START HERE GUIDE

The Fresh Start Weight-Loss Bundle

5 Programs, One 12-Week Path, for Women 25+

Your roadmap for using them together, one step at a time.



By Coach Luke | NASM-CPT, NESTA Nutrition Coach

Real advice. No gimmicks.

WELCOME

What's in your bundle

You have five programs. You are **not** meant to run them all at once. This guide turns them into one steady 12-week path: one backbone program, one short add-on, and a kit you only open if you need it.



FILE 01 · 66 pages

Done Starting Over: The 12-Week Fat-Loss Plan

Your backbone on **Path A**. Calorie and protein targets, three short strength workouts a week, a step plan, meals and a weekly check-in.



FILE 02 · 57 pages

Lose Weight Without Workouts: The 28-Day Food-First Plan

Your backbone on **Path B**. Food does most of the work: one small action a day for 28 days, with steps and sleep doing the rest.



FILE 03 · 52 pages

Stop the Sugar Cravings: The 21-Day Sugar Reset

A 3-week add-on for **both paths** (weeks 1 to 3). One small habit a day to find where added sugar hides and calm the cravings.



FILE 04 · 22 pages

The Weight-Loss Plateau Fix Kit: Why Isn't the Scale Moving?

Stays closed until you need it. A decision tree, one fix at a time, and a 14-day log for when the scale stalls 3 weeks or more.



FILE 05 · 66 pages

Walk It Off: The 12-Week Walking Plan

The movement plan on **Path B**: steps, then interval walks, then inclines and hills. On Path A it is a form and pacing reference.

How to use this guide

1. **Pick your path.** Answer the two questions on page 3. It takes two minutes.
2. **Follow your one-page roadmap.** Path A is page 4, Path B is page 5. It tells you which program and which pages to open each week.
3. **Check in once a week.** Fill one row of the check-in sheet on page 8. If three rows in a row look the same, go to page 7.

Before you start: check with your doctor first if you are pregnant or breastfeeding, have a medical condition, take medication (including blood-sugar or GLP-1 medicines), or have a history of disordered eating. Every program has its own safety page. Please read it. This bundle is general education, not medical advice.

STEP 1 · TWO QUESTIONS

Pick your path

Neither path is the better one. The right path is the one you will still be doing in week 8. Tick one answer for each question.

QUESTION 1

Will you do three 25 to 35 minute strength workouts a week at home?

You need a light and a medium pair of dumbbells or resistance bands, and about 30 minutes, 3 times a week.

☐ **Yes, I can do that**

→ **PATH A · With workouts**

Done Starting Over is your backbone for all 12 weeks, with the **Sugar Reset** added in weeks 1 to 3. Your roadmap is on page 4.

☐ **No, or not right now**

→ **PATH B · No workouts**

Lose Weight Without Workouts runs weeks 1 to 4, then you keep its habits for weeks 5 to 12. **Walk It Off** is your movement plan and the **Sugar Reset** is added in weeks 1 to 3. Your roadmap is on page 5.

QUESTION 2

Do sugar cravings knock you off track most weeks?

Think about the last month: afternoon slumps, sweet drinks, evening snacking, the candy bowl at work.

☐ **Yes, most weeks**

→ **Full Sugar Reset**

Do the audit and Day 0 page before week 1, then one daily page (about 10 minutes) for 21 days, in weeks 1 to 3.

☐ **Not really**

→ **Sugar Reset Lite**

Do the audit (pages 6 to 8) once, then keep the label guide (pages 11 to 13) and the swaps (pages 14 and 15) handy. Skip the daily pages.

My plan

Path: ☐ A ☐ B **Sugar Reset:** ☐ Full ☐ Lite **Start date:** _____

Changed your mind later? You can move from Path B to Path A at any 4-week mark. Start Done Starting Over at its Week 1 and keep your food habits.

PATH A · WITH WORKOUTS

Your 12-week roadmap

Done Starting Over is your backbone from week 1 to week 12. The **Sugar Reset** rides along for the first three weeks, then it is done.

When	Backbone: Done Starting Over (file 01)	Add-on
Before week 1 (one sitting)	Read pages 2 to 5. Pick your track on page 4. Fill in the setup worksheets on pages 6 to 8. Look through the 15 moves on pages 14 to 21.	**Sugar Reset (file 03):** read pages 4 and 5, take the audit on pages 6 to 8, fill in Day 0 on page 9.
Week 1	Phase 1 overview, page 10. Workouts A, B and C, pages 22 to 24. Step target, page 26. Week 1 pages 35 and 36.	Sugar Reset Days 1 to 7, pages 18 to 24. Check-in, page 25.
Week 2	Week 2 pages 37 and 38. Same three workouts.	Sugar Reset Days 8 to 14, pages 27 to 33. Check-in, page 34.
Week 3	Week 3 pages 39 and 40.	Sugar Reset Days 15 to 21, pages 36 to 42. Check-in, page 43. Day 0 vs Day 21, page 44.
Week 4	Week 4 pages 41 and 42. Re-check your calorie target on page 7 if you are on Track 20.	Choose 3 or 4 keeper habits (Sugar Reset page 49). The reset is finished.
Weeks 5 to 8	Phase 2 overview, page 11. Progression rules, page 25. Weekly pages 43 to 50.	Two optional brisk walks (file 01, page 27). For form and warm-ups, use Walk It Off (file 05) pages 9 to 12.
Weeks 9 to 12	Phase 3 overview, page 12. Weekly pages 51 to 58. Week 12 is your re-test.	Nothing new. Keep your keeper habits and your steps.
After week 12	At your goal: maintenance, page 60. More to lose: take a 2-week maintenance break, then your next block, page 61.	See page 9 of this guide.

Path A rules

- **One calorie target:** the one you set on page 7 of Done Starting Over.
- **One step target:** your track on page 26 of Done Starting Over.
- **One meal plan at a time:** Done Starting Over pages 30 to 32. In weeks 1 to 3 you can use the Sugar Reset low-sugar week (pages 45 to 48) instead, not as well.
- **Sugar Reset Lite?** Skip the daily pages in the Add-on column.

Handy extras

- **Eating out, alcohol and evening snacking:** Lose Weight Without Workouts (file 02), pages 11 to 13.
- **Walking form, warm-up and cool-down:** Walk It Off (file 05), pages 9 to 12.
- **Scale flat for 3 weeks or more?** Page 7 of this guide, then the Plateau Fix Kit (file 04).
- **Every week:** fill one row of the check-in sheet on page 8.

PATH B · NO WORKOUTS

Your 12-week roadmap

Lose Weight Without Workouts runs weeks 1 to 4, then its habits carry you to week 12. **Walk It Off** is your movement plan. The **Sugar Reset** rides along in weeks 1 to 3.

When	Food: file 02	Movement: Walk It Off (file 05)	Add-on: Sugar Reset (file 03)
Before week 1 (up to 7 days)	Read pages 2 to 4. Fill in the setup pages 5 to 7.	Read pages 2 to 8. Wear your tracker for 7 normal days (page 4), then set your step goals on page 5.	Read pages 4 and 5. Audit, pages 6 to 8. Day 0, page 9.
Week 1	Notice: Days 1 to 7, pages 19 to 25. Check-in, page 26.	Week 1 plan and tracker, pages 14 and 15.	Days 1 to 7, pages 18 to 24. Check-in, page 25.
Week 2	Build the Plate: Days 8 to 14, pages 27 to 33. Check-in, page 34. Meal plan, pages 15 to 18.	Week 2, pages 16 and 17.	Days 8 to 14, pages 27 to 33. Check-in, page 34.
Week 3	Hunger and Cravings: Days 15 to 21, pages 35 to 41. Check-in, page 42.	Week 3, pages 18 and 19.	Days 15 to 21, pages 36 to 42. Check-in, page 43. Page 44.
Week 4	Move More, Sleep Better: Days 22 to 28, pages 43 to 49. Check-in, page 50.	Week 4, pages 20 and 21.	Choose 3 or 4 keeper habits, page 49. Done.
Weeks 5 to 8	Keep the habits: habit tracker, page 53, and weigh-in log, page 54 (reprint). Redo your target on page 6 in week 5. Want daily pages? Repeat Days 8 to 28.	Phase 2, Interval Walks: pages 22 to 24. Weeks 5 to 8, pages 25 to 32.	Keeper habits only.
Weeks 9 to 12	Same habits. Redo your target on page 6 in week 9.	Phase 3, Incline + Hills: pages 33 to 37. Weeks 9 to 12, pages 38 to 45.	Keeper habits only.
After week 12	After Day 28: Keep Going, page 52.	What next, page 65.	See page 9 of this guide.

Path B rules

- **One calorie target:** page 6 of Lose Weight Without Workouts.
- **One step target:** use Walk It Off page 5. Skip the step ladder on page 14 of Lose Weight Without Workouts and tick its steps box with your Walk It Off goal.
- **One meal plan at a time:** start with file 02, pages 15 to 18. From week 5 you can swap in the Walk It Off week (pages 48 to 63).

Keep it doable

- **Sugar Reset Lite?** Skip the daily pages in the Add-on column.
- **Interval walks feel like too much?** Stay in Walk It Off Phase 1 and repeat week 4 until you are ready.
- **Scale flat for 3 weeks or more?** Page 7 of this guide, then the Plateau Fix Kit (file 04).
- **Every week:** fill one row of the check-in sheet on page 8.

READ THIS BEFORE WEEK 1

How not to overdo it

Five programs in one download is tempting. Running them all at once is the fastest way to be back at "starting over" by week 3. These rules keep the load small enough to finish.

1. **One backbone.** Path A follows Done Starting Over. Path B follows Lose Weight Without Workouts, then its habits. Never both at the same time.
2. **One calorie target.** Set it once, in your backbone program. Skip the calorie pages in the other files. Do not go below 1,200 calories a day.
3. **One step target.** Path A uses Done Starting Over page 26. Path B uses Walk It Off page 5. Two step ladders at once just means sore feet.
4. **One meal plan a week.** Each plan has its own prep and grocery list. Mixing days from two plans breaks both.
5. **The Sugar Reset is a 3-week add-on, not a second diet.** About 10 minutes a day. If two sets of daily pages feel heavy, switch to Sugar Reset Lite (page 3).
6. **The Plateau Fix Kit stays closed** until your weekly average has been flat for 3 weeks or more (page 7).
7. **Rest is part of the plan.** Path A is three workouts a week, not five. Extra sessions do not speed things up. They make week 6 harder to show up for.

A normal Path A week

- 3 workouts, 25 to 35 minutes each
- Your daily step target, as a weekly average
- Protein at every meal
- One 10-minute check-in
- Weeks 1 to 3 only: one Sugar Reset page a day

A normal Path B week

- One daily page, about 10 minutes (weeks 1 to 4)
- The walks on your Walk It Off weekly plan
- Protein at every meal
- One 10-minute check-in
- Weeks 1 to 3 only: one Sugar Reset page a day

Signs you are doing too much

- You skip more days than you finish
- You are hungry all day or thinking about food constantly
- Your sleep is getting worse
- You dread opening the pages
- You feel run down or sore for days

What to do: drop the add-on first and keep the backbone. Slower and steady still gets you there. A realistic pace is about 0.5 to 1% of your body weight a week, and some weeks will show nothing at all. That is how real fat loss looks, and nobody can promise you a number.

BOTH PATHS · ONLY IF YOU NEED IT

When the scale stalls

Most "plateaus" are not plateaus. Check which side you are on before you change anything.

This is a real stall

- Your **weekly average** weight has not moved for **3 weeks or more**
- Your waist measurement has not changed either
- You followed your plan on most days in those weeks

This is not a stall

- One or two flat weeks
- A jump after a salty meal, a short night or around your period
- The first two weeks of new workouts (muscles hold water)
- A single weigh-in. Only the weekly average counts

Real stall? Open the Plateau Fix Kit (file 04)

1. **Read Start here, page 2.** It takes five minutes.
2. **Walk the decision tree, pages 4 and 5,** using your last 2 to 4 rows from the check-in sheet on page 8 of this guide.
3. **Read your one fix, pages 6 to 8.** One fix, not three.
4. **Tick the confidence check, page 10,** so you know the fix fits before you start.
5. **Run the 14-Day Fix Log, page 20.** Change one thing and keep everything else the same. The daily checklists are on pages 12 to 18.
6. **Watch the trend, page 19.** The 12-Week Trend Tracker shows whether the fix is working.

Then go back to your roadmap where you left off. Do not restart at week 1. A stall is a reason to adjust one thing, not to throw out the weeks you have already done.

When to see your doctor

If you have been stuck for more than 6 weeks while following the plan, or you notice unusual tiredness, feeling cold all the time or hair loss, book a visit. These can have medical causes worth checking. Do not answer a stall by eating under 1,200 calories, adding hours of cardio or cutting out whole food groups.

BOTH PATHS · PRINT THIS PAGE

Weekly check-in sheet

One row a week, same day each week. It takes about 10 minutes and it is the only page you need from all five files to see your trend.

Path: _____ **Calories:** _____ **Protein:** _____ **Steps:** _____ **Start weight:** _____

Week	Date	Avg weight	Waist	Sessions	Avg steps	Protein days	Sleep 7h+	One fix for next week
1				/		/ 7	/ 7	
2				/		/ 7	/ 7	
3				/		/ 7	/ 7	
4				/		/ 7	/ 7	
5				/		/ 7	/ 7	
6				/		/ 7	/ 7	
7				/		/ 7	/ 7	
8				/		/ 7	/ 7	
9				/		/ 7	/ 7	
10				/		/ 7	/ 7	
11				/		/ 7	/ 7	
12				/		/ 7	/ 7	

How to fill it in

- **Avg weight:** add up the week's morning weigh-ins and divide by how many you took.
- **Sessions:** workouts (Path A) or planned walks (Path B), done out of planned.
- **Protein days:** days you had protein at every meal.

How to read it

- Compare this week's average with last week's, never single days.
- Write **one** fix, then do only that fix next week.
- Three rows with the same average weight and waist? Go to page 7.

AFTER WEEK 12

What next?

You finished 12 weeks. Whatever the scale says, you practised the habits that keep weight off: a weekly average, protein at every meal and daily steps. Here is where to go from here.

PATH A

If you followed the workouts

- **At your goal:** follow the maintenance page in Done Starting Over (page 60).
- **More to lose:** take a 2-week maintenance break, then run your next block (page 61).
- **Keep lifting.** Two or three sessions a week protects the muscle you built.

PATH B

If you followed no workouts

- **Still losing:** keep the habits and repeat Days 8 to 28 of Lose Weight Without Workouts (see its page 52).
- **Keep walking:** see What next in Walk It Off (page 65).
- **Ready for strength?** Start Done Starting Over at its Week 1. It is the best next step for keeping muscle while you lose.

Three things to keep, whatever you do next

1. **Your weekly average.** A few morning weigh-ins a week is enough to catch small changes early. Expect a 1 to 2 lb range. That is normal.
2. **Protein at every meal.** It keeps you full and helps you hold on to muscle.
3. **Your steps.** Keep your week 12 target as your new normal.

Your coaching emails are already on

Because you bought direct, your bundle emails arrive on Day 0, Day 2, Day 4, Day 7 and Day 21, and the weekly Done Starting Over coaching emails are included too. Each program also has its own free bonus page near the back of its PDF. Questions? Reply to any coaching email or write to coach@coachluke.com. I read every one.

More programs and free guides at coachluke.com/shop

Thank you for supporting a small business.

More free workouts and recipes at coachluke.com.

This guide and the programs in this bundle are general fitness and nutrition education from Coach Luke (NASM-CPT, CES, PES; NESTA Nutrition Coach). They are not medical advice and do not diagnose or treat any condition. Results vary from person to person and are not guaranteed. Check with your doctor before changing how you eat or exercise. For personal use only. Please do not share or resell these files.