

YOUR DIGITAL STARTER KIT

Your next 28 days, *made simpler.*

Three practical tools to help you learn, plan and stay consistent.



Everything is ready for you

Tap a card below to open the guide. Your tracker entries save on the device you use.

01

Midlife Protein Guide

Understand your target and build a protein-first day.

[OPEN PROTEIN GUIDE >](#)

02

Protein-First Recipe Guide

Filipino-friendly meals with practical protein estimates.

[OPEN RECIPE GUIDE >](#)

03

28-Day Protein & Strength Tracker

Turn what you know into a simple, repeatable rhythm.

[OPEN 28-DAY TRACKER >](#)

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It is your personal doorway back to all three digital tools.

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