SAMPLE

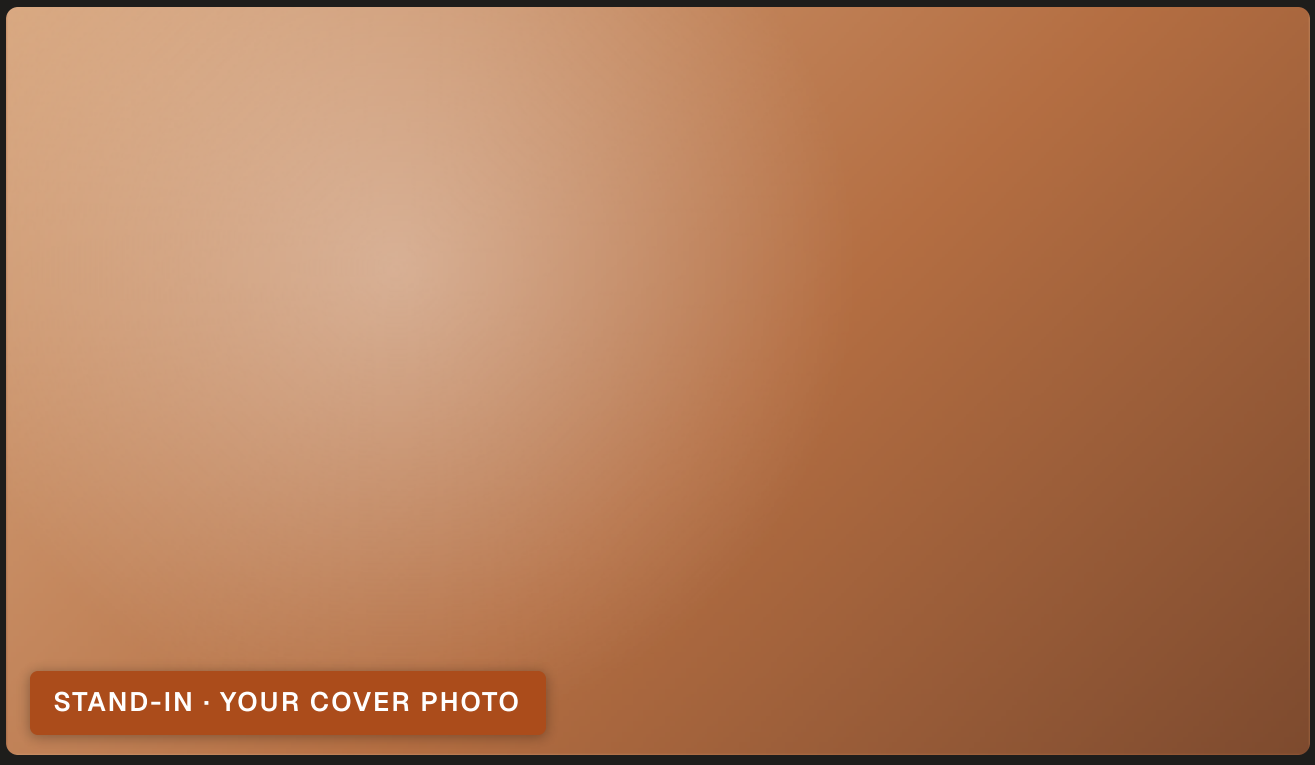
A WORKBOOK BY MAYA OKAFOR

The Eight-Week Strength Habit

Three short workouts a week, planned on paper, tracked by hand. A printable workbook for building strength at home without a gym.

8	3	40
WEEKS	WORKOUTS A WEEK	PAGES

Example workbook, made for a sample creator, not your content. Yours is made from your own posts and material.



START HERE

How to use this workbook

Every week has the same three pages: a plan you fill in on Sunday, a tracker you tick off as you go, and a short check-in at the end of the week. Writing it down is the habit. The workouts are the easy part.

1 · Sunday

Fill in the week plan: which days, which workout, and what gets in the way.

2 · Each workout

Tick the tracker and write the weight or reps, so next week has a number to beat.

3 · Saturday

Five minutes on the check-in: what worked, what to change.

What's inside

PART	PAGES	WHAT IT'S FOR
Your starting point	3–5	A simple strength test and your reasons for starting.
Weeks 1–8	6–29	Plan, tracker and check-in for every week.
The workouts	30–36	The three workouts, with a picture and cues for each move.
Week 8 retest	37–40	The same test again, and a plan for what comes next.

WEEK 1 · PLAN

My week

Printable page: your readers fill this in by hand. Shown here filled in as an example.

This week I want to: *Do all three workouts, even if one is short*

DAY	WORKOUT	WHEN	WHAT MIGHT GET IN THE WAY
Monday	*A · Legs and core*	*7:00 am*	*Late night Sunday*
Tuesday	*Rest, 20 min walk*	*Lunch*	*—*
Wednesday	*B · Push and pull*	*6:30 pm*	*Kids' practice*
Thursday	*Rest*	*—*	*—*
Friday	*C · Full body*	*7:00 am*	*Friday fatigue*
Weekend	*Long walk or bike*	*Saturday*	*Weather*

If a day slips

Move it, don't skip it. A ten-minute version still counts on the tracker.

WEEK 1 · TRACKER

Tick it off

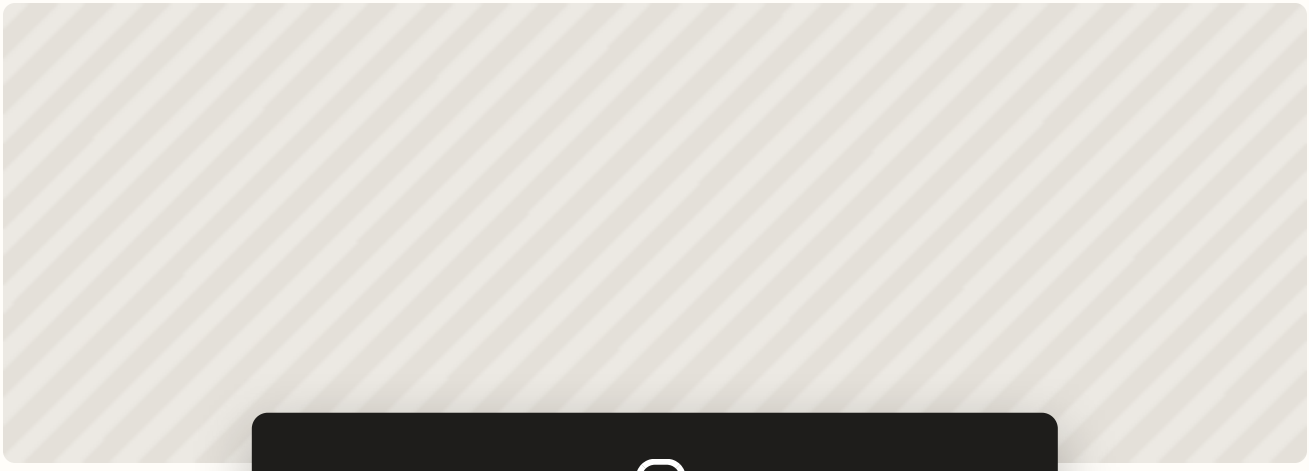
Fill a circle for each set you finish. Write your reps or weight in the last column so next week has a number to beat.

WORKOUT A · LEGS AND CORE	SET 1	SET 2	SET 3	REPS / WEIGHT
Goblet squat	●	●	●	*10 × 15 lb*
Reverse lunge	●	●	○	*8 each side*
Glute bridge	●	●	●	*12*
Plank	●	●	●	*30 sec*

WORKOUT B · PUSH AND PULL	SET 1	SET 2	SET 3	REPS / WEIGHT
Incline push-up	○	○	○	
Bent-over row	○	○	○	
Shoulder press	○	○	○	
Dead bug	○	○	○	

WEEK 1 · CHECK-IN

How did it go?



The rest is in the full workbook

Your finished workbook has every page: eight weeks of plans, trackers and check-ins.

WHAT YOU'D GET

Your workbook, made for you

This sample shows the format. Yours is built around what you teach, in your voice, and is designed and ready to sell.

Written with you

We draft the pages from your posts and notes; you approve every one.

Printable pages

Planners, trackers and checklists your followers fill in by hand.

Designed PDF

Ready to print at home or fill in on a tablet.

Ready to sell

Sales page and checkout set up. We take 30% of product revenue; you keep 70%.