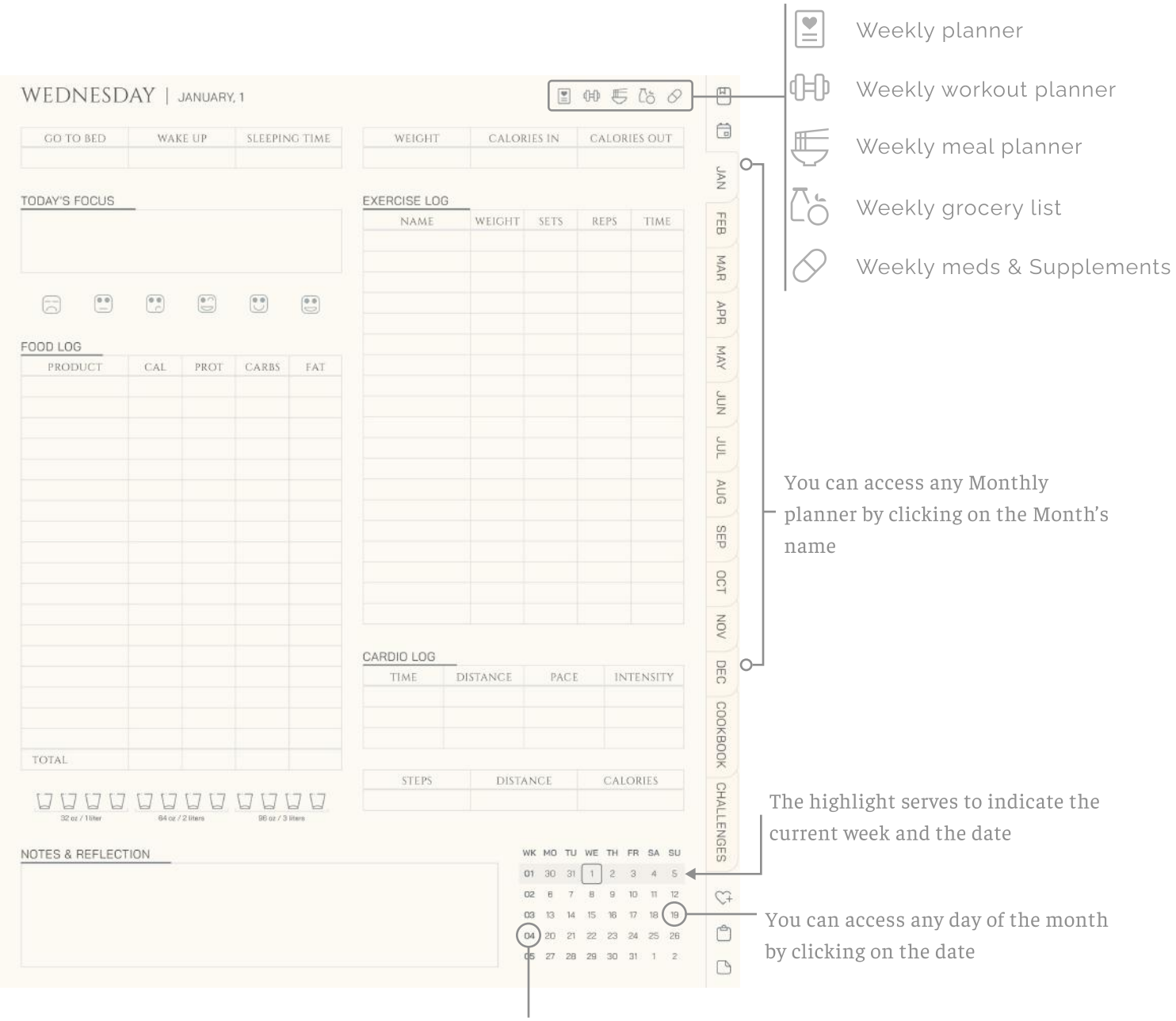
Dump your brain, track your mood, journal your vibe, or write what you're proud of today.
No rules. Just a space to stay grounded while you glow.

You don't need to be perfect. You just need to show up - one day at a time. 💫

🚀 Easy Navigation

- Tap the calendar to jump to any day
- Use week or month links to move around
- The highlighted circle shows today's date - so you never get lost

Day Section Navigation



🍲 Your Personal Healthy Cookbook

Because figuring out what to eat shouldn't be harder than your workout.

Let's be honest - you're busy. Between classes, work, gym, and trying to live your best life, you're probably not looking to become a chef. You just want to eat stuff that keeps you feeling energized, looking amazing, and doesn't wreck your goals.

That's exactly what this Cookbook section is for. Not complicated recipes - just your go-to meals, snacks, and smoothies all in one cute spot. **Easy to find, easy to reuse**, and actually helpful.

👩‍🍳 How It Works (No Cooking Obsession Required)

In the full version, you can save **up to 60 of your fave go-to recipes** - no more scrolling through your camera roll trying to find that smoothie you liked.

Save anything like:

- Simple, low-effort meals that keep you full (and cute)
- Post-workout snacks that actually hit
- Smoothies you'll actually make again
- Comfort food but make it healthy-ish
- Anything you want to remember and reuse

📝 Each recipe page gives you space to write:

- Ingredients + directions (so you don't have to Google again)
- Time, calories, and portion size (if that's your thing)
- Nutrition notes + ⭐ personal rating
- A spot for a photo - because your future self will love the reminder

You don't have to love cooking to love having your life organized. This section just makes eating less chaotic and way more consistent.

🔐 Why the *Full Version* Is So Helpful

With the full planner, you'll be able to:

- Keep track of meals you actually like (and will make again)
- Tap to open full recipes with one click
- Use the cookbook tab to jump to meals from anywhere in your planner
- Sort by categories like quick eats, glow-up snacks, or budget-friendly bites

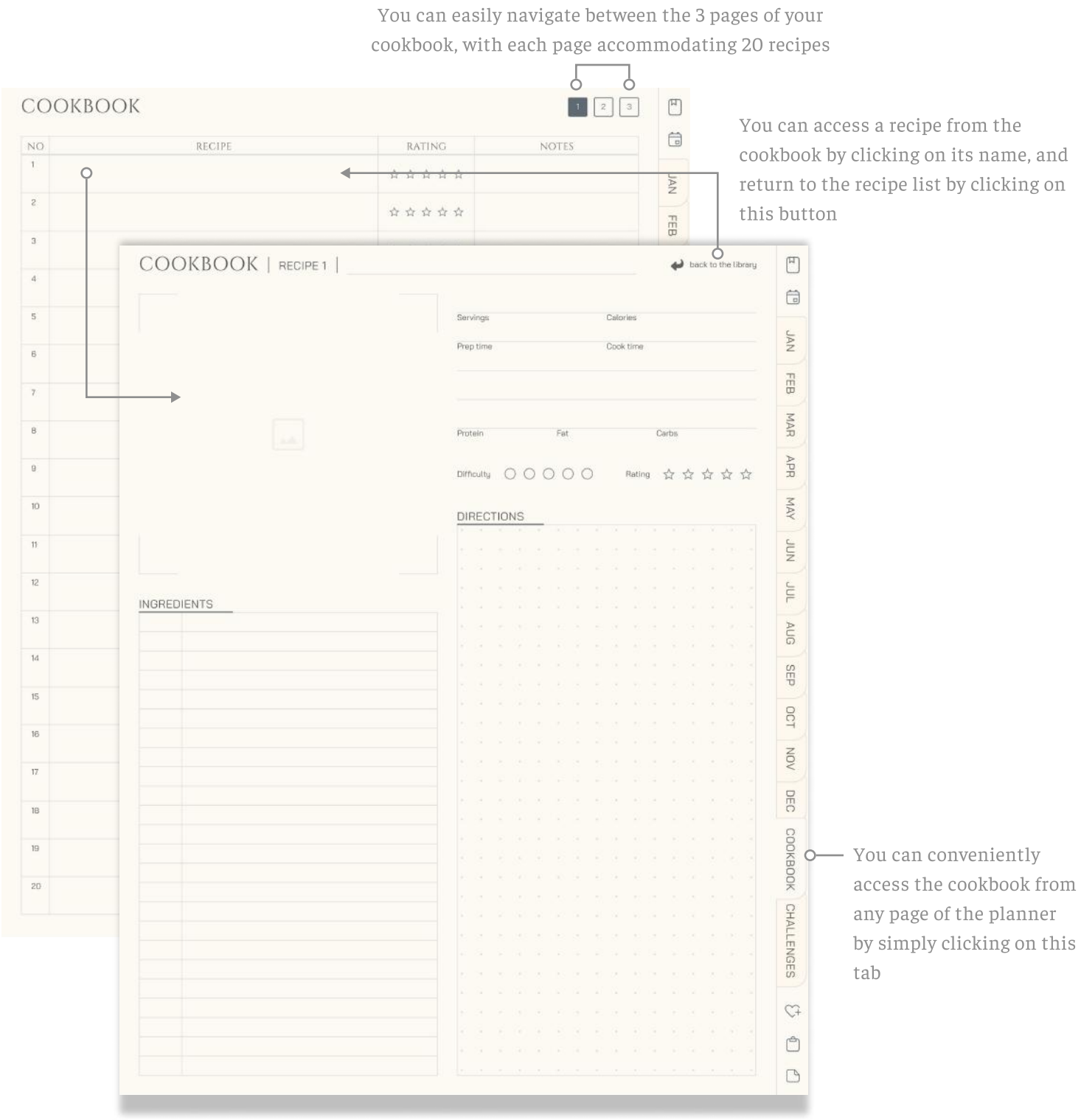
No more "what should I eat?" panic. Just real food, real fast, and zero stress.

✨ You don't need to be obsessed with cooking. You just need a place to keep your favorites. This is it. It's organized. It's cute. And it actually helps you glow. ✨

Cookbook Navigation

In the *lite version*, you'll get access to just the first recipe page to try it out - but feel free to reuse the template as many times as you want! You can duplicate it, screenshot it, or copy it for all your go-to meals.

⛔ The full interactive navigation (where you can tap recipe names and jump around easily) is only available in the *full version.* Once you're ready, the full planner gives you space for **up to 60 recipes** - all linked, organized, and ready whenever hunger strikes. 🍳✨



🎯 Wellness Challenge

Stay hot. Stay consistent. Don't do it alone.

Let's be honest - staying on track sounds cute until life gets busy, energy tanks, or your "why" starts to fade. That's when a challenge becomes your best friend (especially when your real best friend does it with you 👯).

This isn't about being perfect. It's about showing up, having fun with it, and giving yourself something to crush each week - even when you're not "feeling it."

🔒 In the lite version, you'll get a 7-day challenge to start

Use it, reuse it, tweak it. Your vibe, your rules.
But once you're ready to glow up harder, the full planner unlocks:

✨ 7-day resets when you need a mini win
✨ 30-day momentum boosters to get your groove back
✨ 52 weekly challenges to build consistency without burnout
✨ A full-year challenge for that main character energy arc

💪 Why Glow-Up Challenges Work:

- Break big body or wellness goals into baby steps
- Keep you excited and focused each week
- Give you structure when motivation dips
- Add variety so it never gets boring
- Track small wins that add up to a BIG transformation

👯 Do It With a Friend - It's a Total Game-Changer

Wanna actually finish a challenge? **Don't do it solo.**

Invite your roommate, gym bestie, or that friend who also wants to get back on her fitness grind. Turn it into a little accountability duo or group - more fun, more fire, and way more likely to stick.

It hits different when:

- You want to quit halfway but your bestie texts "Let's go 💪"
- You check in on each other (and send sweaty selfies)
- You laugh through the fails and celebrate the glow-ups
-

Challenges are more fun when you're not doing them alone.
They're how you build habits and memories - while becoming your hottest self.

✍️ My Sections *(Available in Full Version Only)*

Custom space for what matters most to you

Let's be real - your life isn't one-size-fits-all. And your planner shouldn't be either.
That's why the *full version* gives you 10 fully customizable sections to turn into whatever you want.

Use them to track your glow-up, stay organized, or just keep your life cute and on point.

What You Might Use It For:

- Starting a daily journal or mood log
- Creating a gratitude section (because grateful = glowing ✨)
- Tracking body changes (like skincare, bloating, or symptoms)
- Building a vision board or content plan
- Keeping your school/life schedule in check

This is your space - no pressure, no limits.

💡 How It Works

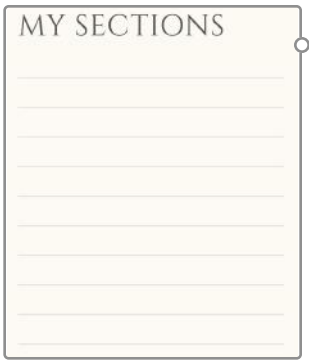
- Tap the "My Sections" icon to jump into your custom space
- Name each section however you want (yes, stickers welcome 👀)
- Use templates like gratitude journals, symptom trackers, or blank note pages
- Write in Writing Mode → Flip through in Reading Mode
- Organize it like a boss. No rules. Just you.

Think of it like your own digital BFF:
A place to track your thoughts, routines, ideas, and glow-up notes - all in one clean, clickable space. No more random screenshots or messy notebooks.

These sections grow with you.
They're here for what you need - exactly when you need it.

And honestly? **They're what make this planner 100% yours.** 💛

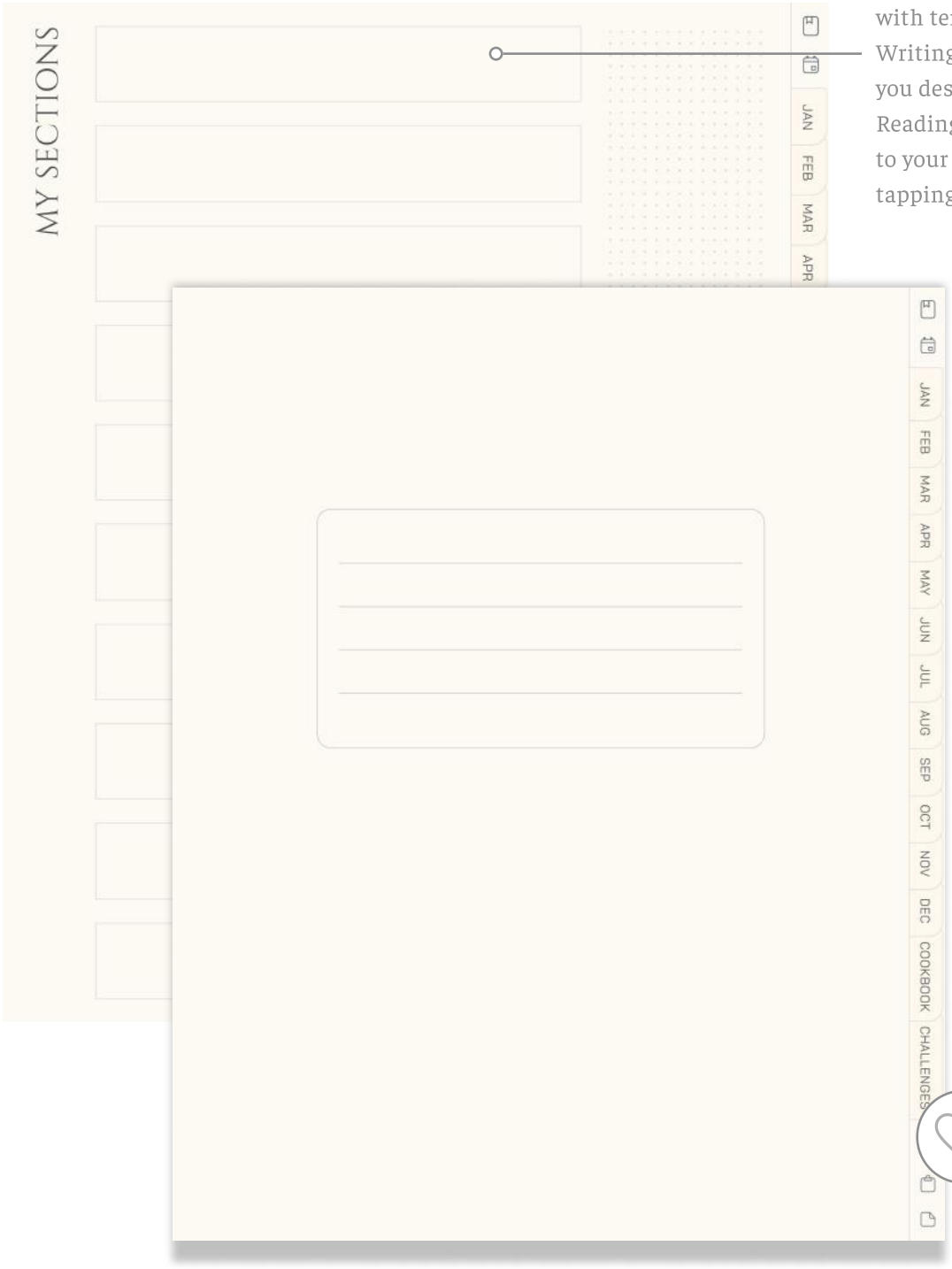
My Sections Navigation



You can access your own sections from the main menu with ease

Please be aware that the PDF planner imposes certain internal restrictions due to its specific format. Therefore, it's necessary to input the section name three times – in the Main Index, My Section Index, and on the section cover.

Explore the versatility of planner with ten interconnected sections. In Writing Mode, jot down anything you desire, and when you switch to Reading Mode, effortlessly navigate to your preferred section by simply tapping on the line



To get to your own section from any page of the planner simply click here

🗒️ Notes & Templates *(Available in Full Version Only)*

All the extra support you didn't know you needed - but now can't live without.

Sometimes daily or weekly pages just aren't enough. You need a spot to track the little things - your skin glow, that weird bloating, or just your gym PRs.

That's where the Notes & Templates section comes in. Think of it as your planner's bonus toolbox - full of cute, pre-designed pages that help you stay organized without the stress or mess.

🧡 Why It's a Total Lifesaver:

- Track your body glow-up from week to week
- Notice patterns (mood swings, energy dips, PMS, etc.)
- Reflect, brain-dump, or journal when you need to clear your head
- Stay consistent with all your fitness and beauty tracking - without overthinking

These templates save time, mental energy, and decision fatigue. You don't have to design or format anything. Just open the one you need and go.

You'll also get blank notes pages in your favorite layouts: ✔ Plain ✔ Dotted ✔ Grid ✔ Lined ✔ Table

So no matter how your brain works, there's a page that matches your vibe.

💡 **This isn't just about journaling.**
It's about having a planner that actually fits your life. And keeps all your thoughts, logs, and glow-up data in one cute, organized place.

🧰 What You'll Find in This Section (Templates List):

✨ Trackers & Logs

- Yearly Weight Tracker
- Yearly Weight Log
- Cardio Tracker
- Yearly Steps Tracker
- Yearly Mood Tracker
- Yearly Sleep Tracker
- Hydration Tracker
- Period Tracker
- Symptom Tracker
- Blood Sugar Tracker
- Body Measurements Log
- Weight Lifting Log
- Calories Tracker

✨ Journals & Reflection

- Fitness Journey
- Food Journal
- Gratitude Journal
- Wheel of Life

✨ Life Admin

- Memberships
- Expenses
- Grocery List
- Wishlist

📝 Notes Layouts

- Plain
- Dotted
- Lined
- Checkered
- Table

Whether you're tracking your wins or sorting your week, this section makes it 10x easier to keep everything in one place - and actually enjoy doing it.

✨ Stickers & Style

Make your planner look like your Pinterest board - effortlessly.

Your glow-up deserves a planner that feels like YOU.
That's where stickers, fonts, and color palettes come in - they're not just for decoration, they're your personal touch. A vibe. A motivator. A whole aesthetic.

🍒 The Sticker Page

You'll get a dedicated Stickers section inside your planner - a space to store your most-used icons, cute phrases, and design elements so they're always a tap away.

Use it for:

- Motivational quotes & hot-girl affirmations
- Workout, self-care, and habit icons
- Mood symbols & color swatches
- Aesthetic style guides & vibe boards
- Anything you copy/paste often and want easy access to

You'll also get a full **Brandbook** with the fonts and color codes used across the planner, so everything stays ✨ cohesive ✨ without you needing any design skills.

💡 Goodnotes Users - You're Set

Using Goodnotes? You're golden. Sticker Collections make organizing your planner even smoother. **How to use them:**

1. Import the Sticker Book
2. Tap + hold on any sticker you want
3. Tap Add Element → create a collection (like "Fitness" or "Glow-Up")
4. Boom. It's saved in your Elements tab - ready to tap into any page

No clutter. No copy-paste loops. Just tap → place → slay 💅

🗂️ Using PNG Stickers in Other Apps

Using Notability, Xodo, Noteshelf, or something else? Easy:

1. Unzip your PNG sticker pack
2. Add individual stickers into your app or image tool
3. Resize, move, and reuse however you want — total control, no restrictions

No matter which app you use, this section helps your planner match your energy. No pressure to be a designer - just tools to make it ✨**pretty and productive**✨.

🎨 No Design Skills? No Problem.

With the *full version*, you get the Brandbook - so every page looks clean, cute, and cohesive right out of the gate. Fonts and colors? Already matched. You don't have to stress about "aesthetic" - your planner will look like a Pinterest board without you lifting a finger.

✨ **You get to focus on feeling good - not formatting.**

🌟 You Deserve to Feel Confident in Your Body & Your Life

If you've made it this far - let's just say it - you're not like everyone else.

Opening this planner? Taking that first step? That's huge. Whether you're just starting or starting over, you're already showing up for the girl you want to become. 💛

The *lite version* got you started with less pressure. But if you're ready to feel more put together, more consistent, and more you - the *full planner* is here to help you level up.

✨ What You'll Unlock in the Full Version:

- ✅ A full year of daily, weekly & monthly pages - no more copy/paste
- ✅ Glow-up challenges to keep you moving (and motivated)
- ✅ Custom templates to track body, beauty, mindset & habits
- ✅ Your own personal cookbook (cute, easy, repeat-worthy recipes)
- ✅ Private space for journaling, vision boards, or anything that's just for you
- ✅ A Brandbook that keeps your whole layout looking aesthetic & on point
- ✅ Most importantly - a routine that actually works with your lifestyle

This isn't about the grind. It's not about burning out to glow up. It's about building a routine that actually fits your life - that feels good, looks good, and makes you feel like the main character.

Because your body goals? → They matter. Your vibe? → It deserves to be protected. And you? → **You were made to shine.** ✨

So if you're ready to stop "trying again" and start building a life that fits you...

Get the Full Fitness Planner Now

Let's make this the year you glow up for real.

