**1. Body Class: 40-60 kg | Height: 140-160 cm**

**Starter Pack**

* **For:** Beginners who are just getting started and want to focus on building strength and stamina with simple routines and a basic nutrition plan.
* **Fitness Plan:**
  + **Day 1:** Full-body workout (Bodyweight squats, push-ups, and planks to engage the core)
  + **Day 2:** Cardio (Take a light jog or cycle for 20-30 minutes at a comfortable pace)
  + **Day 3:** Core strength (Try mountain climbers, leg raises, and crunches to work your abs)
  + **Day 4:** Rest and light stretching (Take it easy with some gentle yoga or basic flexibility exercises)
  + **Day 5:** Strength training (Use resistance bands or light dumbbells for some added resistance)
  + **Day 6:** Cardio (HIIT for 15 minutes, short bursts of intensity followed by rest)
  + **Day 7:** Active recovery (Take a walk, stretch, and focus on staying relaxed)
* **Nutrition Plan:**
  + **Meals:** High in protein and healthy fats to keep your body fueled.
    - **Breakfast:** Scrambled eggs with spinach and a slice of avocado
    - **Lunch:** Grilled chicken breast with quinoa and a side of mixed veggies
    - **Dinner:** Baked salmon with steamed broccoli and sweet potatoes
  + **Snacks:** Greek yogurt with honey, a handful of trail mix, or a refreshing fruit smoothie
  + **Portion Size:** Small, balanced meals to keep your energy steady throughout the day
* **Wellness Tools:**
  + Track your progress as you build strength and stamina with a simple wellness tracker
  + Stay hydrated by aiming for 1.5-2 liters of water per day
  + Incorporate a 5-minute mindfulness practice to help manage stress and stay grounded

**Active Pack**

* **For:** Intermediate users who are ready to enhance their endurance, tone muscles, and balance nutrition for a healthier lifestyle.
* **Fitness Plan:**
  + **Day 1:** Upper body workout (Push-ups, tricep dips, shoulder presses for strong arms)
  + **Day 2:** Cardio endurance (Go for a 30-40 minute run or bike ride to improve stamina)
  + **Day 3:** Lower body strength (Lunges, calf raises, and glute bridges to build your legs and glutes)
  + **Day 4:** Core and flexibility (Yoga or Pilates for a strong core and improved flexibility)
  + **Day 5:** Strength and resistance (Use resistance bands or moderate weights to challenge your muscles)
  + **Day 6:** Interval training (HIIT for 20 minutes to burn fat and boost metabolism)
  + **Day 7:** Active recovery (Gentle stretching and a walk to relax your muscles)
* **Nutrition Plan:**
  + **Meals:** Balanced macronutrients with a focus on complex carbs and lean proteins
    - **Breakfast:** Oatmeal with almond butter and chia seeds for a healthy start
    - **Lunch:** Quinoa salad with chickpeas, avocado, and feta for a nutrient-packed meal
    - **Dinner:** Grilled turkey with roasted vegetables and brown rice for a satisfying dinner
  + **Snacks:** Veggie sticks with hummus, boiled eggs, or a handful of mixed nuts
  + **Portion Size:** Moderate meals to fuel your workouts and keep you energized
* **Wellness Tools:**
  + Weekly meal prep guide with simple, easy-to-follow recipes
  + Track your fitness progress (strength, endurance, flexibility) to see improvements
  + Stress management tips to help you unwind after a tough workout (breathing exercises, meditation)

**Pro Pack**

* **For:** Advanced users who want to push themselves to the next level with strength, muscle toning, and endurance improvements.
* **Fitness Plan:**
  + **Day 1:** Full-body strength training (Squats, deadlifts, bench press, pull-ups for a total-body challenge)
  + **Day 2:** Cardio (Cycling or brisk walking for 40 minutes to improve endurance)
  + **Day 3:** Core strength (Russian twists, planks, side crunches to target your abs)
  + **Day 4:** Flexibility (Yoga to stretch your muscles and improve flexibility)
  + **Day 5:** Power training (Box jumps, burpees, kettlebell swings for explosive strength)
  + **Day 6:** Cardio and agility (Sprints or dance workouts to increase speed and agility)
  + **Day 7:** Rest and foam rolling (Recover and relax with gentle stretches and foam rolling)
* **Nutrition Plan:**
  + **Meals:** High protein, moderate carbs, and healthy fats to fuel muscle growth and recovery
    - **Breakfast:** Egg whites with spinach, mushrooms, and whole-grain toast for a lean start
    - **Lunch:** Grilled chicken with quinoa, spinach, and avocado for a protein-packed meal
    - **Dinner:** Tofu stir-fry with vegetables and brown rice for a nutritious, plant-based dinner
  + **Snacks:** Protein bars, mixed nuts, or fresh fruit to keep your energy up
  + **Portion Size:** Larger portions to support muscle growth and recovery
* **Wellness Tools:**
  + Printable strength progression chart to track your muscle and strength gains
  + Hydration tracker (aim for 2-3 liters/day to stay hydrated)
  + Stress management checklist (deep breathing, mindfulness, meditation)
  + Sleep optimization tips to ensure proper recovery (consistent sleep schedule, good sleep hygiene)