

REMOTE PERFORMANCE PROGRESS TRACKER



EXPLORE
PERFORMANCE

Name/Age:

Program:

Starting Date:

WOO! GET PSYCHED. YOU'RE TAKING A REALLY COOL STEP HERE. A PROPER FITNESS PROGRAM SHOULD BE OUTCOME BASED. WE DON'T HAVE TO CHAIN OURSELVES TO THE SCALE EVERY WEEK BUT WE SHOULD TAKE A FEW MINS EVERY SO OFTEN TO ASSESS OUR PROGRESS!

WE'VE BROKEN THIS OUT INTO A FEW CATEGORIES BASED ON WHERE YOU MAY BE IN YOUR JOURNEY AND WHAT YOUR PRIORITIES SHOULD BE.

READ THROUGH THE TAN BOXES AND IF YOU'RE UNSURE PLEASE CONNECT WITH YOUR COACH!

PRINT THIS OFF AND POST IT SOMEWHERE YOU'LL SEE OFTEN OR DOWNLOAD, SAVE IT AND EDIT ON YOUR PHONE. MAKE SURE TO DATE ALL OF YOUR ENTRIES TO COMPARE LATER. AND EVERY 4-6 WEEKS SNAP A PICTURE AND SHARE WITH YOUR COACH TO DISCUSS ON YOUR NEXT CALL!

GOALS:

What do you want out of this program (keep it to 2 items for now) and on a scale of 1-10 how ready are you to tackle these?

OBSTACLES:

What are your biggest obstacles to these goals currently, and what strategies do you have in place to manage them?

STARTING POINT & ESSENTIALS:

Everyone should record these every 4-6 weeks. You'll need a tailor's tape and body comp scale, [like those HERE](#). Write a date for each column and take Progress Photos every time ([outlined HERE](#)).

Muscle Mass lbs

Body Fat %

Weight lbs

Waist/Arm/Thigh in

Nutrition Score (bad 0-3 great)

Stress/Sleep Score (bad 0-3 great)

MOVEMENT SCREEN & STRENGTH:

Are improving strength, muscle mass and/or athletic performance part of your goals above? Record your [movement screen as shown HERE](#) and send to your coach. They'll help you determine which strength assessments to track based on your screen and goals (squat or bench press rep max, etc)!

CONDITIONING & EXPLOSIVENESS:

Training for a specific sport or event that requires specialized skills or energy systems? Make sure to complete the above movement screen (red box) then connect with your coach to determine appropriate assessments for this segment (beep test, 1.5 mile run, step test, broad jump, vert, etc).

HABIT-TASKS:

Do your habits outside of training support your goals? Connect with your coach to discuss which habits are going to be most impactful for your goals (food logging, protein, stepcount, sleep, etc).