ДД Weight	<mark>∵</mark> Sleep (Hours)	Nutrition Adherence Qualitative	Nutrition Adherence Quantitative	<b>Calories</b> Start of week	Macro	C (Oopti onal End of week	Utility	TRAINING DAY RPE	CARDIO DAY	SODIUM (MG)	WATER INTAKE STRESS (L)	HABIT 1	HABIT 2
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MONTH #VALUE! January February March April May June July August September October November December

Bar speed slows drastically. No reps possible, even with

Bar speed slows noticeably, form starts to waver slightly

Bar speed consistent for most reps but noticeably slowe

Bar moves smoothly but feels heavy, with slight fatigue

Bar moves easily; no slowing or struggle, focusing on c

Bar feels light and moves consistently with no challenge

Bar moves effortlessly; ideal for warm-ups or technique

Bar feels negligible, prepping the body for heavier loads

Did not attempt or engage in the exercise meaningfully.

Bar feels weightless, no effort involved.

Cues for Beginners and Intermediates

Enhanced RPE Scale with Technique and Rest Factors

Description 10 Maximal effort. True failure. No reps left. Technique may break down slightly on the final rep.

9 Near maximal effort. 1 rep left. Slight form breakdown but still controlled. 8 Hard effort. 2 reps left. Technique is maintained but rep speed slows slightly. 7 Challenging effort. 3 reps left. Maintains perfect form and tempo throughout the set. 6 Moderate effort. 4+ reps left. Form and tempo are excellent with no signs of fatigue. 5 Light effort. Far from failure. Could complete many more reps perfectly. 4 Very light effort. Focused on practicing technique rather than building strength. 3 Minimal effort. May lift too light to challenge muscles or practice meaningful tempo and technique.

2 Extremely light effort. Strictly for warm-ups or mobility work. 1 No effort. Skipped training or failed to complete the set.

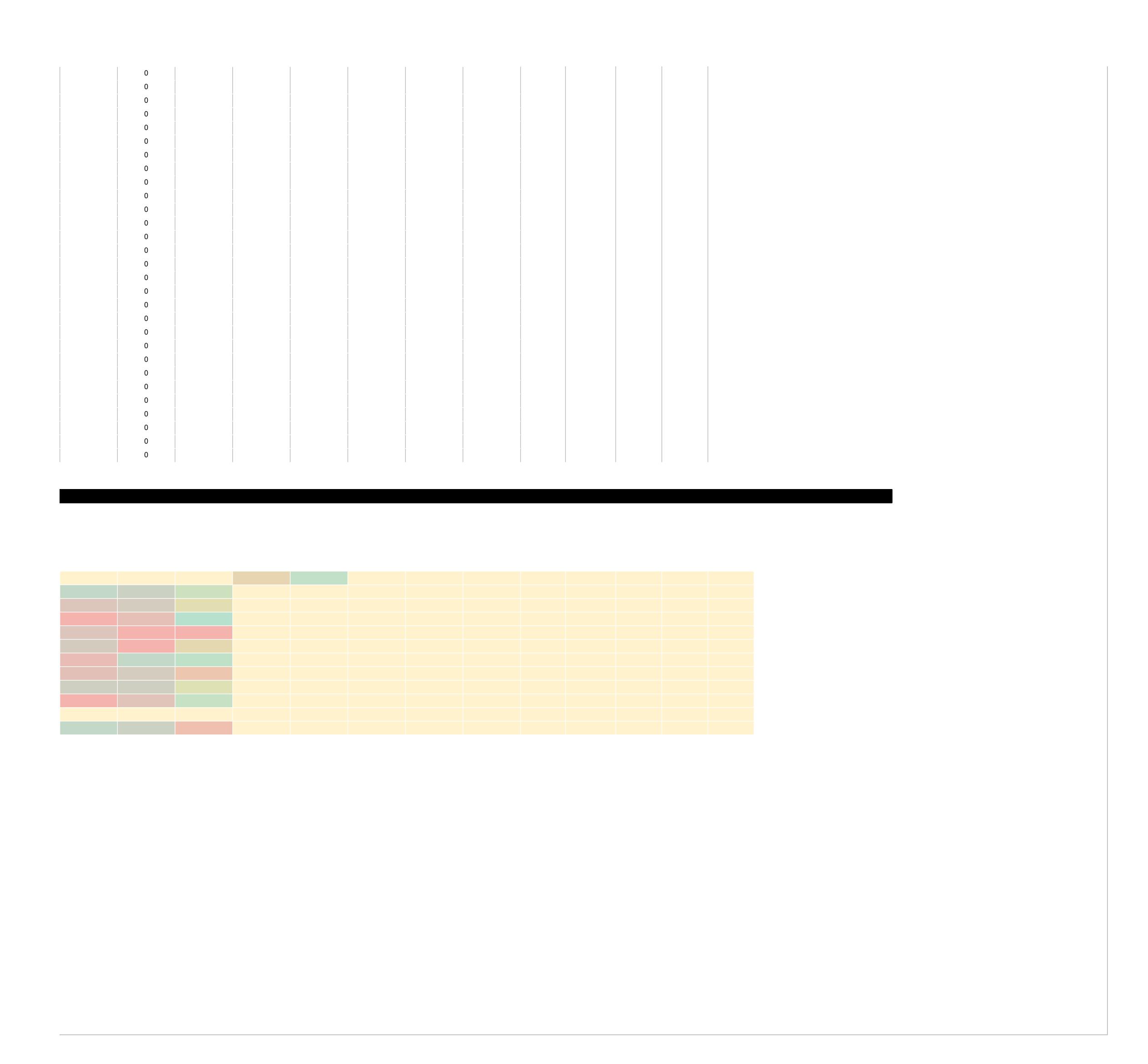
Scenario

Adjustment to RPE No adjustment. True RPE 8–10 based on reps left. Completed all reps with perfect technique. Paused briefly (2–4 seconds) but maintained form. Add +1 RPE to reflect increased difficulty. Add +2 RPE and note technique breakdown. Required longer rests or form started to degrade.

Effect on RPE Technique Maintains perfect form. Use stated RPE. Add +1 RPE. Minor form inconsistencies. Add +2 RPE. Significant form breakdown.

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ity of Life (QoL) Markers se reflect how your clients feel and function in their daily lives, often complementing	fitness and performance data.		
Lifestyle Consistency Adherence to healthy habits (meals, hydration, bedtime routine)			
Energy Levels Rating (e.g., 1–10 scale) Trends throughout the day or week			
Olean Quality			
Sleep Quality  Hours of sleep Sleep efficiency (falling asleep easily, waking up refreshed) Sleep consistency (same time to bed/wake)			
Mood			
Stress levels (e.g., 1–10 scale or descriptive check-ins) General happiness or satisfaction			
Appetite and Digestion			
Hunger cues (e.g., extreme, normal, or low) Digestive health (e.g., bloating, discomfort, regularity)			
Recovery and Soreness Muscle soreness (e.g., 1–10 scale) Perceived recovery readiness			

Over			202																					
Over	vie	W	2024	Long term plar	n and goals																			
						<b>Body Weight</b>		Sk		Circumfe														
Week 1-Jan		Macrocycle Off-Season	Mesocycle	Nutrition Phase	Goal	Actual	Change	Goal	Actual	Goal	Actual	Events	_	And 1	And 2	And 3	And 4	And 5	And 6	And 7	And 8	<b>Total</b> 0	Mg/kg BW	а
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<u>Macrocycle</u>	Microcycle	Nutrition
	Accumulation	Deficit
Body Composition		
	GPP	Surplus
	Hypertrophy	N/A
	Intensification	Flexible addition
_	Strength	Low FODMAP
	Tapering	Gluten free
	Lower	Low oxalate
Contest-Prepara	Upper	Low sulphate
	Hamstrings	Low dairy
Non-linear (	Glutes	Building calories
Reverse linear	Quads	Informed eating
Undulating	Calves	Reverse diet
In-Season (	Chest	Regular refeeds
	Biceps	<del>_</del>
	Triceps	
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+ 900-1000 kcal + 800-900 kcal + 700-800 kcal + 600-700 kcal + 500-600 kcal + 400-500 kcal + 300-400 kcal + 200-300 kcal + 100-200 kcal +/- 100 kcal - 100-200 kcal - 200-300 kcal - 300-400 kcal - 400-500 kcal - 500-600 kcal - 600-700 kcal - 700-800 kcal - 800-900 kcal - 900-1000 kcal

Braphs: Add gra	aphs on a separate	e sheet to visually	track:	
	Weight vs. Week			
	Body Fat % vs. \	Weeks Out		
	Caloric Intake Tr			
	Chart Progress:	Use line graphs to	o visualize weigh	and body fat ove
	Weekly calorie and r	macro adjustments >>	> eg. refeed = weight	drop

Client: Training	1 Jan	8 Jan	15	i Jan	22 Jan		29 Jan	5 Feb		12 Feb		19 Feb	26 Feb	
Coach: Training														
Client: Nutrition														
Coach: Nutrition Client: Gut														
Gut bloating, constipation Coach: Gut	n, gas, stools, diarrhea, fluctuance													
Client:	I'm feeling disappointed I haven't lost any weight, v			ition. It's a bit dishearte	ening but I suppose we just I	keep going ?								
Coach:	I'm definitely more toned as family and friends have A measure of progress is also how you feel about you have the goal is achieving X Y Z. But <b>Foc.</b>	our physique. Don't complet	ely rely on weight becaus				e body fat that you lose.							
Client: Life eg.	In saying that, the goal is achieving X,Y,Z. But <b>Foc</b>	Facility, mo you are	4 daine and the court of the court	/-	and the inner \leinhill infl									
Coach: Life														
Client: Stress & Psychology  Coach:														
Stress & Psychology														
Client: Sleep  Coach: Sleep														
Client: Business & Money														
Coach: Business & Money														
Client: Bloods														
Coach: Bloods														
\\/	What are you biggest challenges / obstacles this week?													
Weekly Reflection	Why was this the biggest obstacle?  What action steps are you willing and													
Weekly Mini Goal 1	able to take?													
Weekly Mini Goal 2														
Weekly Mini Goal 3														
Review of past week's mini goals  Training Program name/week number														
Cardio (Mins)														
Meal Plan 1 Calories	5	5		7	7		7	7		7		7	7	
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Fat Meal Plan 2			0	0		0		0	0		0		0	0
Calories Protein Carbs	0	0	0	0 0	0	0	0	0	0	0	0	0	0 0 0	0
Fat Meal Plan 3			0	0		0		0	0		0		0	0
Calories Protein Carbs	0	0	0	0 0	0	0	0	0	0	0	0	0	0	0
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ht Saturday	#REF! #REF! #REF!		#REF! #REF!		#REF! #REF!		#REF! #REF!	#REF! #REF!		#REF! #REF!		#REF! #REF!	#REF! #REF!	
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Umbilical Sub-scap Supra-iliac	9.0 9.0 9.0	9.0 9.0 10.0	1	9.0 9.0 0.0										
in Lower back guad Calf	9.0 9.0 9.0	10.0 10.0 10.0	1	0.0 0.0 0.0										
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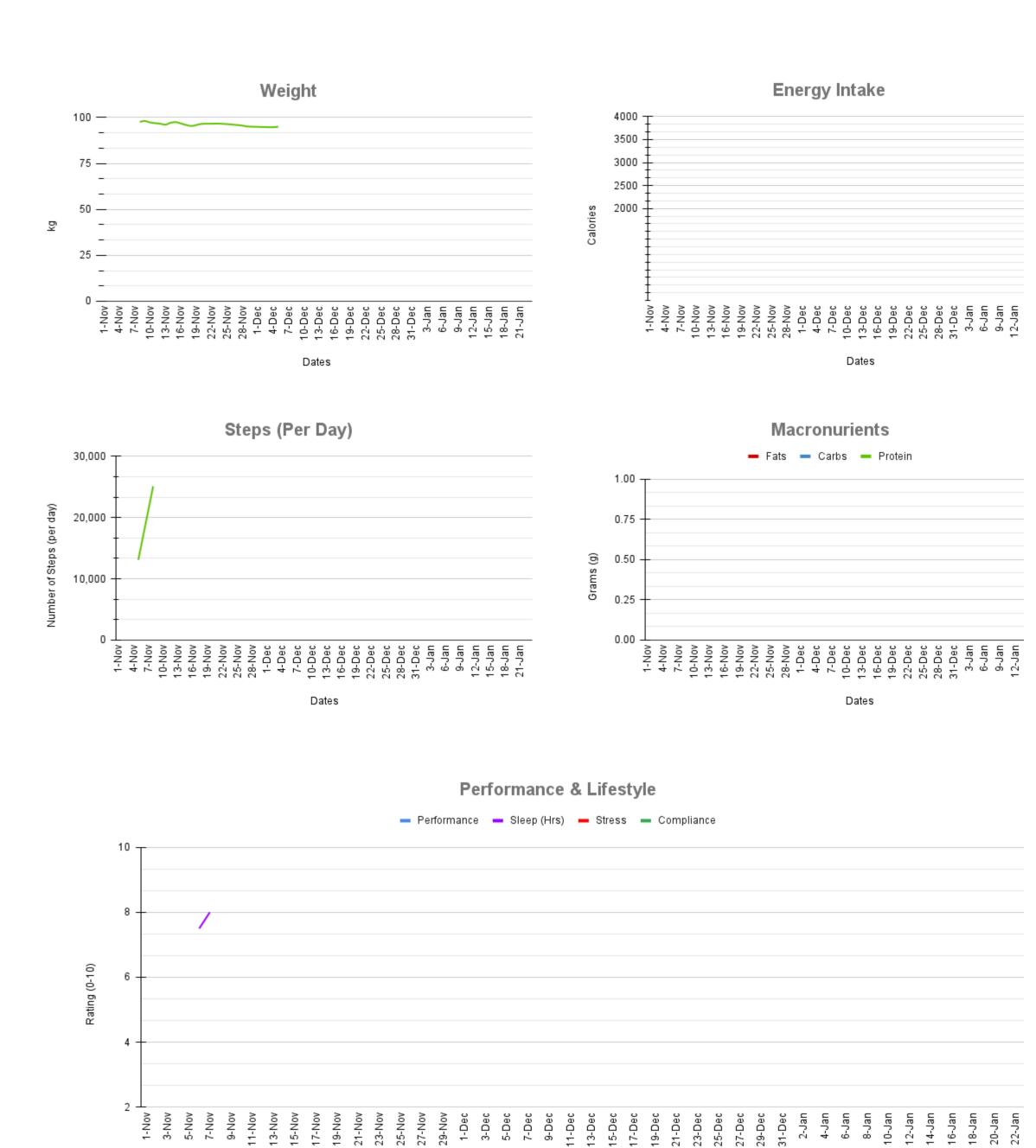
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4:00 AM		11/28 THURSDAY	11/29 FRIDAY	11/30 SATURDAY	12/1 SUNDAY					
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TIME	ELINE	BODY COMP.		NUTRI	NAME:	JORDAN		GOAL:		LIFESTYLE	
WEEK	DATE 1-Nov	WEIGHT BF %	CALORIES	PROTEIN	FATS	CARBS	# STEPS	PERFORMANCE (/10)	SLEEP (HOURS)	STRESS (/10)	OMPLIA (/10)
WEEK 1	2-Nov 3-Nov										
	4-Nov 5-Nov										
kg cal	6-Nov 7-Nov										
MEEK O	8-Nov 9-Nov	07.0					13,086	8/10	7.5 8	0/10 0/10	
WEEK 2	10-Nov 11-Nov 12-Nov	97.6 98.1 97.3					25,128				
7.3 kg cal	13-Nov 14-Nov	96.9 96.6									
	15-Nov 16-Nov	96.1 97.1									
WEEK 3	17-Nov 18-Nov	97.5									
6.5 kg	19-Nov 20-Nov	95.4									
cal	21-Nov 22-Nov	96.5									
WEEK 4	23-Nov 24-Nov	96.6									
	25-Nov 26-Nov	96.7									
6.6 kg cal	27-Nov 28-Nov	96.4									
NEEK E	29-Nov 30-Nov	95.6									
WEEK 5	1-Dec 2-Dec	95.1									
5.4 kg	3-Dec 4-Dec										
cal	5-Dec 6-Dec 7-Dec	94.7 95									
WEEK 6	8-Dec 9-Dec	, 90 									
4.9 kg	10-Dec 11-Dec										
cal	12-Dec 13-Dec										
WEEK 7	14-Dec 15-Dec										
	16-Dec 17-Dec										
kg cal	18-Dec 19-Dec										
	20-Dec 21-Dec										
WEEK 8	22-Dec 23-Dec										
kg	24-Dec 25-Dec										
cal	26-Dec 27-Dec										
WEEK 9	28-Dec 29-Dec										
I.o.	30-Dec 31-Dec										
kg cal	1-Jan 2-Jan										
VEEK 10	3-Jan 4-Jan 5-Jan										
VEEK 10	6-Jan 7-Jan										
kg cal	8-Jan 9-Jan										
Our	10-Jan 11-Jan										
VEEK 11	12-Jan 13-Jan										
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cal	16-Jan 17-Jan										
VEEK 12	18-Jan 19-Jan										
	20-Jan 21-Jan										
kg cal	22-Jan 23-Jan										
	24-Jan 25-Jan	93.7									
VEEK 13	26-Jan 27-Jan	93.7 93.6									
3.5 kg	28-Jan 29-Jan	93.6 93.3									
cal	30-Jan 31-Jan	93.1 92.7									
VEEK 14	1-Feb 2-Feb 3-Feb	92.5 93.3 93.7									
3.3 kg	4-Feb 5-Feb	93.7 93.8 93.6									
cal	6-Feb 7-Feb	93.6 93.3 94.1									
VEEK 15	8-Feb 9-Feb	94.3									
	10-Feb 11-Feb										
4.2 kg cal	12-Feb 13-Feb										
	14-Feb 15-Feb										
VEEK 16	16-Feb										
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VEEK 17	22-Feb 23-Feb										
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VEEK 18	28-Feb 1-Mar 2-Mar										
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4.6 kg	11-Mar 12-Mar	94.5									
cal	13-Mar 14-Mar	94.7 94.6									
VEEK 20	15-Mar 16-Mar	96.5 95.5									
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5.9 kg cal	19-Mar 20-Mar	95.8 96									



Dates

15-Jan 18-Jan 21-Jan

15-Jan 18-Jan 21-Jan

## CALENDAR - 2023

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15	1	6	17	18	19	2	0	21	12	13	14	15	5 16	17	18	12	13	14	15	16	5 17	7	18	9	10	11	12	13	14	15		Feb 20	Presidents Day
22	2	3	24	25	26	2	7	28	19	20	21	22	2 23	24	25	19	20	21	22	23	3 24	4	25	16	17	18	19	20	21	22	,	April 07	Good Friday
29	30	0	31						26	27	28					26	27	28	29	30	3	1		23	24	25	26	27	28	3 29	,	April 09	Easter Sunday
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s	N	M	T	W	Т	F		S	S	M	Т	W	/ T	F	S	S	M	Т	W	T	F		S	S	M	T	W	T	F	S	,	Jul 04	Independence Day
	1	1	2	3	4	5	5	6					1	2	3								1			1	2	3	4	5	;	Sep 04	Labour Day
7	8	8	9	10	11	1	2	13	4	5	6	7	8	9	10	2	3		5	6	7		8	6	7	8	9	10	11	12		Oct 09	Columbus Day
14	1:	5	16	17	18	1	9	20	11	12	13	14	1 15	16	17	9	10	11	12	13	3 14	4	15	13	14	15	16	17	18	3 19		Oct 31	Halloween
21	2	2	23	24	25	2	6	27	18	19	20	21	22	23	24	16	17	18	19	20	2	1	22	20	21	22	23	24	25	26	1	Nov 11	Vetrans Day
28	2	9	30	31					25	26	27	28	3 29	30		23	24	25	26	27	7 28	8	29	27	28	29	30	31			1	Nov 23	Thanksgiving Day
																30	31															Dec 25	Christmas
	S	Ε	ΡT	E	ИΒ	ΒE	R				OC.	TC	BE	R			N	ΟV	/EI	ИΒ	EF	3			D	EC	ΕN	ΙB	EF				
S	N	V	T	W	T	F		S	S	M	T	W	/ T	F	S	S	M	T	W	T	F		S	S	M	T	W	T	F	S			
						1	1	2	1	2	3	4	5	6	7				1	2	3		4						1	2			
3	4	4	5	6	7	8	3	9	8	9	10	11	12	13	14	5	6	7	8	9	10	0	11	3	4	5	6	7	8	9			
10	1	1	12	13	14	1	5	16	15	16	17	18	3 19	20	21	12	13	14	15	16	5 17	7	18	10	11	12	13	14	15	16			
17	1	8	19	20	21	2	2	23	22	23	24	25	5 26	27	28	19	20	21	22	23	3 24	4	25	17	18	19	20	21	22	2 23			
24	2:	5	26	27	28	2	9	30	29	30	31					26	27	28	29	30	)			24	25	26	27	28	29	30			

31



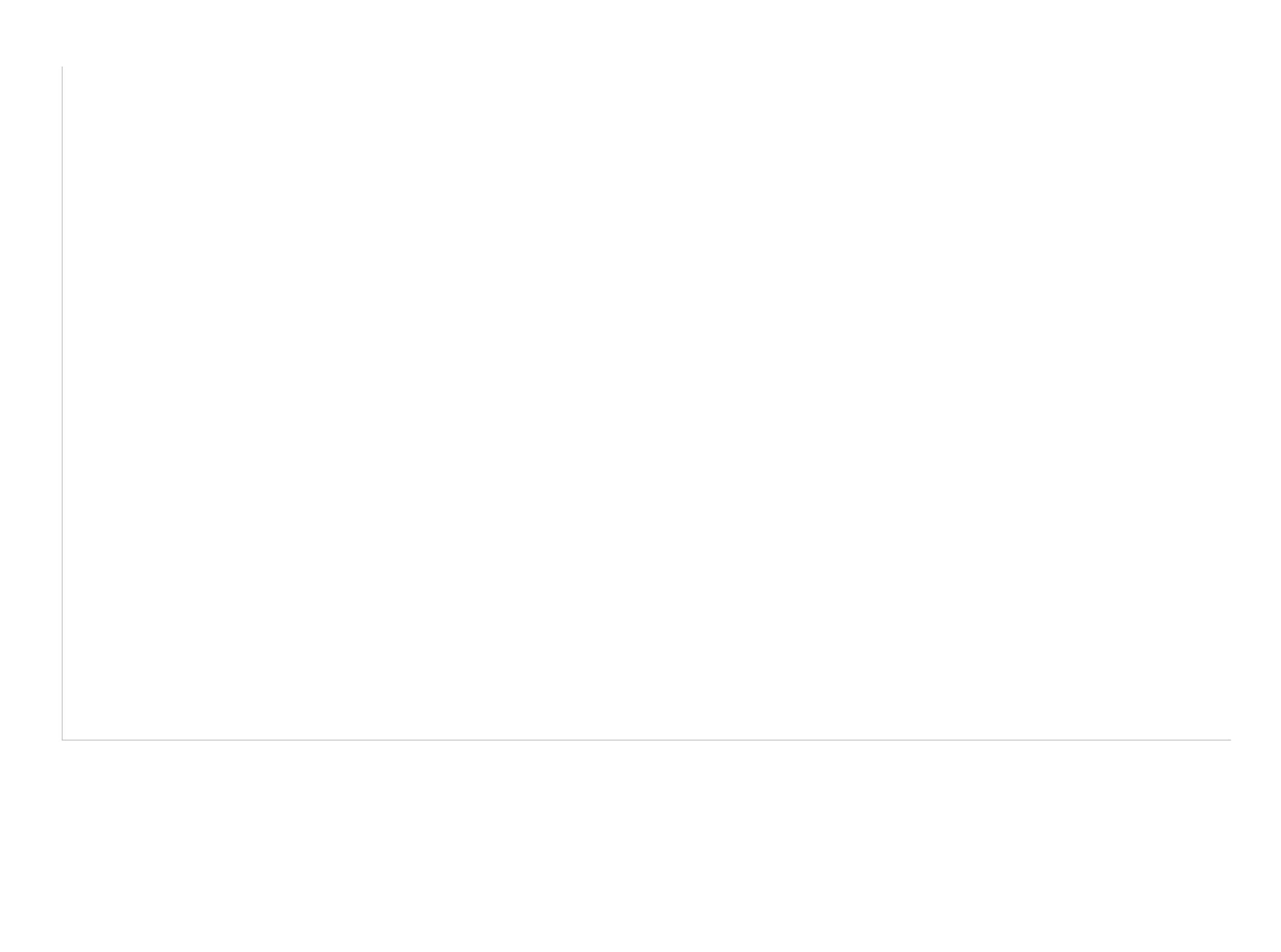


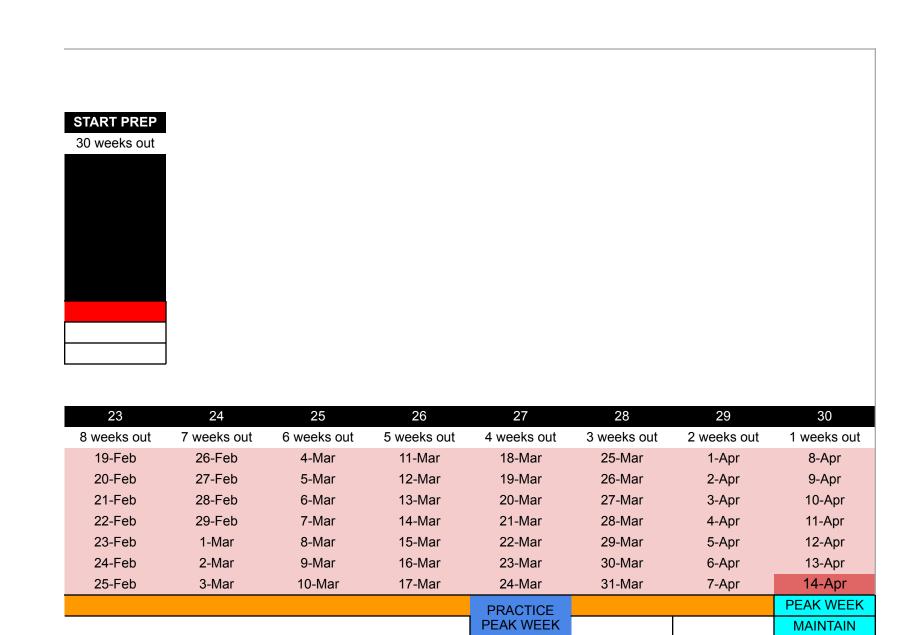
## (NIAME). AIAM MIAI

Weeks into Pre-Prep	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Weeks out from first show	52 weeks out	51 weeks out	50 weeks out	49 weeks out	48 weeks out	47 weeks out	46 weeks out	45 weeks out	44 weeks out	43 weeks out	42 weeks out	41 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
Monday	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	21-Aug	28-Aug	4-Sep	11-Sep
Tuesday	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	22-Aug	29-Aug	5-Sep	12-Sep
Wednesday	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	23-Aug	30-Aug	6-Sep	13-Sep
Thursday	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	24-Aug	31-Aug	7-Sep	14-Sep
Friday	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	25-Aug	1-Sep	8-Sep	15-Sep
Saturday	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	19-Aug	26-Aug	2-Sep	9-Sep	16-Sep
Sunday	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	20-Aug	27-Aug	3-Sep	10-Sep	17-Sep
Prep Phase	Pre-prep Fat Loss	s						PRE - PREI	P FAT LOSS									GAINING				
Weekly Avg. Weight																						
Predicted Change					85	84	83	82	81	80	79	78	78.2	78.4	78.6	78.8	79	79.2	79.4	79.6	79.8	80

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
Weeks out from first show	30 weeks out	29 weeks out	28 weeks out	27 weeks out	26 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
Monday	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	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb
Tuesday	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	9-Jan	16-Jan	23-Jan	30-Jan	6-Feb	13-Feb
Wednesday	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	10-Jan	17-Jan	24-Jan	31-Jan	7-Feb	14-Feb
Thursday	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	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb
Friday	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	12-Jan	19-Jan	26-Jan	2-Feb	9-Feb	16-Feb
Saturday	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	13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb
Sunday	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	14-Jan	21-Jan	28-Jan	4-Feb	11-Feb	18-Feb
Prep Phase			GAI	NING												MODERATE	FAT LOSS					
Goal																0.5kg p	er week					
Weekly Avg. Weight																						
Predicted Weight	80.2	80.4	80.6	80.8	81	81.2	80.7	80.2	79.7	79.2	78.7	78.2	77.7	77.2	76.7	76.2	75.7	75.2	74.7	74.2	73.7	73.2

Highlight cycle Highlight blowout Highlight refeed





72

71.5

72.7

72.2

71.7 71.2

MAINTAIN

72kg

71

