

# ***SOFIA'S JOURNEY***

## ***CHAPTER 1***

***BY ALAVGTS***



A woman with long, wavy blonde hair is sitting on a bed with white linens. She is wearing a dark green, shiny, two-piece outfit consisting of a crop top and shorts. Her arms are raised behind her head. To her left is a wooden nightstand with a lamp that has a white shade with a black leaf pattern. The background wall is made of vertical wooden slats. A speech bubble is positioned above her head.

UGH.. I JUST WANTED A LITTLE BIT  
MORE SLEEP. MAYBE LIAM IS RIGHT WE  
SHOULD GET SOME CURTAINS HERE.




HMM... SOMETHING SMELLS NICE.  
IS LIAM MAKING BREAKFAST?  
I HOPE IT'S MY FAVORITE.

A woman with long, wavy blonde hair and freckles is standing on a balcony. She is wearing a dark green, sleeveless, form-fitting top and a matching skirt. She is looking slightly to her left with a thoughtful expression. The background shows a cityscape at sunset, with buildings and a water tower visible. The lighting is warm and golden. A speech bubble is positioned to her left, containing text.

I GUESS I'LL FIND OUT SOON ENOUGH,  
BUT FIRST I'LL GO TO THE BATHROOM  
I HAVE TO KEEP UP MY GOOD HABITS.

SOFIA ALWAYS LIKED TO KEEP UP HER GOOD HABITS IT WAS VERY IMPORTANT FOR HER WASH HER FACE AND TEETH. SHE NEVER MISSED A DAY IT WAS LIKE A RITUAL FOR HER.



A woman with long, wavy blonde hair is looking at her reflection in a bathroom mirror. She is wearing a teal, sleeveless, form-fitting top and matching pants. The background is a stone wall. A speech bubble is positioned above her reflection.

AAAAND DONE TODAY IS A BIG DAY  
AFTER ALL I JUST CAN'T WAIT TO GO  
TO THE GYM.


I CAN ALMOST IMAGINE MYSELF GETTING A LITTLE STRONGER, BUT I SHOULDN'T GET AHEAD OF MYSELF IT'S GOING TO TAKE SOME TIME.



TIME TO SEE WHAT LIAM IS COOKING. I AM  
GETTING A LITTLE HUNGRY FROM THAT  
WONDERFUL SMELL.





A woman with long, wavy blonde hair and freckles is standing in a modern kitchen. She is wearing a dark green, shiny, two-piece silk outfit consisting of a spaghetti-strap top and matching shorts. She is looking towards the left of the frame, where the back of a man's head and shoulders is visible. The kitchen features a stainless steel refrigerator with a water dispenser and a countertop with a red coffee machine. In the background, there is a dining area with a table, chairs, and a lamp, and a large window with a view of a city skyline at sunset. A speech bubble is positioned above her head.

GOOD MORNING HONEY.  
WHATEVER YOU'RE COOKING  
IT SMELLS NICE!



OHH PANCAKES?

GOOD MORNING BABE,  
I AM COOKING YOUR FAVOURITE OF  
COURSE.

EXACTLY!

A man with dark hair and a beard, wearing a black apron with white text, is cooking in a kitchen. He is holding a spatula and looking towards the camera with a slightly concerned expression. A woman with long, wavy blonde hair, wearing a green dress, is hugging him from behind. The kitchen features a red coffee machine on the counter and a gas stove. The background shows a modern living area with a wooden floor and large windows.

BE CAREFUL BABE  
I AM COOKING HERE STILL.

AWWW  
YOU KNOW ME SO WELL.

I KNOW I KNOW,  
I'LL LEAVE YOU TO IT THEN.



LIAM IS SO SWEET I LOVE IT WHEN HE SURPRISES ME LIKE THAT. THIS DAY IS TURNING OUT TO BE REALLY GOOD.

HERE YOU GO BABE.

KEEP  
Calm  
AND  
BBQ  
ON

AWWW THEY LOOK DELICIOUS  
THANK YOU SO MUCH HONEY.

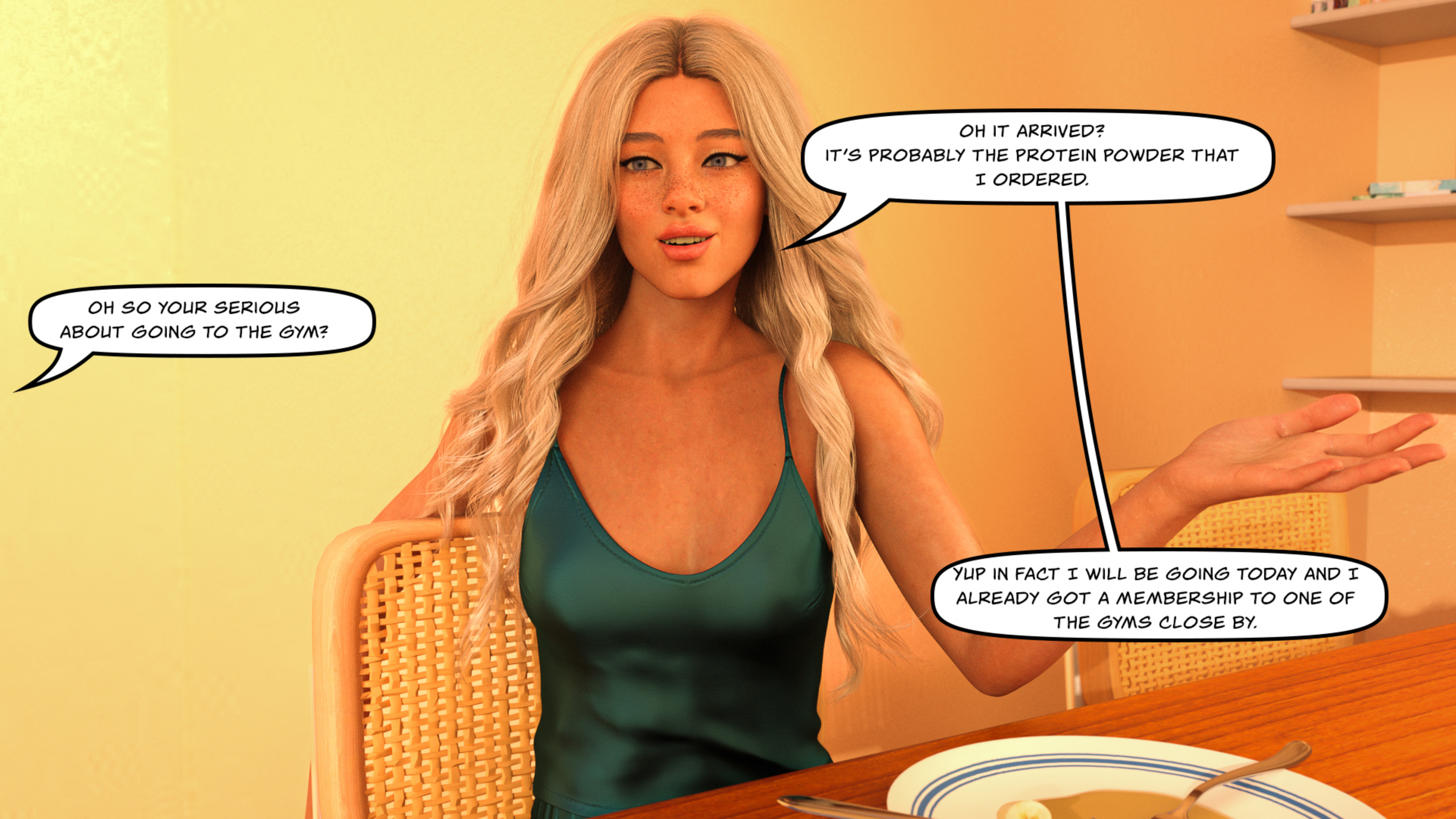


UGHHHHH I AM STUFFED, BUT THEY WERE SOOO DELICIOUS. MAYBE THE BEST ONES YOU'VE EVER MADE.



I AM GLAD YOU LIKED IT.  
BY THE WAY A PACKAGE ARRIVED FOR YOU  
TODAY.

KEEP  
Calm  
AND  
BBQ  
ON



OH SO YOUR SERIOUS  
ABOUT GOING TO THE GYM?

OH IT ARRIVED?  
IT'S PROBABLY THE PROTEIN POWDER THAT  
I ORDERED.

YUP IN FACT I WILL BE GOING TODAY AND I  
ALREADY GOT A MEMBERSHIP TO ONE OF  
THE GYMS CLOSE BY.




AFTER THAT LITTLE TALK LIAM PUT ON SOME CLOTHES.

OKAY BABE I'LL SEE YOU  
LATER I HAVE TO GO TO  
WORK HAVE A NICE WORKOUT.


SEE YOU  
TOO BABE.





WOW IT'S PRETTY BIG.  
ALTHOUGH I DON'T REMEMBER IT  
BEING CALLED X-TRA STRENGTH.  
IT'S PROBABLY MY IMAGINATION.


OKAY SO IT SAYS HERE FOR THE BEST RESULTS, DRINK ONE  
DOSE BEFORE AND AFTER WORKOUT. OKAY PRETTY SIMPLE TO  
REMEMBER. THEN I WILL MIX UP SOME NOW AND PREPARE MY  
STUFF FOR THE GYM.



OKAY I THINK I AM READY TO  
START WITH MY WORKOUT BUT  
BEFORE WE DO THAT.....

WELL.. WELL... WELL.  
LOOK WHO IT IS.....






NICE TO SEE YOU TOO RYLIE.


IS IT THOUGH PIPSQUEAK?



SO LITTLE SOFIA  
DECIDED TO START TRAINING TO GET SOME  
MUSCLES. JUST LIKE MINE, BUT LOOKING AT  
YOU I DON'T THINK YOU'LL EVER GET TO MY  
LEVEL.

A woman with long, straight, dark hair and a red sports bra is standing in a locker room. She is looking towards the camera with a slight smile. Her right hand is extended, pointing towards the left. The background consists of yellow lockers and a grey wall. A speech bubble is positioned above her head, containing text.

ALTHOUGH  
IT WOULD BE FUN TO PLAY WITH YOU A  
LITTLE, I HAVE SOME WORK TO DO. SO, I'LL  
BE SEEING YOU PIPSQUEAK.



FROM ALL THE GYMS IN THE CITY  
I PICKED THE ONE WHERE RYLIE GOES TOO.  
JUST MY LUCK.

I GUESS I MIGHT SWITCH GYMS.  
NO WAY I AM DEALING WITH HER IN THE GYM  
IT'S ENOUGH THAT I CAN'T STAND HER AT  
WORK BUT NOW HERE AS WELL.



I AM ALREADY HERE THOUGH SO I MIGHT AS WELL JUST DO MY WORK OUT, BUT FIRST TIME FOR MY PROTEIN.









WOW... I FEEL ENERGIZED.





NOW THAT I SEE IT THIS PLACE LOOKS NICE.  
I GUESS I COULD JUST PRETEND THAT RYLIE  
DOESN'T EXIST. TIME TO GO AND DO A LITTLE  
WARM UP ON THE TREADMILL.



HOW DO YOU START THIS THING...  
WHY ISN'T WORKING?

HELLO,  
YOU CAN TRY TO HOLD THE EMERGENCY STOP  
BUTTON FOR A COUPLE OF SECONDS AND IT  
SHOULD BE READY TO GO...







OH YES  
THAT DID IT THANK YOU. I GUESS I'LL START  
WITH MY WARM UP.

ME TOO I WAS JUST GETTING  
READY TO START. MY NAME IS HANA  
BY THE WAY.

A woman with long, wavy blonde hair and freckles is standing in a gym. She is wearing a white sports bra with purple and teal accents. She is looking towards the camera with a slight smile. The gym background includes treadmills, weight racks, and other people in the distance.

WHERE ARE MY MANNERS  
MY NAME IS SOFIA NICE TO MEET YOU.  
SAY WOULD YOU LIKE TO DO OUR  
WARMUP TOGETHER? I AM FAIRLY NEW,  
AND I WOULD APPRECIATE SOME HELP  
AROUND.

I WOULD LOVE TOO SOFIA.





COME ON JUST ONE MORE.



I FEEL A LITTLE TIRED.

GOOD, THAT'S HOW  
IT'S SUPPOSED TO BE.




GREAT FORM  
GIRL KEEP IT UP

5 KG



JUST A FEW MORE  
REPS AND WE ARE DONE.




WHAT A WORKOUT I AM EXHAUSTED.

YEAH, I WAS  
JUST ABOUT TO DO THAT.

WELL IT WAS  
YOUR FIRST TIME BUT YOU GET USED  
TO IT WITH TIME. I ALSO WOULD REC-  
COMMEND YOU HAVE ONE DOSE OF  
PROTEIN AFTER A WORKOUT.





I LIKED THE WORKOUT WE HAD.  
WOULD YOU LIKE TO MEET UP FOR AN-  
OTHER ONE NEXT TIME?

SURE,  
HANA I WILL BE HAPPY TO TRAIN  
WITH YOU AGAIN.



ANYWAY  
TIME FOR ANOTHER DOSE OF  
PROTEIN.



10

6

5



DID SHE JUST GROW?





WOW SHE IS GROWING!







WOW THAT FELT AMAZING  
AND I FEEL STRONGER.





UHH HANA WHY  
ARE YOU SMALLER?

7

7

8

9



***TO BE CONTINUED...***