1 Read the introduction to Schwartz chapter 23 (just the few paragraphs before section 23.1)
The general RGE logic is setup and there is a nice historical overview too.

2 Show that one could also get equation 149.1 (the CS equation) from the condition:

$$M \frac{d}{dM} G_0 = 0$$

G_0: bare Green function

$\frac{d}{dM}$: total derivative

Tips: (1) be careful in separating total derivatives from partial ones

(2) figure out how to write derivatives of Z as derivatives of η

(3) use derivative definitions for the β and γ function

(which are equivalent to 148.3 and 148.4 in the limit of small variations):

$$\beta = M \frac{d\lambda}{dM} \quad ; \quad \gamma = -M \frac{d\eta}{dM}$$