



THE CATCH-UP SYSTEM
YOUR QUICK-START GUIDE

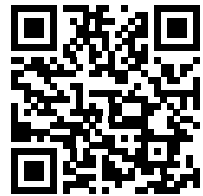
Start here.

Your system. Your starting point.

Welcome. Your bundle brings together six practical guides, the Catch-Up Map and an optional dating bonus. Read only the part you need today.

OPEN YOUR CATCH-UP SYSTEM

Tap the button, or scan the QR code with your phone.



No installation or account needed. Internet access is required.

Three simple steps

- 01** Choose an area
Home, routines, life admin, people, clothes or everyday digital tasks.
- 02** Find your guidance
Answer five YES/NO questions to find your starting point.
- 03** Make it yours
Read the explanation and example. Use the editable tools to note your next step.

Not sure where to begin? Choose Full Catch-Up Assessment in the menu for the 30-question Map.



Keep it handy.

Read online. Save a copy. Come back anytime.

Your PDF library

Download the files to read offline or print. They contain the guides and blank worksheets, not your saved answers.

DOWNLOAD THE COMPLETE MANUAL

100 pages: the Catch-Up Map, six guides and worksheets.

DOWNLOAD THE DATING BONUS

10 pages. Optional, for when you feel ready.

Keep your progress

Your answers, checklists and notes stay in the browser you use. They do not sync automatically between devices.

Save a backup: open MENU, find Back up your progress, then select Download progress. Keep that file somewhere safe.

Changing device or browser? Open the system there, then use Restore from a backup in the same menu. Choose your saved backup file and review it before restoring.

Clearing browser data or using private browsing can remove progress. PDFs remain available offline once downloaded.

Tip: bookmark the online system. You can also find these PDFs under MENU > Download your PDF guides.