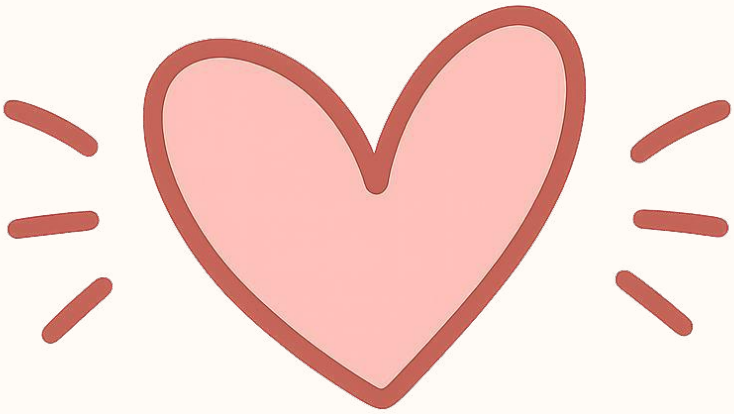


INTRODUCTION

TO THE WELLNESS JOURNAL

[Bewely.]



Welcome, Mama! Let's Make Time for You

We're so happy you're here! This *lite version* of the Fitness Planner was created especially for busy moms who are ready to take small, meaningful steps toward feeling stronger, more energized, and more in control of their wellness journey. Whether you're navigating postpartum recovery or simply trying to find yourself again amidst the chaos of motherhood - you're in the right place.

This guide will walk you through how to import your new planner into your favorite note-taking app and start using it right away. Even if you've never used a digital planner before, don't worry - we'll go step-by-step.

You'll also get a peek at some of the most powerful planning pages that are blurred out in this version but available in the **full planner** - because once you see how just a few pages can spark change, imagine what the full toolkit can do.

Let's get started - this is your time.

How to Add Your Planner to Your App

Don't worry - we're keeping this super simple!

Whether you're using an iPad or Android tablet, this guide will help you get your Fitness Planner set up in just a few taps. (And remember: this is the lite version, so you'll notice some pages are blurred out - those are part of the full planner, which has even more tools to support your wellness journey!)

iPad Users (Goodnotes / Notability)

There are two easy ways to get your planner into Goodnotes (or a similar app like Notability). Let's go!

Option 1: From Your Files App

1. First, make sure the planner PDF is downloaded to your iPad.
2. Open your Files app and find the planner.
3. Press and hold the file to bring up more options.
4. Tap "Share".
5. Choose "Open in Goodnotes" (or "Notability" or your app of choice).
6. In the app, pick the folder or notebook you want to save it to. Done!

💡 *Can't see your app in the "Share" menu? Tap "Edit Actions…" and make sure Goodnotes/ Notability is turned on!*

Option 2: Directly From Goodnotes

1. Open Goodnotes on your iPad.
2. Tap the + sign to start something new.
3. Choose Import.
4. Find your planner in your Downloads or Files.
5. Tap on the file, and you're in!
6. You'll see a checkmark -tap Open to finish.

Android Users (Noteshelf / Xodo / Samsung Notes)

We've got you covered too -this only takes a minute!

1. First, download the planner PDF onto your tablet.
2. Open your app of choice (Noteshelf, Xodo, Samsung Notes, etc.).
3. Look for an Import or Open option - usually found with a + or in the menu (☰).
4. Navigate to your Downloads or Files folder and tap the planner.
5. That's it - your planner should open up and be ready to use!

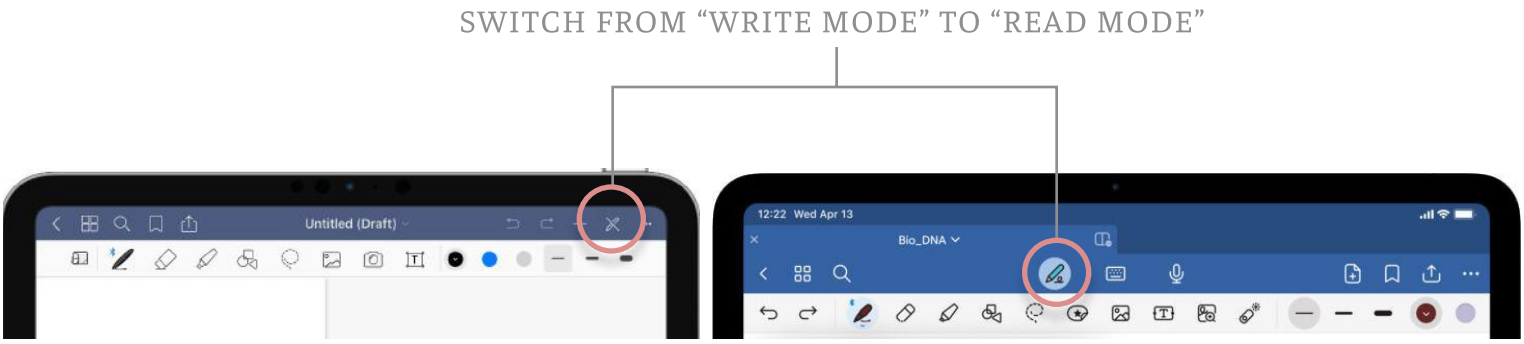
✨ Using Links & Editing Your Planner

Let's make digital planning feel easy and fun!
Your planner is *interactive*! That means you can tap on tabs and buttons to jump between sections - but there's a little trick: most apps have two different "modes," and hyperlinks only work in Read Mode (sometimes called "Viewing Mode" or "Navigation Mode").

Here's how to make sure you're in the right mode:

Switch Between Read & Write Modes

- In Goodnotes, Notability, and Noteshelf, you'll usually see a little pen or pencil icon at the top of your screen.
- Tap that icon to switch to Read Mode when you want to use the clickable tabs and buttons.
- When you're ready to write, draw, or plan - just tap it again to go back into Write Mode.



Copying, Adding & Deleting Pages

Your planner includes all kinds of helpful templates. If you love one page and want to use it again (like a weekly meal planner or a grocery list), you can copy it and reuse it wherever you need.

iPad Users (Goodnotes / Notability / Noteshelf)

💞 To **duplicate** a page:

- Go to the page you want to copy.
- Tap the **3-dot menu or share/extra options button** (usually in the corner).
- Tap **Copy Page** (or in some apps it might say "Duplicate").
- Open the thumbnail or page view.
- Pick where you want the new page to go.
- Tap **Paste**, or "Add Page Before/After" depending on your app.

🗑️ To **delete** a page:

- Open the thumbnail view.
- Tap on the pages you don't need.
- Hit the trash can icon.
- *Double-check - because this action can't be undone.*

Android Users (Xodo / Noteshelf)

💞 To **duplicate** a page:

- Open the planner in your app.
- Tap the **three dots or menu icon** on the page you want to copy.
- Look for "Duplicate" or "Copy Page."
- Use the page thumbnails view to drag it or move it to the right place.

🗑️ To **delete** a page:

- Open the full-page view or thumbnails.
- Tap the page(s) you want to remove.
- Use the **delete or trash can** option.

🧡 What You'll Find in the Full Planner

The **full version** of the Fitness Planner is designed to make your life easier, not busier. It already includes a full year's worth of daily, weekly, and monthly planning pages - so no need to copy your favorite trackers over and over.

But once you get the hang of things, you'll discover some extra templates in the full planner that are super helpful, like:

- A Gratitude Journal to help you stay grounded and present
- A Yearly Water Tracker so you can see your progress at a glance
- Bonus wellness tools like check-ins, reflections, and trackers

These pages are there for you to copy and place exactly where you want whether it's the end of your week, the start of a new month, or sprinkled throughout for a little inspiration.

> ***You're in control** - customize it however works best for your routine and rhythm.*

🌱 A Gentle Reminder for the Beginning

Starting something new - especially when you're already juggling so much - can feel overwhelming. And that’s okay. You don’t have to use every page, every tool, or every feature right away.

This planner is here to support you, not pressure you.

- Start small.
- Take one page at a time.
- Focus on one little habit that makes you feel good.

You’re not “behind.” You’re building something beautiful, step by step. Use your planner in a way that feels natural, comforting, and empowering.

You’ve got this! 💛

🗂️ Index & Navigation

Let’s take a quick peek at how your planner is organized - and how to find your way around!

In the **full version** of the planner, the **Index page is fully interactive**. That means every section listed is a clickable link that takes you straight to the page you need. Want to jump to your meal planner? One tap. Need your monthly check-in? You're there in a second. This makes navigation super smooth and saves precious time (because we know you don’t have much of it to waste!).

In the **lite version**, the index is there just for reference - you can see what the full planner includes, but the links won’t be active. Think of it as a little preview of the full toolkit available to you when you’re ready for more structure and support.

✨ What’s Inside & How to Use It

Your planner is thoughtfully broken down into sections that support every part of your wellness journey - from setting goals, to tracking habits, to celebrating progress. In the next pages, we’ll walk through the main sections and share ideas for how you can use them in a way that fits your life.

Remember, this planner is **here to help you** - not overwhelm you. Start with the pages that feel most helpful right now. You can always build on your routine little by little.

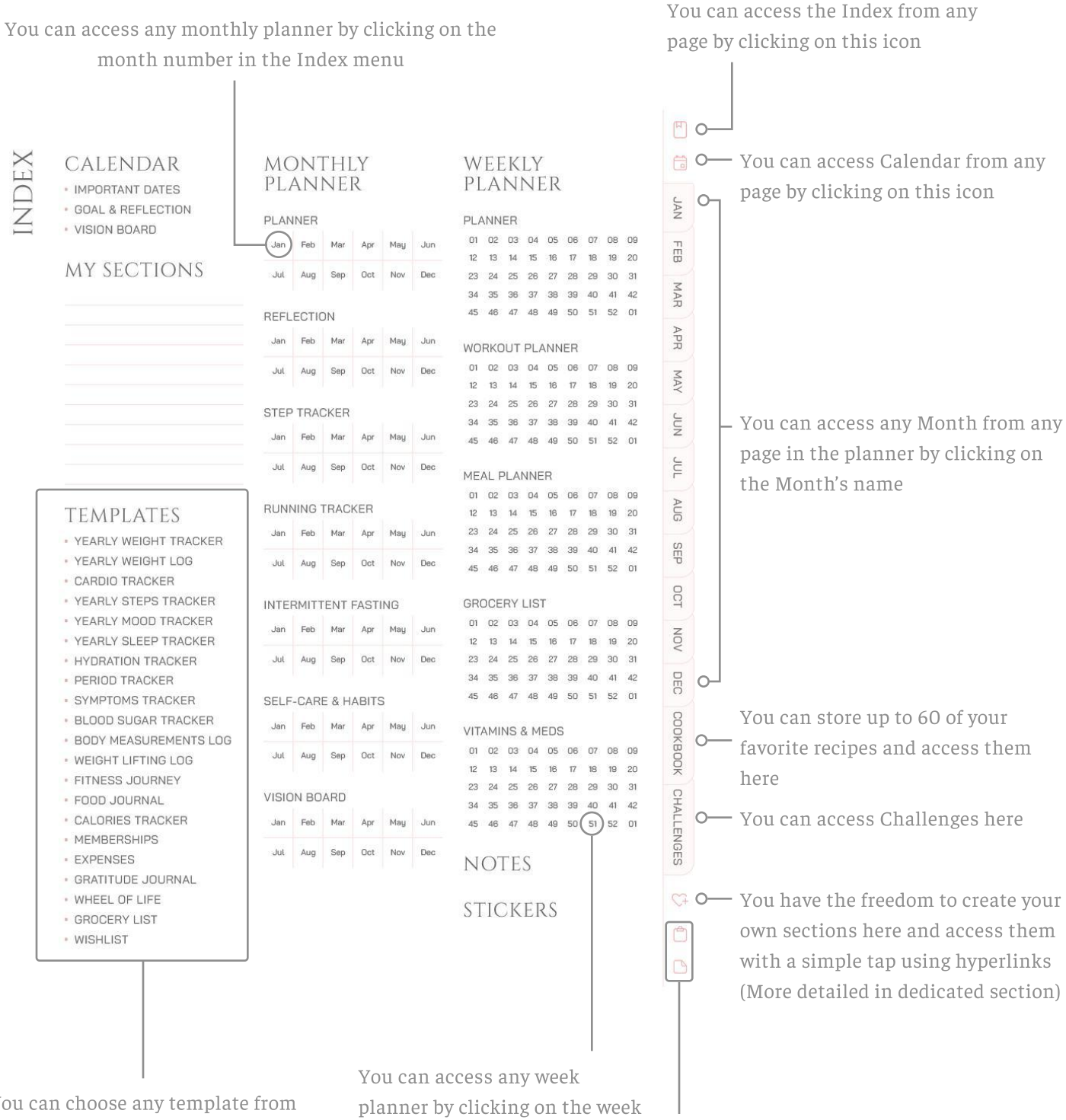
💌 Need help or have a question?

You can reach out to me anytime by email - **info@bewely.com**. I’ll do my best to respond quickly and help however I can!

Main Index & Side Navigation

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 section is included in the **full version** of the Fitness Planner and it's truly the heart of your long-term journey. It’s where all your small efforts come together into one clear, empowering path.

Inside, you’ll find space to:

- Set realistic long-term goals that reflect your pace and lifestyle
- Break those goals down into monthly milestones
- Track your progress and habits over time, so you can actually see how far you’ve come - even when it doesn’t feel obvious day to day

Whether your aim is to rebuild strength, boost energy, lose weight, or simply feel like yourself again, this planner helps you approach it all with clarity and intention.

By keeping your goals, wins, and check-ins in one place, you’ll:

✨ Feel more in control of your schedule
✨ Make your routines more structured and effective
✨ Create a smoother path back to your best self—without overwhelm or guilt

This is your space to reconnect with you, one step at a time. 💛

Year Section Navigation

You can easily access any month from the Calendar by simply clicking on its name

2025

JANUARY

WK	MO	TU	WE	TH	FR	SA	SU
01			1	2	3	4	5
02	6	7	8	9	10	11	12
03	13	14	15	16	17	18	19
04	20	21	22	23	24	25	26
05	27	28	29	30	31		

FEBRUARY

WK	MO	TU	WE	TH	FR	SA	SU
05						1	2
06	3	4	5	6	7	8	9
07	10	11	12	13	14	15	16
08	17	18	19	20	21	22	23
09	24	25	26	27	28		

MARCH

WK	MO	TU	WE	TH	FR	SA	SU
09						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
14	31						

APRIL

WK	MO	TU	WE	TH	FR	SA	SU
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

MAY

WK	MO	TU	WE	TH	FR	SA	SU
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

JUNE

WK	MO	TU	WE	TH	FR	SA	SU
22							1
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27		
27	30						

JULY

WK	MO	TU	WE	TH	FR	SA	SU
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

AUGUST

WK	MO	TU	WE	TH	FR	SA	SU
31					1	2	3
32	4	5	6	7	8	9	10
33	11	12	13	14	15	16	17
34	18	19	20	21	22	23	24
35	25	26	27	28	29	30	31

SEPTEMBER

WK	MO	TU	WE	TH	FR
36	1	2	3	4	5
37	8	9	10	11	12
38	15	16	17	18	19
39	22	23	24	25	26
40	29	30			

OCTOBER

WK	MO	TU	WE	TH	FR	SA	SU
40			1	2	3	4	5
41	6	7	8	9	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31		

NOVEMBER

WK	MO	TU	WE	TH	FR	SA	SU
44						1	2
45	3	4	5	6	7	8	9
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30

DECEMBER

WK	MO	TU	WE	TH	FR	SA	SU
49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
01	29	30	31				

You can access any week planner by clicking on its number

Important dates

Goal planner

Year vision board





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

JAN FEB MAR APR MAY JUN JUL

You can access the month planner from the Important Dates section by clicking on its name as well



OOK CHALLENGES

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

🗒️ Monthly Fitness Planner

A gentle guide to stay on track - without the pressure

Motherhood is beautiful - but let's be real, it can also feel like a whirlwind. That's why this section of the planner is all about helping you gently organize your month, one day at a time, with space to breathe, reset, and celebrate small wins.

In the lite version, you'll have access to:

- The monthly overview calendar
- Notes & monthly goal setting
- Monthly vision board
- Self-care & habit trackers

In the **full version**, you'll also unlock helpful tools like:

🚫 Step tracker
🚫 Running tracker
🚫 Intermittent fasting log

These are intentionally left out of the lite version so you can focus on easing in without pressure. When you're ready, the full version has extra tools to support your next steps!

💡 How This Section Can Support You:

- Set small, manageable goals each month (like "go outside daily" or "drink more water")
- Reflect at the end of each month to see what's working
- Reconnect with your needs and reclaim some structure - without being hard on yourself
- Build healthy habits at your own pace (hello, realistic self-care!)
- Keep everything in one place so your brain doesn't have to juggle it all 💛

And the best part? **Navigation is easy.**
Tap on a date to jump to that day's page, or click any month to go straight to that section. The full planner includes active monthly tabs, reflection links, and more so you can move around without getting lost.

This planner isn't here to push you - it's here to support you.
One month at a time! One moment at a time!

Month Section Navigation

Step tracker

Running tracker

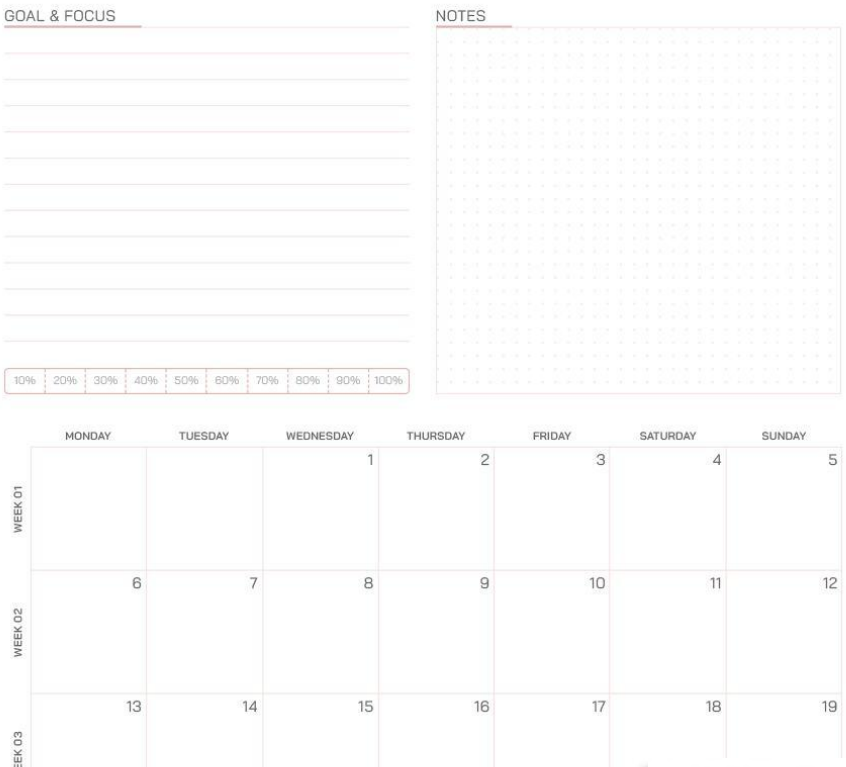
Intermittent fasting

Self-care & habits

Monthly vision board

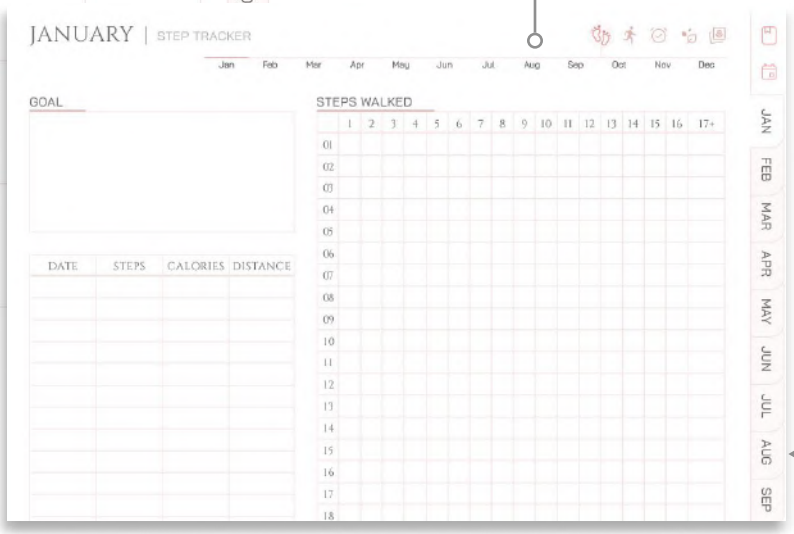
You can access Monthly reflection page and return to the planner page using this links





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

Creating calm and structure - one week at a time

This section is available in both the lite and full version of your planner - though the Workout Planner is included in the **full version only**.

The Weekly Fitness Planner is where things really come together. It's like your soft place to land at the beginning of each week - a space where you can check in with yourself, reset, and make small plans that feel manageable.

🌼 Here's How This Section Supports You:

💡 Weekly Overview

- Gently track your energy, weight, or other health stats - if and when it feels helpful
- Use the weekly “focus” to set a small intention, like "go for two walks" or "drink more water"

🍽️ Meal Planner

- Plan simple meals or snacks (or just jot ideas - you don’t have to fill it all in!)
- Save time and stress by having a rough plan when life gets hectic

🛒 Grocery List

- Keep track of what you need for the week so you're not guessing mid-nap-time at the store
- Separate space for meals, pantry items, and wellness-related purchases

💊 Meds & Supplements

- Track vitamins, postpartum care meds, or anything your doctor/midwife has suggested
- Useful for remembering when sleep is foggy and time is blurry

💖 Self-Care Tracker

- A gentle reminder to take a few moments just for you - a bath, fresh air, journaling, or simply breathing deeply

📝 Reflection Space

- Use this area to brain-dump, vent, celebrate a win, or set an intention for next week. No pressure - just space.

Easy to Navigate

Even if you only have five minutes, it’s easy to jump to the week you're in. Tap the week number or any date, and the planner will take you right where you need to be.

The **full planner** includes a quick-jump sidebar and week-by-week navigation that shows 12 weeks at a glance - so you can plan ahead or look back with ease.

> *This weekly space is all about **finding your rhythm again** - without guilt or overwhelm. Take what you need, skip what you don't, and let the rest flow naturally.*

You're doing great! This is your space to grow, one week at a time. 💛

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 step at a time.

This section is here to help you check in with yourself each day - not just physically, but emotionally and mentally too. It's your space to notice patterns, reflect, and celebrate little wins - because they matter more than you think. 💛

In the **lite version**, you'll get access to just 7 daily pages - but honestly, that's all you need to start.
And if you love how they help you stay on track, you can reuse them as many times as you want! Duplicate them. Print them. Start fresh every week. There are no rules here - just what works for you.

In the **full version**, you'll have a complete set of dated daily pages for the whole year, already laid out and ready to go. No extra prep, just open and write.

🧡 How the Daily Planner Can Help You

🛏️ Sleep & Energy Log

Track bedtime, wake-up time, and sleep hours - because how you rest matters just as much as how you move.

🎯 Today's Focus

Write down one small thing you want to accomplish today. Not five. Not even three. Just one. This helps you feel progress without overwhelm.

🥗 Food Log

Jot down what you're eating - not to obsess, but to notice. It's a mindful tool, not a punishment.

💪 Exercise Log & Cardio Tracker

If you're adding movement back into your day - like walking with the stroller or doing a stretch - you can log it here. No pressure. No perfect.

💧 Water Tracker

Keep hydrated easily, especially important if you're nursing or just running on little sleep!

📝 Notes & Reflection

Brain dump, vent, celebrate, journal - it's your space to use however you need it that day.

Easy to Navigate

- Tap the **calendar** to go directly to any day
- Use the **week or month links** to flip around as needed
- The highlighted circle always **shows today's date** so you don't get lost

> *This isn't about doing it all. It's about **doing something** - just one thing - each day that supports the version of you that you're gently returning to.*

You've got seven pages to work with. That's seven fresh starts.
And that's more than enough. 💛

Day Section Navigation



🍲 Your Personal Healthy Cookbook

Because feeding your family (and yourself) shouldn't feel like a daily guessing game

Life is busy - and whether you're juggling feedings, chasing toddlers, squeezing in workouts, or just trying to survive until bedtime - figuring out what to eat shouldn't add more stress.

That's exactly why this cookbook section was designed: to help you organize your favorite go-to recipes, keep track of what works for your family, and support your health and weight goals without overthinking it.

👩‍🍳 How It Works

You can save up to 60 of your favorite recipes here (*full planner only*), all in one easy-to-access place.

- Quick family meals
- Post-workout snacks
- Comfort food with a healthy twist
- Smoothies you actually have time to make
- Anything you want to return to again and again

Each recipe page gives you space to write down:

- Ingredients & directions (so you don't have to keep re-Googling it)
- Cooking time, calories, and portion size
- Nutrition info (if you want to track protein, carbs, etc.)
- Your own notes + ⭐ rating system
- A spot for a photo - because seeing that tasty meal again might just motivate you on a busy day!

🥕 The Full Version Makes It Even Easier

The **full planner** unlocks the complete interactive Cookbook, designed to save time and keep your meal planning stress-free. You'll be able to:

- Store up to 60 of your favorite recipes - everything from simple dinners to clean treats
- Tap any recipe name to open the full recipe instantly
- Use the Cookbook tab to jump in from anywhere in your planner
- Quickly flip through all recipes or group them - like breakfasts, quick lunches, or budget-friendly meals

No more flipping through notebooks or scrolling through your phone trying to remember "that one dish that worked."

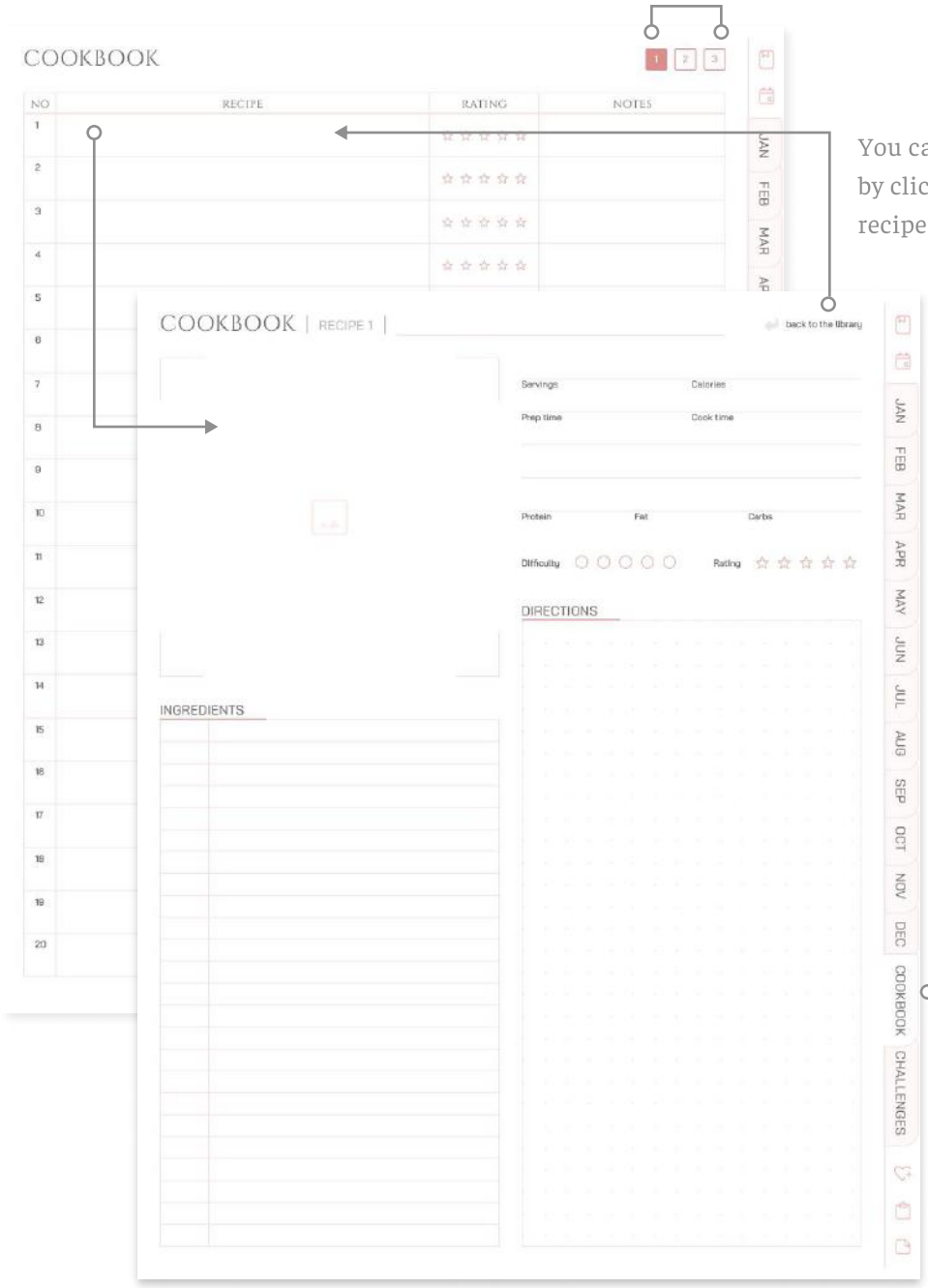
This section isn't just about recipes - it's about peace of mind.

> *Healthy eating can feel simple again—because now it's all in one place.*

So when life gets hectic, you have a place to land, refocus, and still take care of yourself (and everyone else). 💛

Cookbook Navigation

You can easily navigate between the 3 pages of your cookbook, with each page accommodating 20 recipes



You can access a recipe from the cookbook by clicking on its name, and return to the recipe list by clicking on this button

You can conveniently access the cookbook from any page of the planner by simply clicking on this tab

🎯 Wellness Challenge

Stay on track, have a little fun, and don't give up on yourself

Let's be honest - staying consistent on a wellness journey can be tough, especially when you're exhausted, distracted, or just plain over it. That's where challenges come in.

They're not about perfection or pressure - they're about progress, fun, and giving yourself a reason to keep showing up.

In the **lite version**, you'll find a 7-day challenge - just enough to get a feel for how this can work for you. You can repeat it as often as you like or adapt it to your current goals.

But in the full planner, the challenge section becomes your personal (and sometimes social!) motivator, with:

✨ 3-day challenges for a little reset
✨ 7-day challenges to kickstart your routine
✨ 52 weekly challenges to build habits over the year
✨ A full year-long challenge if you're ready to go all in

💪 Why They Matter

Challenges help you...

- Turn goals into tiny, doable steps
- Stay focused when motivation fades
- Have something to look forward to
- Celebrate wins (because even small ones count!)
- Add variety to your routine so it doesn't get boring
- Gently push yourself - without pressure

👯 Do It Together

Want to make it even better? **Invite a friend.**
Grab another mama or someone in your circle who's struggling just like you - and turn the challenge into a friendly competition or shared goal. You can keep each other accountable, cheer each other on, and even laugh when things go sideways (because they will... and that's okay).

Whether you're doing it solo or with a small group, challenges bring just enough structure to make this journey feel a little easier - and a lot more fun.

> *This isn't about being the best. It's about **not giving up** on yourself.*

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

Custom space for what matters most to you

Life doesn't fit into perfect boxes - and neither should your planner. That's why in the full version, you get a fully customizable space with 10 personal sections designed for your life, your goals, and your way of doing things.

Whether you're...

- Tracking postpartum recovery
- Organizing school schedules or family routines
- Planning content if you're a creator
- Building a vision board
- Journaling your thoughts
- Or just needing a place to brain dump...

This space is all yours.

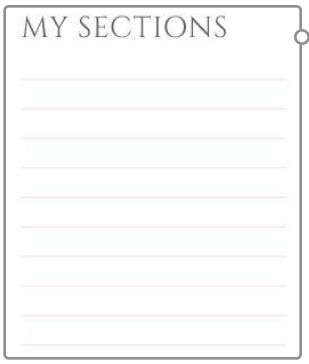
💡 How It Works

- Use the "My Sections" tab to access your personal space from anywhere in the planner
- Name each section in the Main Index, the My Sections index, and the cover page
- Write anything you want in Writing Mode, then easily tap through each section using Reading Mode
- Organize, expand, and personalize without limits

You can keep it totally private, or use it to build extra tools into your planner as your needs grow. It's like having bonus notebooks right inside your main one!

This planner was created to support you, not just a routine.
And these sections? They're the part that makes it truly yours. 💛

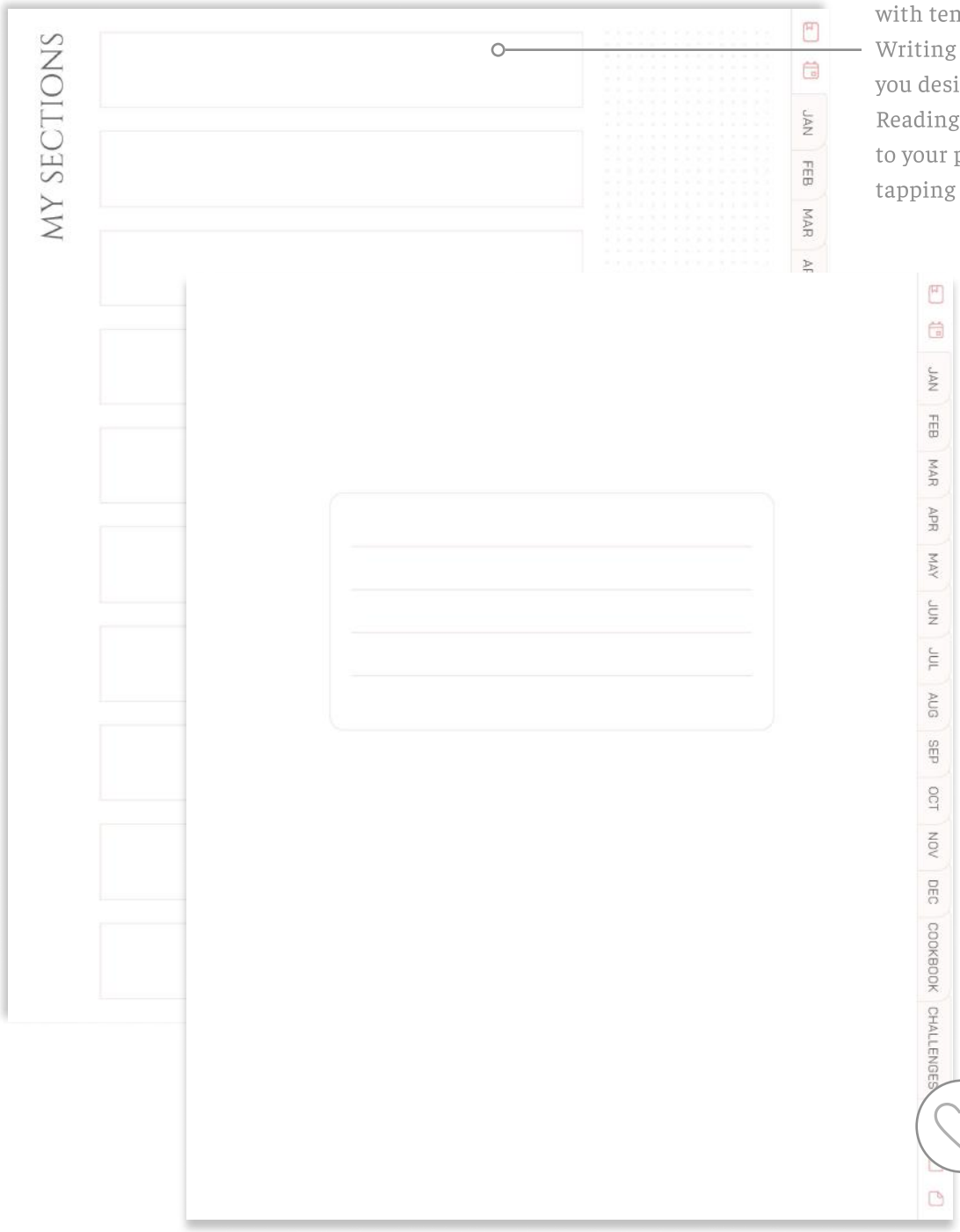
My Sections Navigation



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 - until now

Sometimes you need more than just daily or weekly pages. You need a space for all the little things - progress logs, symptoms, measurements, reflections, and even just empty boxes to think in.

That's where the Notes & Templates section comes in.
It's your planner's bonus toolbox - a full collection of pre-made, beautifully organized templates designed to make tracking and planning easier, clearer, and way less stressful.

🧡 Why It's So Helpful

Whether you're trying to...

- Track how your body is changing month-to-month
- Notice patterns in mood or energy
- Reflect, reset, and stay grounded
- Or simply keep all your fitness-related thoughts in one place...

These **templates** save you time, mental energy, and decision fatigue. Just tap the one you need and start filling it in.

You can also customize the **notes** pages - plain, dotted, lined, grid, or table layouts - to fit your own way of thinking and journaling.

🧰 What's Inside (Templates List)

Here's everything you'll find in this section of the full planner:

✨ 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

✨ Stickers & Style

Make your planner beautiful without the pressure

Your fitness journey is personal - and your planner should feel like yours, too.
That's where stickers, color palettes, and design elements come in. They don't just make your pages look prettier - they help you stay inspired, motivated, and even organized.

In the **full version** of the planner, you'll also receive a Brandbook, which includes all the fonts and color codes used throughout the planner. That means you can easily match everything and keep your entries looking clean and cohesive - without any design skills needed!

🎨 Sticker Page

The planner includes a dedicated Stickers section - a blank space where you can store your favorite decorative elements, icons, and even custom color palettes.

You can use:

- Motivational phrases
- Icons for workouts, water intake, self-care, and more
- Habit stickers
- Color swatches
- Mood symbols
- Or anything else you like to reuse

💡 Goodnotes Users: Even Easier with Collections

If you're using Goodnotes, you're in luck! The latest versions support Sticker Collections, making it even easier to stay organized and aesthetic.

Here's how to use them:

1. Import the Goodnotes Sticker Book
2. Open the sticker book and tap and hold on any sticker you want
3. Tap "Add Element", then choose or create a Collection (like "Fitness" or "Motivation")
4. Later, you can access all your saved stickers from the Elements tool, and just tap to place!

This keeps your stickers just a tap away - no need to copy/paste every time.

📁 Using PNG Stickers (Other Apps)

If you're using Notability, Noteshelf, Xodo, or another app:

1. Unzip the PNG sticker pack included with your download
2. Import stickers individually (use dedicated Stickers section)
3. You can resize, move, and reuse them however you like!

🖌️ No Design Skills? No Problem.

With the Brandbook you get in the **full version**, everything matches automatically.
Fonts, colors... it all works together, so your pages look calm, clean, and put-together, without you spending extra time trying to make it “pretty.”

You can focus on feeling good - not formatting. 💛

🌟 You Deserve to Feel Good in Your Body and Your Life

If you’ve made it this far - first of all, I’m proud of you. Starting (or restarting) your wellness journey isn’t easy, especially when you’re juggling everything and everyone else. But the fact that you downloaded this planner, opened it, and took even one small step? That matters. A lot!

The **lite version** was created to give you a gentle, stress-free way to start.
But if you're ready to go deeper - to get more organized, stay consistent, and actually enjoy the process - the **full version** of the Fitness Planner was built to support every part of your journey.

With the full planner, you’ll unlock:

✅ A full year of daily, weekly & monthly planning
✅ Wellness challenges to keep you motivated
✅ Custom templates for everything from mood to expenses
✅ A built-in cookbook
✅ Space for your personal goals, reflections & real-life routines
✅ A beautifully matched brandbook to keep your pages cohesive and collection of custom covers
✅ And most importantly - a structure that works with your life, not against it

This isn’t about being perfect. It’s about making space for you again!

Because... Your goals matter - Your energy matters - You matter!

So if you’re ready to create a routine that actually feels good,

Get the Full Fitness Planner Now

And let’s make it Your Year together!