



YOUR VX STARTER KIT

Everything you need to begin — kept simple, kept fun.

Real food • Real life • Real results

A LIFESTYLE, NOT A PHASE

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Welcome to the VX fam

This is the start of your lifestyle change — not another diet.

Hi! I'm your coach — and from today, you're not doing this alone. VX Fitness was built for women who want to lose fat, gain strength, tone up and feel amazing without turning their whole life upside down.

My philosophy is simple: **fitness should fit your life, not take it over.** Your plan is built around your food, your schedule and your goals. All I ask for is consistency — not perfection.



Women-focused coaching — fat loss, strength, toning, lifestyle change



Your food, your culture — Indian & international meals built into your plan



Everything in one app — workouts, meals, progress and direct coach chat



Flexible by design — no banned foods, no impossible schedules



How your coaching works

Four steps from hello to stronger.

1

We build your plan

You share your goals, food preferences and routine. I design your weekly workout schedule and your personal meal plan.

2

You get the app

Install VX Fitness on your phone — your login, your plan, your progress, all in one place with the gold icon on your home screen.

3

You show up daily

Tick off workouts and meals as you go. Small daily wins are the whole secret — the app makes them satisfying.

4

We adjust together

Message me anytime in the app. Plateaus, cravings, travel weeks — we adapt the plan instead of abandoning it.



How to follow your diet

Four rules. That's genuinely all of it.

1

Hit your calories and protein

These two numbers drive your results. Everything else is detail.

2

Eat on YOUR schedule

Meal timing is flexible — breakfast at noon and dinner at 10pm both work if the totals work.

3

Split or combine meals freely

Two big meals or five small ones — shape the plan around your day, not the other way round.

4

No “good” or “bad” foods

Total quantity matters most. Nothing on your chart is off-limits, and nothing off your chart is worth the guilt.



How to cook your meals

Precision without complication.

1

Set up a kitchen scale

A digital food scale is your one mandatory gadget — accuracy is what makes results predictable.

2

Weigh everything raw

Every number in your chart is a raw, uncooked weight. Weigh first, then cook.

3

Cook any dish you like

Any recipe works as long as every ingredient comes from your chart. Curries, stir-fries, bowls — chef's choice.

4

Bulk prep is your friend

Cook once, eat thrice. Meal prep turns busy weeks from a risk into a routine.



Feeling hungry between meals?

These are effectively free — enjoy without guilt.

1

Green salad (no dressing)

Spinach, lettuce, cucumber, cabbage, kale — crunch away.

2

Green tea or black coffee

No sugar; stevia or sugar-free sweeteners are fine. 1–2 cups.

3

Salted lemonade / fresh lime

Refreshing, zero-calorie, surprisingly satisfying. 1–2 glasses.

4

Diet drinks or sparkling water

1–2 cans of zero-calorie drinks are perfectly okay on this plan.

Coach tip: hunger between meals is often thirst in disguise. Drink 500 ml of water, wait ten minutes, then decide.



Hydrate like you mean it

Water is the cheapest performance enhancer there is.

1

Your daily target

Women: 2.5–3.5 litres. Build up gradually — add 500 ml per day each week until you're there.

2

Carry your own bottle

A 1-litre bottle you refill 3–4 times makes the target automatic.

3

Sip through workouts

Hydrated muscles perform and recover visibly better.

4

Front-load your day

Drink more before evening so your sleep stays uninterrupted.



Sleep: the silent multiplier

Fat loss and muscle recovery happen while you dream.

1

6–8 hours, same time daily

Your body loves rhythm — a consistent bedtime beats a long lie-in.

2

Caffeine curfew

No coffee, tea or pre-workout after early evening.

3

Screens off an hour before bed

The scroll can wait. Your recovery can't.

4

Keep dinner light-ish

Heavy meals right before bed disturb deep sleep.



You don't need perfect. You need consistent.

A Lifestyle, Not a Phase

Questions? Message your coach in the VX Fitness app or email vinxfitnesspro@gmail.com

General fitness information, not medical advice. Consult your physician before starting any exercise or nutrition programme.