

Overview

2024

| Week | Comp | Macrocycle | Mesocycle | Nutrition Phase | Goal | Body Weight | | Goal | Skins | | Circumferences | | Events | And 1 | And 2 | And 3 | And 4 | And 5 | And 6 | And 7 | And 8 | Total | Mg/kg BW | a |
|--------|------|------------|-----------|-----------------|------|-------------|--------|------|--------|------|----------------|--|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------|---|
| | | | | | | Actual | Change | | Actual | Goal | Actual | | | | | | | | | | | | | |
| 1-Jan | 9 | Off-Season | | | | | | | | | | | | | | | | | | | | 0 | | |
| 8-Jan | 8 | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 15-Jan | 7 | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 22-Jan | 6 | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 29-Jan | 5 | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 5-Feb | 4 | Pre-Season | | | | | | | | | | | | | | | | | | | | 0 | | |
| 12-Feb | 3 | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 19-Feb | 2 | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 28-Feb | 1 | In-Season | | | | | | | | | | | | | | | | | | | | 0 | | |
| 4-Mar | X | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 11-Mar | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 18-Mar | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 25-Mar | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 1-Apr | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 8-Apr | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 15-Apr | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 22-Apr | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 29-Apr | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 6-May | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 13-May | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 20-May | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 27-May | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 3-Jun | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 10-Jun | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 17-Jun | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 24-Jun | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 1-Jul | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 8-Jul | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 15-Jul | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 22-Jul | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 29-Jul | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 5-Aug | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 12-Aug | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 19-Aug | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 26-Aug | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 2-Sep | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 9-Sep | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 16-Sep | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 23-Sep | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 30-Sep | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 7-Oct | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 14-Oct | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 21-Oct | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 28-Oct | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 4-Nov | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 11-Nov | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 18-Nov | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 25-Nov | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 2-Dec | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 9-Dec | | | | | | | | | | | | | | | | | | | | | | 0 | | |
| 16-Dec | | | | | | | | | | | | | | | | | | | | | | 0 | | |
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| 23-Dec | | | | | | | | | | | | | | | | | | | | | | 0 | | |

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| Macrocycle | Microcycle | Nutrition |
| Health | Accumulation | Deficit |
| Body Composition | Aerobic capacity | Maintenance |
| Fat Loss | GPP | Surplus |
| Maintenance | Hypertrophy | N/A |
| Muscle Building | Intensification | Flexible addition |
| Strength | Strength | Low FODMAP |
| Off-Season | Tapering | Gluten free |
| Pre-Season | Lower | Low oxalate |
| Contest-Preparation | Upper | Low sulphate |
| Linear | Hamstrings | Low dairy |
| Non-linear | Glutes | Building calories |
| Reverse linear | Quads | Informed eating |
| Undulating | Calves | Reverse diet |
| In-Season | Chest | Regular refeeds |
| | Biceps | |
| | Triceps | |
| | Delts | |
| | Lats | |
| | Back | |

[illegible]

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| NUTRITION STRATEGY | |
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| KEY AREAS OF FOCUS | |
| TRAINING | NUTRITION |
| ~ Build muscle and increase athletic performance for sport-specific, lifestyle-performance OR physique-based goal ~ Lifts to focus on: Bench? OHP? Squat? Deadlift? Chin Up? | Build Foundation: Identity, Values/Beliefs, Habits, System/Processes ~ Build nutritional literacy from starting point, Point A -> Point B (not Point E) ~ Focus on 70-30/80-20/90-10 Wholefood/Processed split for adherence and sustainability. ~ Start caloric intake in a deficit due to wholefood volume and monitor appetite. Gradual build to baseline. ~ Assess the area of focus to achieve X, Y, Z (AAVE): Values/ Identity/Beliefs (BE) OR Systems/Processes/Skills (DO) ~ Focus on habits, systems and processes to embody for long-term success eg. keep the weight off ~ Once foundation is set, explore pathways: BUILD PHASE OR FAT LOSS PHASE |
| | Build Muscle = Improve Performance ~ Minimise fat gain -> No more than 0.2-0.4% BW/BF gain per week |
| Improve Performance = Build Muscle Tissue ~ +2.5-5kg increase on indicator lifts: Bench, OHP, Squat, Deadlift | |
| ~ Build muscle and increase athletic performance for sport-specific, lifestyle-performance OR physique-based goal ~ Lifts to focus on: Bench? OHP? Squat? Deadlift? Chin Up? ~ If physique-based goal: Specialisation Phase(s) to bring up lagging body parts for physique Specialisation Phase 1 focus: Specialisation Phase 2 focus: Specialisation Phase 3 focus: Specialisation Phase 4 focus: Specialisation Phase 5 focus: eg. Upper chest, Chest, Front/Mid/Rear delt, Biceps, Triceps, Forearms, Upper back, Lats, Abs, Quads, Glutes, Hips, Calves ~ If athletic performance based: STR -> STR-SPEED -> POWER ~ | |
| | |
| Strength Maintenance = Muscle retention | Fat Loss Focused (time dependent) ~ 0.5 - 1.0% BF loss per week ~ 0.5 - 1.0 KG loss per week |
| | ~ Focus on weight loss, primarily body fat ~ 1kg weight loss is TOTAL tissue lost (both fat tissue and muscle tissue) ~ Slower rate of loss = More lean m mass retained |
| Focus to rebuild TDEE ~ 5% caloric intake per week ~ ~ ~ ~ ~ | |
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| Focus to rebuild TDEE ~ 5% caloric intake per week ~ Lifestyle Stress / Financial Stress, Personal Stress ~ ~ ~ ~ | |
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| TRANQUILITY AFFECTION WISDOM STABILITY CLEANLINESS FRESHNESS FREEDOM | LOVE SPECIFICITY WARMTH ROMANCE PASSION SPEED LUCK | HEALTH HAPPINESS FRIENDLINESS ENTHUSIASM ENERGETIC YOUTH JOY | CREATIVITY DIVERSITY CARELESSNESS CURIOSITY GENTLENESS WISDOM JOY | NATURE GROWTH PROSPERITY HEALTH LUCK LIFE |
| COLD SADNESS DEPRESSION | RAGE BLOOD AGGRESSION | RUIN DANGER DESTRUCTION | ILLNESS UNHEALTH MISERY | ENVY PISCHON CORRUPTION |
| ROMANCE NOSTALGIA INDULGENCE DELICATE RAVING WIND | LUXURY MISTERY SPIRITUALITY ATTRACTION FUTURE ROMANCE MAGIC | LUXURY GENTLENESS SOPHISTICATION AFFECTION ELEGANCE POWER | LIGHT GENTLENESS CLEANLINESS SERIALITY INDULGENCE PURE | STRENGTH SCALE TIMELESSNESS INDIVIDUALITY AUTHORITY WISDOM STABILITY |
| IMMATUREITY DECEPTION WATERGARDEN | ILLUSION DECEPTION DETACHMENT | FEAR LONELINESS HUMILIATION | COLD ISOLATION EMPTINESS | CHILL USELESS ABANDONMENT |

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| <div>Quality of Life (QoL) Markers</div> <div>These reflect how your clients feel and function in their daily lives, often complemented by lifestyle consistency</div> <div>Lifestyle Consistency</div> <div>Adherence to healthy habits (meals, hydration, bedtime routine)</div> | | | | | <div>Recovery and Soreness</div> <div>Muscle soreness (e.g., 1–10 scale)</div> <div>Perceived recovery readiness</div> <div>Sleep Quality</div> <div>Hours of sleep</div> <div>Sleep efficiency (falling asleep easily, waking up refreshed)</div> <div>Sleep consistency (same time to bed/wake)</div> | | | | | <div>Appetite and Digestion</div> <div>Hunger cues (e.g., extreme, normal, or low)</div> <div>Digestive health (e.g., bloating, discomfort, regularity)</div> <div>Mood</div> <div>Stress levels (e.g., 1–10 scale or descriptive check-ins)</div> <div>General happiness or satisfaction</div> | | | | |
| MOOD | HUNGER | ENERGY <small>(ESP DURING TRAINING)</small> | STRENGTH | SLEEP QUALITY | FIBRE :EP (HRS) | | | | | | | | | |
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NOTES

HARRYWARD

Competition time is to be confirmed (TBC). Comp time depends on physique 4 months into gaining phase. However, keeping in mind - first 6 months is going to be the same, the only thing that changes is "are you happy to jump on stage with your physique?"

IMPORTANT = Flexibility & Adaptability - Adjust to changing circumstances. Ability to respond to events without losing sight of the goal (see "LEGEND").

LEGEND (highlighted days)

CYCLEBLOWOUTREFEED

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------|---|--------------|--------------|--------------|---------------------------------------|--------------|--------------|--------------|---------------------------------------|--------------|---|--------------|---------------------------------------|---------------|---------------|---------------|---------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|--|
| WEEKS INTO PREP | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| WEEKS OUT FROM COMP | 83 weeks out | 82 weeks out | 81 weeks out | 80 weeks out | 79 weeks out | 78 weeks out | 77 weeks out | 76 weeks out | 75 weeks out | 74 weeks out | 73 weeks out | 72 weeks out | 71 weeks out | 70 weeks out | 69 weeks out | 68 weeks out | 67 weeks out | 66 weeks out | 65 weeks out | 64 weeks out | 63 weeks out | 62 weeks out | 61 weeks out | |
| PREP PHASE | PRE - PREP FAT LOSS | | | | | | | | | | | | | | | | | | | | TBC | | | |
| GOAL | -0.5kg to -1.0kg per week (will be more in initial weeks) | | | | | | | | | | | | | | | | | | | | | | | |
| STEPS | N/A | | | | 8,000 - 16,000 steps | | | | 3x per week / 20 mins / HR 130-140bpm | | | | 3x per week / 20 mins / HR 130-140bpm | | | | 10,000 steps | | | | | | | |
| CARDIO | N/A | | | | 3x per week / 20 mins / HR 130-140bpm | | | | 3x per week / 20 mins / HR 130-140bpm | | | | 3x per week / 20 mins / HR 130-140bpm | | | | 5x per week / 30 mins / HR 130-140bpm | | | | | | | |
| MON | 31 Jul | 7 Aug | 14 Aug | 21 Aug | 28 Aug | 4 Sep | 11 Sep | 18 Sep | 25 Sep | 2 Oct | 9 Oct | 16 Oct | 23 Oct | 30 Oct | 6 Nov | 13 Nov | 20 Nov | 27 Nov | 4 Dec | 11 Dec | 18 Dec | 25 Dec | 1 Jan | |
| TUES | 1 Aug | 8 Aug | 15 Aug | 22 Aug | 29 Aug | 5 Sep | 12 Sep | 19 Sep | 26 Sep | 3 Oct | 10 Oct | 17 Oct | 24 Oct | 31 Oct | 7 Nov | 14 Nov | 21 Nov | 28 Nov | 5 Dec | 12 Dec | 19 Dec | 26 Dec | 2 Jan | |
| WED | 2 Aug | 9 Aug | 16 Aug | 23 Aug | 30 Aug | 6 Sep | 13 Sep | 20 Sep | 27 Sep | 4 Oct | 11 Oct | 18 Oct | 25 Oct | 1 Nov | 8 Nov | 15 Nov | 22 Nov | 29 Nov | 6 Dec | 13 Dec | 20 Dec | 27 Dec | 3 Jan | |
| THUR | 3 Aug | 10 Aug | 17 Aug | 24 Aug | 31 Aug | 7 Sep | 14 Sep | 21 Sep | 28 Sep | 5 Oct | 12 Oct | 19 Oct | 26 Oct | 2 Nov | 9 Nov | 16 Nov | 23 Nov | 30 Nov | 7 Dec | 14 Dec | 21 Dec | 28 Dec | 4 Jan | |
| FRI | 4 Aug | 11 Aug | 18 Aug | 25 Aug | 1 Sep | 8 Sep | 15 Sep | 22 Sep | 29 Sep | 6 Oct | 13 Oct | 20 Oct | 27 Oct | 3 Nov | 10 Nov | 17 Nov | 24 Nov | 1 Dec | 8 Dec | 15 Dec | 22 Dec | 29 Dec | 5 Jan | |
| SAT | 5 Aug | 12 Aug | 19 Aug | 26 Aug | 2 Sep | 9 Sep | 16 Sep | 23 Sep | 30 Sep | 7 Oct | 14 Oct | 21 Oct | 28 Oct | 4 Nov | 11 Nov | 18 Nov | 25 Nov | 2 Dec | 9 Dec | 16 Dec | 23 Dec | 30 Dec | 6 Jan | |
| SUN | 6 Aug | 13 Aug | 20 Aug | 27 Aug | 3 Sep | 10 Sep | 17 Sep | 24 Sep | 1 Oct | 8 Oct | 15 Oct | 22 Oct | 29 Oct | 5 Nov | 12 Nov | 19 Nov | 26 Nov | 3 Dec | 10 Dec | 17 Dec | 24 Dec | 31 Dec | 7 Jan | |
| pBW | 88.3 kg | 85.6 kg | 84.8 kg | 84.1 kg | 83.3 kg | 82.6 kg | 81.8 kg | 81.1 kg | 80.3 kg | 79.6 kg | 78.8 kg | 78.1 kg | 77.3 kg | 76.6 kg | 75.8 kg | 75.1 kg | 74.3 kg | 73.6 kg | 72.8 kg | 72.1 kg | 71.3 kg | 70.6 kg | 69.8 kg | |
| avgBW | | | | | | | | | | | | | | | | | | | | | | | | |
| pBF% | 25.6% | 25.0% | 24.4% | 23.8% | 23.2% | 22.6% | 22.0% | 21.4% | 20.8% | 20.2% | 19.6% | 19.0% | 18.4% | 17.8% | 17.2% | 16.6% | 16.0% | 15.4% | 14.8% | 14.2% | 14.5% | 14.8% | 15.1% | |
| BF% | | | | | | | | | | | | | | | | | | | | | | | | |
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| WEEKS INTO PREP | 36 | 37 | 38 | 39 | 40 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | |
| WEEKS OUT FROM COMP | 27 weeks out | 26 weeks out | 25 weeks out | 24 weeks out | 23 weeks out | 25 weeks out | 24 weeks out | 23 weeks out | 22 weeks out | 21 weeks out | 20 weeks out | 19 weeks out | 18 weeks out | 17 weeks out | 16 weeks out | 15 weeks out | 14 weeks out | 13 weeks out | 12 weeks out | 11 weeks out | 10 weeks out | 9 weeks out | 8 weeks out | |
| PREP PHASE | GAINING, PHYSIQUE FOCUS | | | | | | | | | | MODERATE FAT LOSS | | | | | | | | | | | | | |
| GOAL | + 0.2kg - 0.3kg per week / +0.5% BF per week | | | | | | | | | | - 0.5kg per week (will be more in initial weeks) / - 0.5% BF per week | | | | | | | | | | | | | |
| STEPS | 10,000 | | | | | | | | | | 10,000 steps | | | | | | | 12,000 steps | | | | | | |
| CARDIO | 3x per week / 20mins / HR 130-140bpm | | | | | | | | | | TBC | | | | | | | TBC | | | | | | |
| MON | 11 Mar | 18 Mar | 25 Mar | 1 Apr | 8 Apr | 15 Apr | 22 Apr | 29 Apr | 6 May | 13 May | 20 May | 27 May | 3 Jun | 10 Jun | 17 Jun | 24 Jun | 1 Jul | 8 Jul | 15 Jul | 22 Jul | 29 Jul | 5 Aug | 12 Aug | |
| TUES | 12 Mar | 19 Mar | 26 Mar | 2 Apr | 9 Apr | 16 Apr | 23 Apr | 30 Apr | 7 May | 14 May | 21 May | 28 May | 4 Jun | 11 Jun | 18 Jun | 25 Jun | 2 Jul | 9 Jul | 16 Jul | 23 Jul | 30 Jul | 6 Aug | 13 Aug | |
| WED | 13 Mar | 20 Mar | 27 Mar | 3 Apr | 10 Apr | 17 Apr | 24 Apr | 1 May | 8 May | 15 May | 22 May | 29 May | 5 Jun | 12 Jun | 19 Jun | 26 Jun | 3 Jul | 10 Jul | 17 Jul | 24 Jul | 31 Jul | 7 Aug | 14 Aug | |
| THUR | 14 Mar | 21 Mar | 28 Mar | 4 Apr | 11 Apr | 18 Apr | 25 Apr | 2 May | 9 May | 16 May | 23 May | 30 May | 6 Jun | 13 Jun | 20 Jun | 27 Jun | 4 Jul | 11 Jul | 18 Jul | 25 Jul | 1 Aug | 8 Aug | 15 Aug | |
| FRI | 15 Mar | 22 Mar | 29 Mar | 5 Apr | 12 Apr | 19 Apr | 26 Apr | 3 May | 10 May | 17 May | 24 May | 31 May | 7 Jun | 14 Jun | 21 Jun | 28 Jun | 5 Jul | 12 Jul | 19 Jul | 26 Jul | 2 Aug | 9 Aug | 16 Aug | |
| SAT | 16 Mar | 23 Mar | 30 Mar | 6 Apr | 13 Apr | 20 Apr | 27 Apr | 4 May | 11 May | 18 May | 25 May | 1 Jun | 8 Jun | 15 Jun | 22 Jun | 29 Jun | 6 Jul | 13 Jul | 20 Jul | 27 Jul | 3 Aug | 10 Aug | 17 Aug | |
| SUN | 17 Mar | 24 Mar | 31 Mar | 7 Apr | 14 Apr | 21 Apr | 28 Apr | 5 May | 12 May | 19 May | 26 May | 2 Jun | 9 Jun | 16 Jun | 23 Jun | 30 Jun | 7 Jul | 14 Jul | 21 Jul | 28 Jul | 4 Aug | 11 Aug | 18 Aug | |
| pBW | 76.1 kg | 76.3 kg | 76.5 kg | 76.7 kg | 76.9 kg | 77.1 kg | 77.1 kg | 76.6 kg | 76.1 kg | 75.6 kg | 75.1 kg | 74.6 kg | 74.1 kg | 73.6 kg | 73.1 kg | 72.6 kg | 72.1 kg | 71.6 kg | 71.1 kg | 70.6 kg | 70.1 kg | 69.6 kg | 69.1 kg | |
| avgBW | | | | | | | | | | | | | | | | | | | | | | | | |
| pBF% | 19.0% | 19.3% | 19.6% | 19.9% | 20.2% | 20.5% | 20.5% | 20.0% | 19.5% | 19.0% | 18.5% | 18.0% | 17.5% | 17.0% | 16.5% | 16.0% | 15.5% | 15.0% | 14.5% | 14.0% | 13.5% | 13.0% | 12.5% | |
| BF% | | | | | | | | | | | | | | | | | | | | | | | | |
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| POST - PREP | | | | | | | | | | | | | | | | | | | | | | | | |
| WEEKS INTO PREP | 0 | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| WEEKS OUT FROM COMP | 0 weeks out | -1 weeks out | -2 weeks out | -3 weeks out | -4 weeks out | -2 weeks out | -3 weeks out | -4 weeks out | -5 weeks out | -6 weeks out | -7 weeks out | -8 weeks out | -9 weeks out | -10 weeks out | -11 weeks out | -12 weeks out | -13 weeks out | -14 weeks out | -15 weeks out | -16 weeks out | -17 weeks out | -18 weeks out | -19 weeks out | |
| PREP PHASE | GAINING, PHYSIQUE FOCUS | | | | | | | | | | MODERATE FAT LOSS | | | | | | | | | | | | | |
| GOAL | + 0.2kg - 0.3kg per week / +0.5% BF per week | | | | | | | | | | - 0.5kg per week (will be more in initial weeks) / - 0.5% BF per week | | | | | | | | | | | | | |
| STEPS | 10,000 | | | | | | | | | | 10,000 steps | | | | | | | 12,000 steps | | | | | | |
| CARDIO | 3x per week / 20mins / HR 130-140bpm | | | | | | | | | | TBC | | | | | | | TBC | | | | | | |
| MON | 11 Mar | 18 Mar | 25 Mar | 1 Apr | 8 Apr | 15 Apr | 22 Apr | 29 Apr | 6 May | 13 May | 20 May | 27 May | 3 Jun | 10 Jun | 17 Jun | 24 Jun | 1 Jul | 8 Jul | 15 Jul | 22 Jul | 29 Jul | 5 Aug | 12 Aug | |
| TUES | 12 Mar | 19 Mar | 26 Mar | 2 Apr | 9 Apr | 16 Apr | 23 Apr | 30 Apr | 7 May | 14 May | 21 May | 28 May | 4 Jun | 11 Jun | 18 Jun | 25 Jun | 2 Jul | 9 Jul | 16 Jul | 23 Jul | 30 Jul | 6 Aug | 13 Aug | |
| WED | 13 Mar | 20 Mar | 27 Mar | 3 Apr | 10 Apr | 17 Apr | 24 Apr | 1 May | 8 May | 15 May | 22 May | 29 May | 5 Jun | 12 Jun | 19 Jun | 26 Jun | 3 Jul | 10 Jul | 17 Jul | 24 Jul | 31 Jul | 7 Aug | 14 Aug | |
| THUR | 14 Mar | 21 Mar | 28 Mar | 4 Apr | 11 Apr | 18 Apr | 25 Apr | 2 May | 9 May | 16 May | 23 May | 30 May | 6 Jun | 13 Jun | 20 Jun | 27 Jun | 4 Jul | 11 Jul | 18 Jul | 25 Jul | 1 Aug | 8 Aug | 15 Aug | |
| FRI | 15 Mar | 22 Mar | 29 Mar | 5 Apr | 12 Apr | 19 Apr | 26 Apr | 3 May | 10 May | 17 May | 24 May | 31 May | 7 Jun | 14 Jun | 21 Jun | 28 Jun | 5 Jul | 12 Jul | 19 Jul | 26 Jul | 2 Aug | 9 Aug | 16 Aug | |
| SAT | 16 Mar | 23 Mar | 30 Mar | 6 Apr | 13 Apr | 20 Apr | 27 Apr | 4 May | 11 May | 18 May | 25 May | 1 Jun | 8 Jun | 15 Jun | 22 Jun | 29 Jun | 6 Jul | 13 Jul | 20 Jul | 27 Jul | 3 Aug | 10 Aug | 17 Aug | |
| SUN | 17 Mar | 24 Mar | 31 Mar | 7 Apr | 14 Apr | 21 Apr | 28 Apr | 5 May | 12 May | 19 May | 26 May | 2 Jun | 9 Jun | 16 Jun | 23 Jun | 30 Jun | 7 Jul | 14 Jul | 21 Jul | 28 Jul | 4 Aug | 11 Aug | 18 Aug | |
| pBW | 0.0 kg | 0.2 kg | 0.4 kg | 0.6 kg | 0.8 kg | 1.0 kg | 1.0 kg | 0.5 kg | 0.0 kg | -0.5 kg | -1.0 kg | -1.5 kg | -2.0 kg | -2.5 kg | -3.0 kg | -3.5 kg | -4.0 kg | -4.5 kg | -5.0 kg | -5.5 kg | -6.0 kg | -6.5 kg | -7.0 kg | |
| avgBW | | | | | | | | | | | | | | | | | | | | | | | | |
| pBF% | 0.0% | 0.3% | 0.6% | 0.9% | 1.2% | 1.5% | 1.5% | 1.0% | 0.5% | 0.0% | -0.5% | -1.0% | -1.5% | -2.0% | -2.5% | -3.0% | -3.5% | -4.0% | -4.5% | -5.0% | -5.5% | -6.0% | -6.5% | |
| BF% | | | | | | | | | | | | | | | | | | | | | | | | |

Weekly Averages

Calculate weekly averages for weight, calories, steps, and water intake for trend analysis.

EVENTS

NOTES
eg. Everyday calls to TD/NTD

Track weekly or daily weight change:

Formula: =Current Weight - Previous Weight

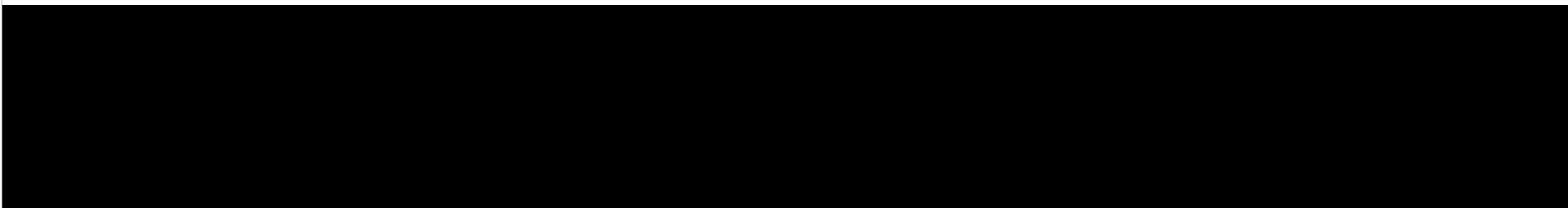
Goal Tracker

Include milestones like "Target Weight," "Body Fat % Goal," or calorie targets for each phase.

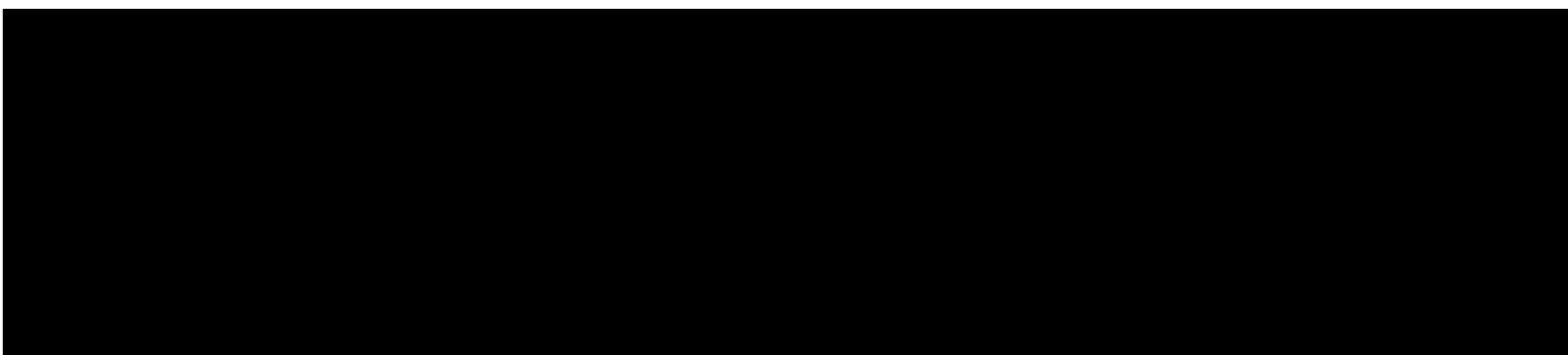
End-of-Week Summar ----> INCLUDE IT/UTILITY, eg. sick, blowout in days.

Average values for weight, steps, water, etc., for better analysis.

Dynamic Goal Countdown:



| | | | | | | | | | | | | | START PREP |
|--|---------------|---------------|-----------------------|---------------|---------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 27 weeks out |
| 40 weeks out | 39 weeks out | 38 weeks out | 37 weeks out | 36 weeks out | 35 weeks out | 34 weeks out | 33 weeks out | 32 weeks out | 31 weeks out | 30 weeks out | 29 weeks out | 28 weeks out | |
| GAINING, PHYSIQUE FOCUS | | | | | | | | | | | | | NEXT COLUMN |
| Tbc | | | | | | Tbc | | Tbc | | | | | |
| + 0.2kg - 0.3kg per week / +0.5% BF per week | | | | | | | | | | | | | |
| 10,000 | | | | | | | | | | | | | |
| 3x per week / 20mins / HR 130-140bpm | | | | | | | | | | | | | |
| 8 Jan | 15 Jan | 22 Jan | 29 Jan | 5 Feb | 12 Feb | 19 Feb | 26 Feb | 4 Mar | 11 Mar | 18 Mar | 25 Mar | 1 Apr | |
| 9 Jan | 16 Jan | 23 Jan | 30 Jan | 6 Feb | 13 Feb | 20 Feb | 27 Feb | 5 Mar | 12 Mar | 19 Mar | 26 Mar | 2 Apr | |
| 10 Jan | 17 Jan | 24 Jan | 31 Jan | 7 Feb | 14 Feb | 21 Feb | 28 Feb | 6 Mar | 13 Mar | 20 Mar | 27 Mar | 3 Apr | |
| 11 Jan | 18 Jan | 25 Jan | 1 Feb | 8 Feb | 15 Feb | 22 Feb | 29 Feb | 7 Mar | 14 Mar | 21 Mar | 28 Mar | 4 Apr | |
| 12 Jan | 19 Jan | 26 Jan | 2 Feb | 9 Feb | 16 Feb | 23 Feb | 1 Mar | 8 Mar | 15 Mar | 22 Mar | 29 Mar | 5 Apr | |
| 13 Jan | 20 Jan | 27 Jan | 3 Feb | 10 Feb | 17 Feb | 24 Feb | 2 Mar | 9 Mar | 16 Mar | 23 Mar | 30 Mar | 6 Apr | |
| 14 Jan | 21 Jan | 28 Jan | 4 Feb | 11 Feb | 18 Feb | 25 Feb | 3 Mar | 10 Mar | 17 Mar | 24 Mar | 31 Mar | 7 Apr | |
| 73.7 kg | 73.9 kg | 74.1 kg | 74.3 kg | 74.5 kg | 74.7 kg | 74.9 kg | 75.1 kg | 75.3 kg | 75.5 kg | 75.7 kg | 75.9 kg | 76.1 kg | 76.1 kg |
| 15.4% | 15.7% | 16.0% | 16.3% | 16.6% | 16.9% | 17.2% | 17.5% | 17.8% | 18.1% | 18.4% | 18.7% | 19.0% | 19.0% |
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| | | | | | | | | | | | | | |
| 56 | 57 | 58 | 59 | 60 | 61 | 62 | | | | | | | |
| 7 weeks out | 6 weeks out | 5 weeks out | 4 weeks out | 3 weeks out | 2 weeks out | 1 weeks out | | | | | | | |
| | | | PRACTICE PEAK WEEK | | | PEAK WEEK | | | | | | | |
| 14,000 steps | | | | 14,000 steps | | MAINTAIN | | | | | | | |
| TBC | | | | TBC | | | | | | | | | |
| 19 Aug | 26 Aug | 2 Sep | 9 Sep | 16 Sep | 23 Sep | 30 Sep | | | | | | | |
| 20 Aug | 27 Aug | 3 Sep | 10 Sep | 17 Sep | 24 Sep | 1 Oct | | | | | | | |
| 21 Aug | 28 Aug | 4 Sep | 11 Sep | 18 Sep | 25 Sep | 2 Oct | | | | | | | |
| 22 Aug | 29 Aug | 5 Sep | 12 Sep | 19 Sep | 26 Sep | 3 Oct | | | | | | | |
| 23 Aug | 30 Aug | 6 Sep | 13 Sep | 20 Sep | 27 Sep | 4 Oct | | | | | | | |
| 24 Aug | 31 Aug | 7 Sep | 14 Sep | 21 Sep | 28 Sep | 5 Oct | | | | | | | |
| 25 Aug | 1 Sep | 8 Sep | 15 Sep | 22 Sep | 29 Sep | 6 Oct | | | | | | | |
| 68.6 kg | 68.1 kg | 67.6 kg | 67.1 kg | 66.6 kg | 66.1 kg | 65.6 kg | | | | | | | |
| 12.0% | 11.5% | 11.0% | 10.5% | 10.0% | 9.5% | 9.0% | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | | | | | |
| -20 weeks out | -21 weeks out | -22 weeks out | -23 weeks out | -24 weeks out | -25 weeks out | -26 weeks out | | | | | | | |
| | | | PRACTICE PEAK WEEK | | | PEAK WEEK | | | | | | | |
| 14,000 steps | | | | 14,000 steps | | MAINTAIN | | | | | | | |
| TBC | | | | TBC | | | | | | | | | |
| 19 Aug | 26 Aug | 2 Sep | 9 Sep | 16 Sep | 23 Sep | 30 Sep | | | | | | | |
| 20 Aug | 27 Aug | 3 Sep | 10 Sep | 17 Sep | 24 Sep | 1 Oct | | | | | | | |
| 21 Aug | 26 Aug | 4 Sep | 11 Sep | 18 Sep | 25 Sep | 2 Oct | | | | | | | |
| 22 Aug | 29 Aug | 5 Sep | 12 Sep | 19 Sep | 26 Sep | 3 Oct | | | | | | | |
| 23 Aug | 30 Aug | 6 Sep | 13 Sep | 20 Sep | 27 Sep | 4 Oct | | | | | | | |
| 24 Aug | 31 Aug | 7 Sep | 14 Sep | 21 Sep | 28 Sep | 5 Oct | | | | | | | |
| 25 Aug | 1 Sep | 8 Sep | 15 Sep | 22 Sep | 29 Sep | 6 Oct | | | | | | | |
| -7.5 kg | -8.0 kg | -8.5 kg | -9.0 kg | -9.5 kg | -10.0 kg | -10.5 kg | | | | | | | |
| -7.0% | -7.5% | -8.0% | -8.5% | -9.0% | -9.5% | -10.0% | | | | | | | |
| | | | | | | | | | | | | | |



CLIENT PROFILE

| | | | |
|---------------------|-----------------|-------|--------|
| NAME | Hashani Fonseka | | |
| GENDER | FEMALE | | |
| D.O.B | May 15 1993 | 31 | yr old |
| HEIGHT | 150 cm | 4'11" | 76 "in |
| WEIGHT | 65.0 kg | | |
| CAREER / OCCUPATION | Engineer | | |
| HOURS/WK | Work: Study: | | |
| ACTIVITY | Sedentary | | |
| DESCRIPTION | 0 | | |

MEDICAL HISTORY

| | |
|---|------------------|
| List of medical conditions | List of injuries |
| | |
| Concerns about illness, pain or injuries | |
| | |
| Over-the-counter or prescription medications? | |
| | |

PERSONAL HISTORY: TRAINING / NUTRITION / LIFESTYLE

| | | |
|--|-----------------|-----------|
| Have you tried in the past regarding nutrition, diets, body comp, lifestyle? | | |
| Nutrition / Diets | Body Comp | Lifestyle |
| | | |
| What worked? Why? | | |
| | | |
| What didn't work? Why? | | |
| | | |
| Regarding training - what have you done and you have enjoyed doing? | | |
| | | |
| Other misc. activities | | |
| | | |
| CAREER / OCCUPATION | Engineer | |
| HOURS/WK | Work: Study: | |
| ACTIVITY | Sedentary | |
| DESCRIPTION | | |
| Stress levels on an average day | | |
| 5 /10 | | |
| Rate overall schedule, time, busy-ness | | |
| 1 - Panicked/Insane 10 - Calm & Relaxed | | |
| 3 /10 | | |
| Hours of sleep per night | | |
| 5 /10 hrs | | |
| Trouble getting to sleep? | | |
| NO YES | | |
| Wake up in the middle of the night? | | |
| NO YES | | |
| Trouble getting back to sleep? | | |
| NO YES | | |
| Quality of sleep | | |
| 5 /10 | | |
| Gut Health / Digestion | | |
| Bloating, Gassy stomach, Diarrhea, Constipation | | |
| Bathroom habits | | |
| How often - per day or per week? | | |
| per day per week | | |
| Are you taking supplements? Please list | | |
| | | |
| Are you against taking supplements that I will highly recommend? | | |
| eg. open to trying new things VS "price" | | |
| NO YES | | |

CLIENT EXPECTATIONS

In order to achieve the goals that we set out, what do you expect from me as your coach and the service I provide?

For example, at the end of our partnership, wether that be 3 months, 6 months, 1 year or 2 years. What service do you expect where you will walk out and say you had a GREAT experience?

1

2

3

4

5

CONCERNS

X

/10

HEALTH

BODY

X

/10

EATING

FITNESS

PRIMARY GOALS

1

LOSE BODY FAT - How many kgs?

2

GAIN M MASS

3

MAINTAIN BODY COMP

4

COMPETE

5

PHOTOSHOOT

LOOK BETTER - What does that look like for you?

6

HAVE MORE ENERGY & VITALITY

7

GAIN CONTROL OVER EATING HABITS

8

IMPROVE OVERALL PHYSICAL FITNESS

9

BE MORE CONFIDENT IN GYM

10

IMPROVE NUTRITION KNOWLEDGE

FEEL BETTER - What does that look like for you?

11

IMRPOVE TRAINING KNOWLEDGE

12

MOVE PAIN FREE

13

REHAB CURRENT / PAST INJURIES

14

BUILD BASE LEVEL STR AND TECHNIQUE

15

WORK ON SPECIFIC LIFT(S)

16

IMRPOVE ATHLETIC PERFORMANCE

GET STRONGER - What does that look like for you?

THREE PRIMARY GOALS > WHY?

1

2

3

Since one of your goals is about your body compisition, we'll need to an understanding on where you're starting from...

Have you had skinfolds before? YES / NO

I'm with you chin... cheek. I'm gonna have to make contact. Is that okay?

BW:

BF%:

< For me to get a deeper understanding of your history...

OBSTACLES

eg. work, time, social settings, binge eating, alcohol, digestion issues

1

2

3

4

5

COMMITMENT

eg. how committed are you to overcoming the obstacles above?

1

READY

Ready to embrace new ways of doing things: training / nutrition plan

/10

2

WILLING

Open-ness to adopting new behaviours/habits with positive mindset

/10

3

ABLE

Capability of one's skills and skillsets. Cook, Meal prep, Gym by self

/10

START

(gap)

FINISH

If money fell from the sky, what makes you rank yourself so high?

What's missing? What do you lack from being a 10?

PLAN

eg. direction and best course of action, understand purpose and responsibilities

1

2

3

4

5

PACE, PACE, LEAD

Questions is your most powerful tool.

As a coach, you need to lead and direct your clients with your questions.

So they can arrive to a conclusion and make them think it's their own idea.

7 A

TOTAL CALS

SLEEP

GUT HEALTH

MACROS

FOOD QUALITY

TRAINING

LIFESTYLE

BAM & BHAG

eg. Align goals > What's the gap between expectations and reality? Subjective VS Objective

Accounting for margin for error & life > best case / worst case

BAM 12 weeks

eg. Lose x kgs > Do = Have

BHAG 12 weeks > 26 wks > 52 wks

eg. Lose x kgs and keep it off > Identity (Be)

>>>>>>

Biggest loser contestants suieing

Don't want you to lose the weight and then just regain it as soon as you leave.

OUTCOME

How will achieving these goals make you feel, and what positive changes do you expect in your life as a result?

1

