How the Free Resource Library Works

Free Guides, Challenges & Emails · https://coachluke.com/docs/how-the-free-resource-library-works/

The Free Resource Library is where I keep all my free printable guides: meal plans, shopping lists, checklists, workout plans, trackers and cheat sheets. There are more than 30 guides, and new ones are added regularly.

How do I get a guide?

Pick a guide, tap **Get it free** and enter your email. The guide opens right away on the page, and I'll email you a copy too.

Do I have to sign up for every guide?

No. One sign-up unlocks the whole library on that device. After your first guide, every other **Get it free** button takes you straight to the download.

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The unlock is saved in your browser, so a new device, a different browser or clearing your browser data resets it. Just enter the same email again. You won't be signed up twice.

What emails will I get?

The guide you picked, then a short welcome series and my regular no-gimmicks emails. Every email has a one-click unsubscribe link.

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You can still open it from the library on the device you used. For the email copy, check spam and Gmail's Promotions tab, then see Didn't get your free guide or challenge email?

Why are some LiveGood products in the guides?

Most guides end with a page of products I use and recommend that fit the topic, such as protein for a strength plan. They're always optional, and the links are affiliate links, which means I may earn a commission at no extra cost to you. The plan works without them.

Can I print or share the guides?

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