

This document was exported from Numbers. Each table was converted to an Excel worksheet. All other objects on each Numbers sheet were placed on separate worksheets. Please be aware that formula calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
Phase 1		
	Table 1	Phase 1
Performance Tracker		
	Table 1	Performance Tracker
Timeline		
	Table 1	Timeline
Graphs		
	Table 1	Graphs
Weight Track		
	Table 1	Weight Track

MARK OTTOBRE																			
PROGRAM: UPPER/LOWER																			
PHASE: 1; SEASON A 2025																			
COACH: TYRONE FOLINO																			
DATE: 12/1/2025																			
NOTES:																			

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CLIENT:

COACH: TYRONE FOLINO

Overall Performance Tracking

DATE	DAY	TRAINING TYPE	WEIGHT	ADHERENCE 10/10	T A R G E T
5/16/23	T				0
5/17/23	W				
5/18/23	T				
5/19/23	F				
5/20/23	S				
5/21/23	S				
5/22/23	M				
5/23/23	T				
5/24/23	W				
5/25/23	T				
5/26/23	F				
5/27/23	S				
5/28/23	S				
5/29/23	M				
5/30/23	T				
5/31/23	W				
6/1/23	T				
6/2/23	F				
6/3/23	S				

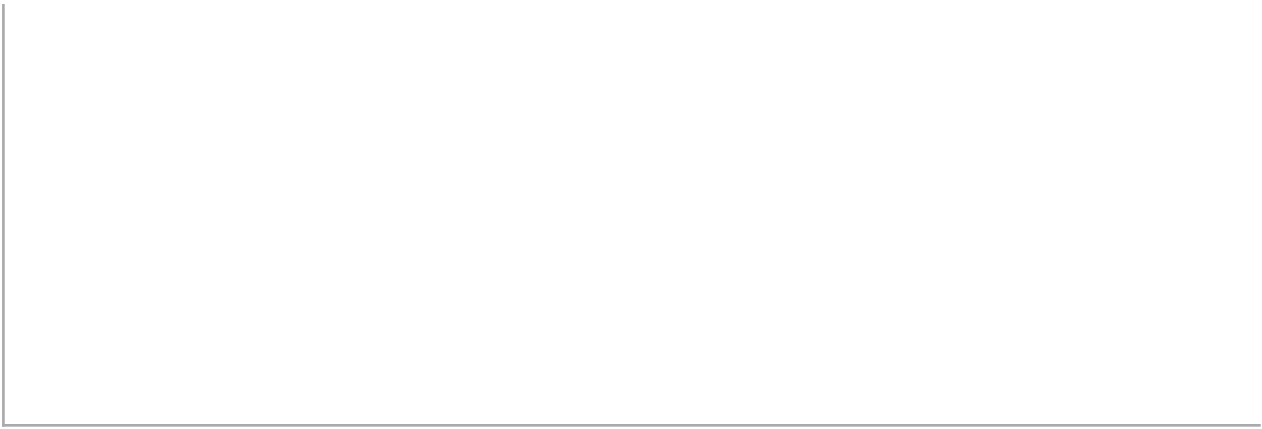
6/4/23	S			
6/5/23	M			
6/6/23	T			
6/7/23	W			
6/8/23	T			
6/9/23	F			
6/10/23	S			
6/11/23	S			
6/12/23	M			
6/13/23	T			
6/14/23	W			
6/15/23	T			
6/16/23	F			
6/17/23	S			
6/18/23	S			
6/19/23	M			
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6/27/23	T			
6/28/23	W			
6/29/23	T			
6/30/23	F			

7/1/23	S			
7/2/23	S			
7/3/23	M			
7/4/23	T			
7/5/23	W			
7/6/23	T			
7/7/23	F			
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7/10/23	M			
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7/12/23	W			
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9/28/23	T				
9/29/23	F				
9/30/23	S				
10/1/23	S				
10/2/23	M				



PERFORMANCE TRA

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23

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DAILY CHECK IN
(Client Comments)

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This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Comments/Notes

NUTRITION TARGETS / WEEKLY SUMMARY
(Trainer Use Only)

INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00	-	0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0

AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
EDIT FROM INITIAL PLAN (MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			

WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			

Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			

Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN

Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0

ARY		
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
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AVG. FAT	AVG. PRO	AVG. KCAL
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FAT	CARB	KCAL
0	0	0

AVG. FAT	AVG. PRO	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. PRO	AVG. KCAL
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FAT	CARB	KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL

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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0

<div>TRAINER COMMENTS (WEEKLY OVERVIEW)</div>	
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WEEKLY OVERVIEW
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WEEKLY OVERVIEW
WEEKLY OVERVIEW

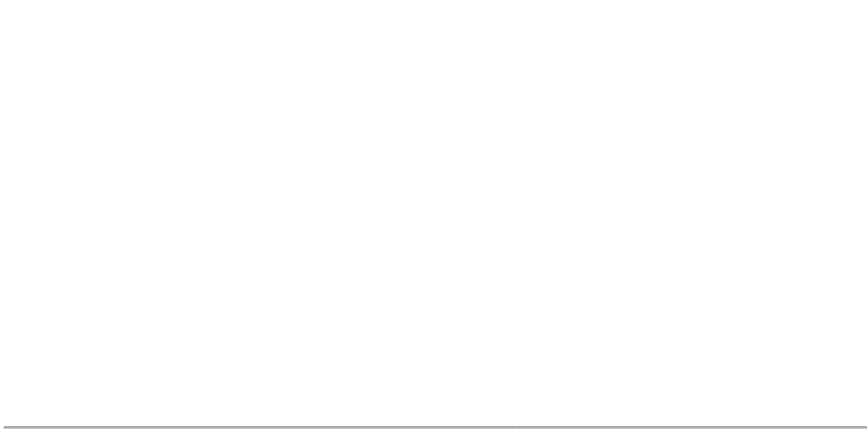
WEEKLY OVERVIEW

Supplements

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NAME

Weeks into Pre-Prep	1	2	3	4	5
Weeks out from first show	52 weeks out	51 weeks out	50 weeks out	49 weeks out	48 weeks out
Monday	10-Apr	17-Apr	24-Apr	1-May	8-May
Tuesday	11-Apr	18-Apr	25-Apr	2-May	9-May
Wednesday	12-Apr	19-Apr	26-Apr	3-May	10-May
Thursday	13-Apr	20-Apr	27-Apr	4-May	11-May
Friday	14-Apr	21-Apr	28-Apr	5-May	12-May
Saturday	15-Apr	22-Apr	29-Apr	6-May	13-May
Sunday	16-Apr	23-Apr	30-Apr	7-May	14-May
Prep Phase					
Weekly Avg. Weight					
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					
Baseline	0	0	0	0	0
Calories					
Surplus/Deficit					
Protein					
Carbs					
Fats					
Steps					
Cardio					
Weeks into Prep	1	2	3	4	5
Weeks out from first show	30 weeks out	29 weeks out	28 weeks out	27 weeks out	26 weeks out
Monday	11-Sep	18-Sep	25-Sep	2-Oct	9-Oct
Tuesday	12-Sep	19-Sep	26-Sep	3-Oct	10-Oct
Wednesday	13-Sep	20-Sep	27-Sep	4-Oct	11-Oct
Thursday	14-Sep	21-Sep	28-Sep	5-Oct	12-Oct
Friday	15-Sep	22-Sep	29-Sep	6-Oct	13-Oct
Saturday	16-Sep	23-Sep	30-Sep	7-Oct	14-Oct
Sunday	17-Sep	24-Sep	1-Oct	8-Oct	15-Oct
Prep Phase	GAINING		MAINTENANCE		
Goal					
Weekly Avg. Weight					
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					
Baseline	0	0	0	0	0
Calories					

Surplus/Deficit					
Protein					
Carbs					
Fats					
Steps					
Cardio		N/A			



6	7	8	9	10	11
47 weeks out	46 weeks out	45 weeks out	44 weeks out	43 weeks out	42 weeks out
15-May	22-May	29-May	5-Jun	12-Jun	19-Jun
16-May	23-May	30-May	6-Jun	13-Jun	20-Jun
17-May	24-May	31-May	7-Jun	14-Jun	21-Jun
18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun
19-May	26-May	2-Jun	9-Jun	16-Jun	23-Jun
20-May	27-May	3-Jun	10-Jun	17-Jun	24-Jun
21-May	28-May	4-Jun	11-Jun	18-Jun	25-Jun

PRE - PREP FAT LOSS

0	0	0	0	0	0

10,000					
	5 x per week; 20 minutes HR 130-140			5 x per week; 30 minutes HR	

6	7	8	9	10	11
25 weeks out	24 weeks out	23 weeks out	22 weeks out	21 weeks out	20 weeks out
16-Oct	23-Oct	30-Oct	6-Nov	13-Nov	20-Nov
17-Oct	24-Oct	31-Oct	7-Nov	14-Nov	21-Nov
18-Oct	25-Oct	1-Nov	8-Nov	15-Nov	22-Nov
19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov
20-Oct	27-Oct	3-Nov	10-Nov	17-Nov	24-Nov
21-Oct	28-Oct	4-Nov	11-Nov	18-Nov	25-Nov
22-Oct	29-Oct	5-Nov	12-Nov	19-Nov	26-Nov

AGGRESSIVE FAT LOSS

0	0	0	0	0	0

18	19	20	21	22	START PREP
35 weeks out	34 weeks out	33 weeks out	32 weeks out	31 weeks out	30 weeks out
7-Aug	14-Aug	21-Aug	28-Aug	4-Sep	
8-Aug	15-Aug	22-Aug	29-Aug	5-Sep	
9-Aug	16-Aug	23-Aug	30-Aug	6-Sep	
10-Aug	17-Aug	24-Aug	31-Aug	7-Sep	
11-Aug	18-Aug	25-Aug	1-Sep	8-Sep	
12-Aug	19-Aug	26-Aug	2-Sep	9-Sep	
13-Aug	20-Aug	27-Aug	3-Sep	10-Sep	

GAINING

0	0	0	0	0	0

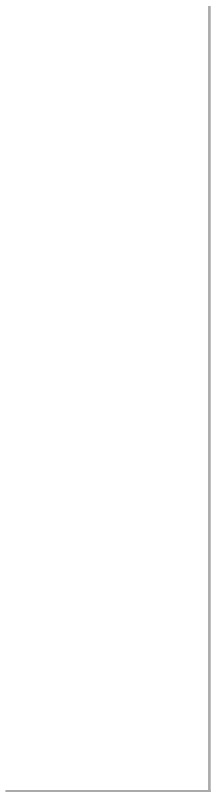
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s; HR 130-140					

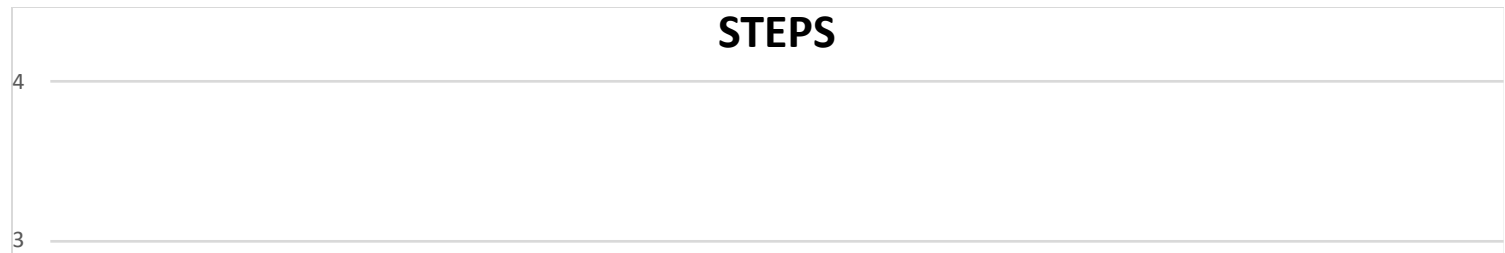
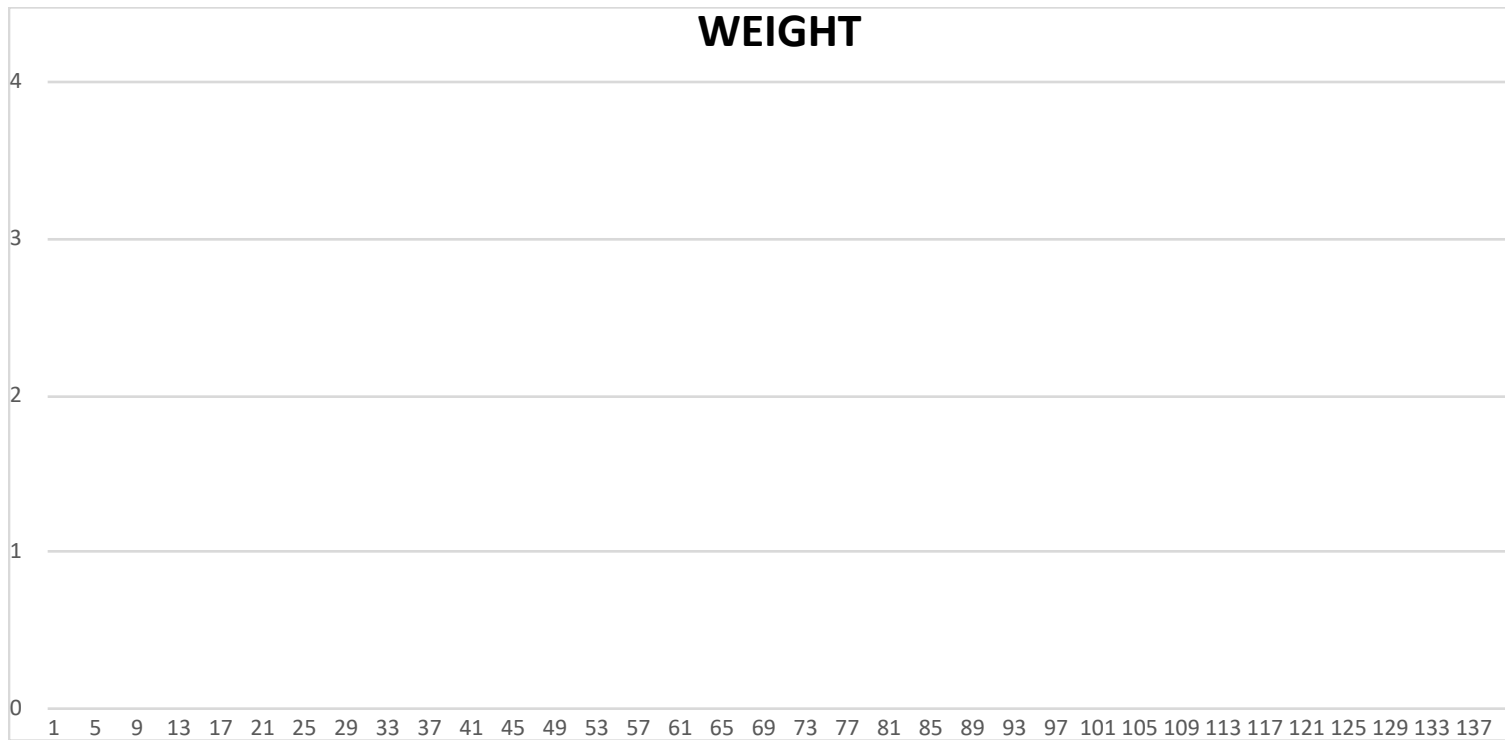
18	19	20	21	22	23
13 weeks out	12 weeks out	11 weeks out	10 weeks out	9 weeks out	8 weeks out
8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb
9-Jan	16-Jan	23-Jan	30-Jan	6-Feb	13-Feb
10-Jan	17-Jan	24-Jan	31-Jan	7-Feb	14-Feb
11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb
12-Jan	19-Jan	26-Jan	2-Feb	9-Feb	16-Feb
13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb
14-Jan	21-Jan	28-Jan	4-Feb	11-Feb	18-Feb

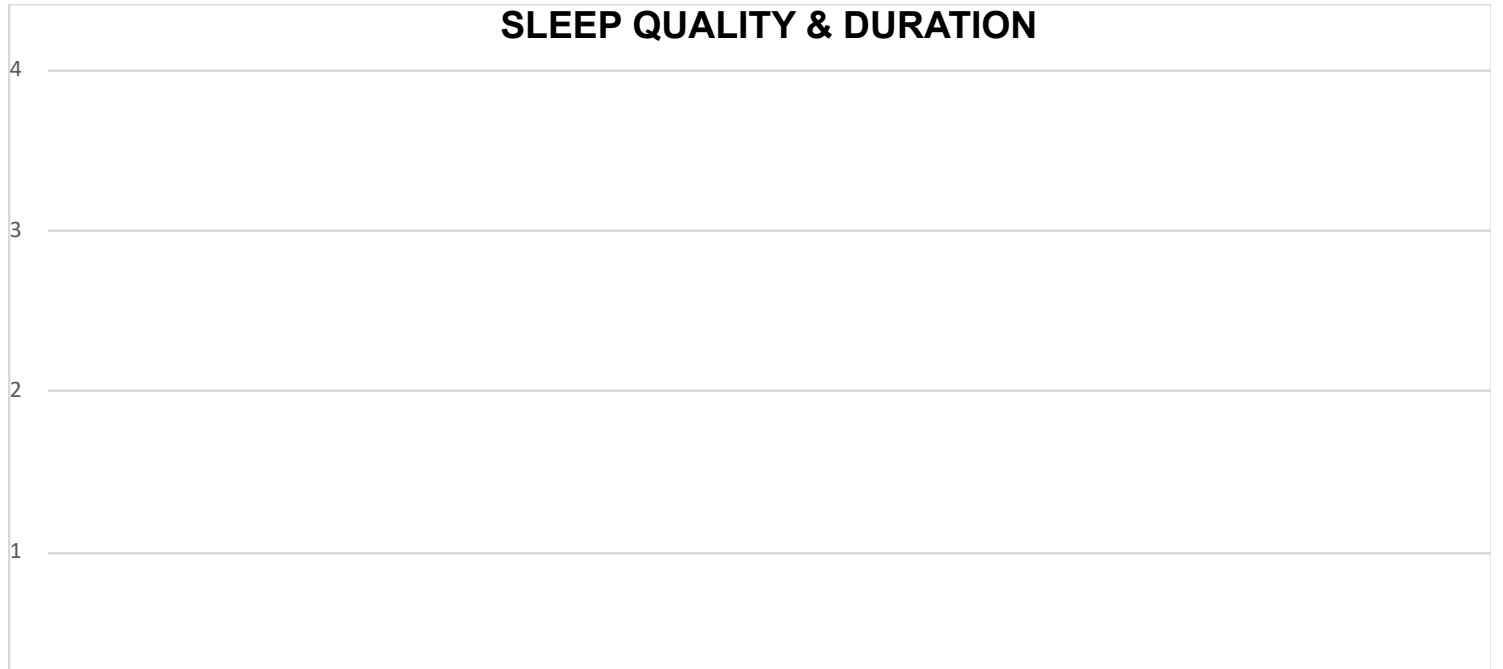
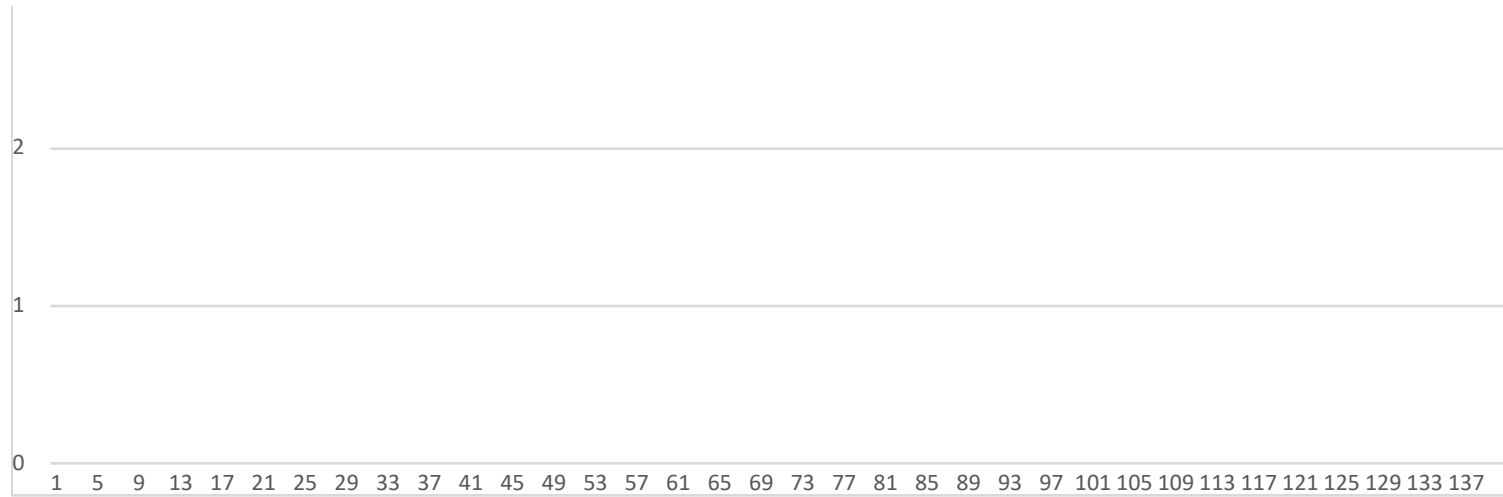
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24	25	26	27	28	29
7 weeks out	6 weeks out	5 weeks out	4 weeks out	3 weeks out	2 weeks out
19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar
20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar
21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar
22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar
23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar
24-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar
25-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar
			PRACTICE PEAK WEEK		
0	0	0	0	0	0

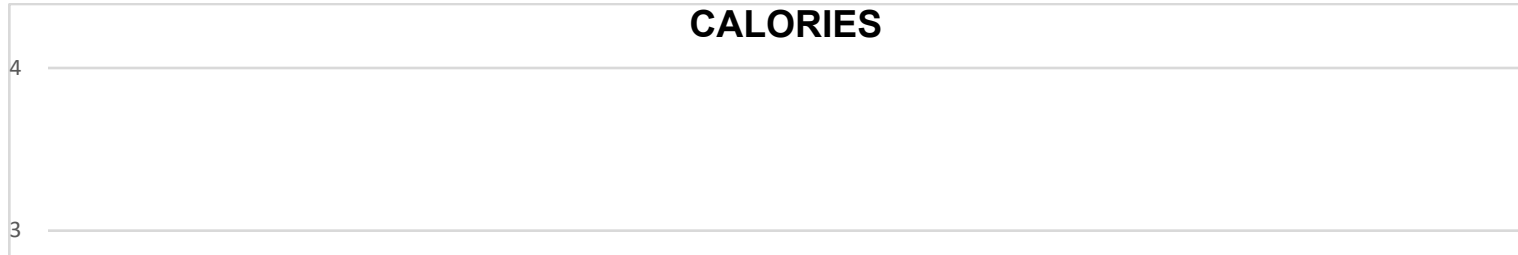
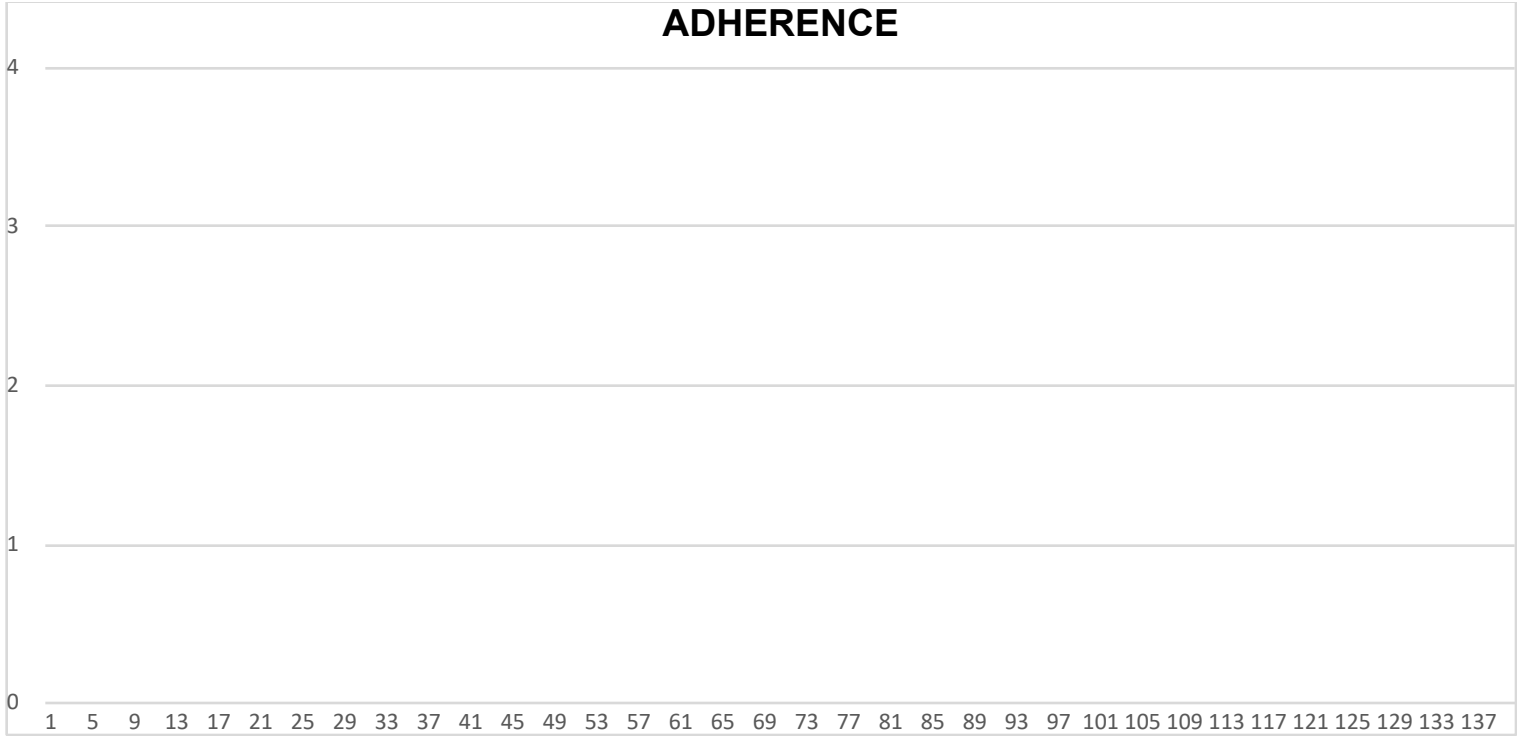
30
1 weeks out
1-Apr
2-Apr
3-Apr
4-Apr
5-Apr
6-Apr
7-Apr
PEAK WEEK
MAINTAIN
0

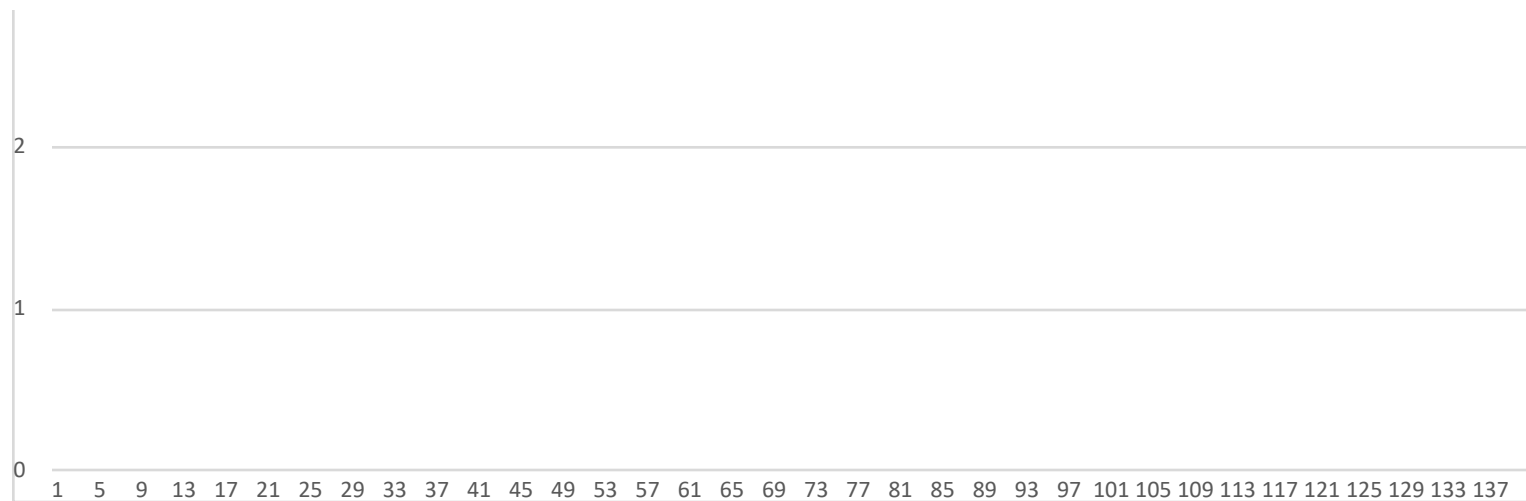


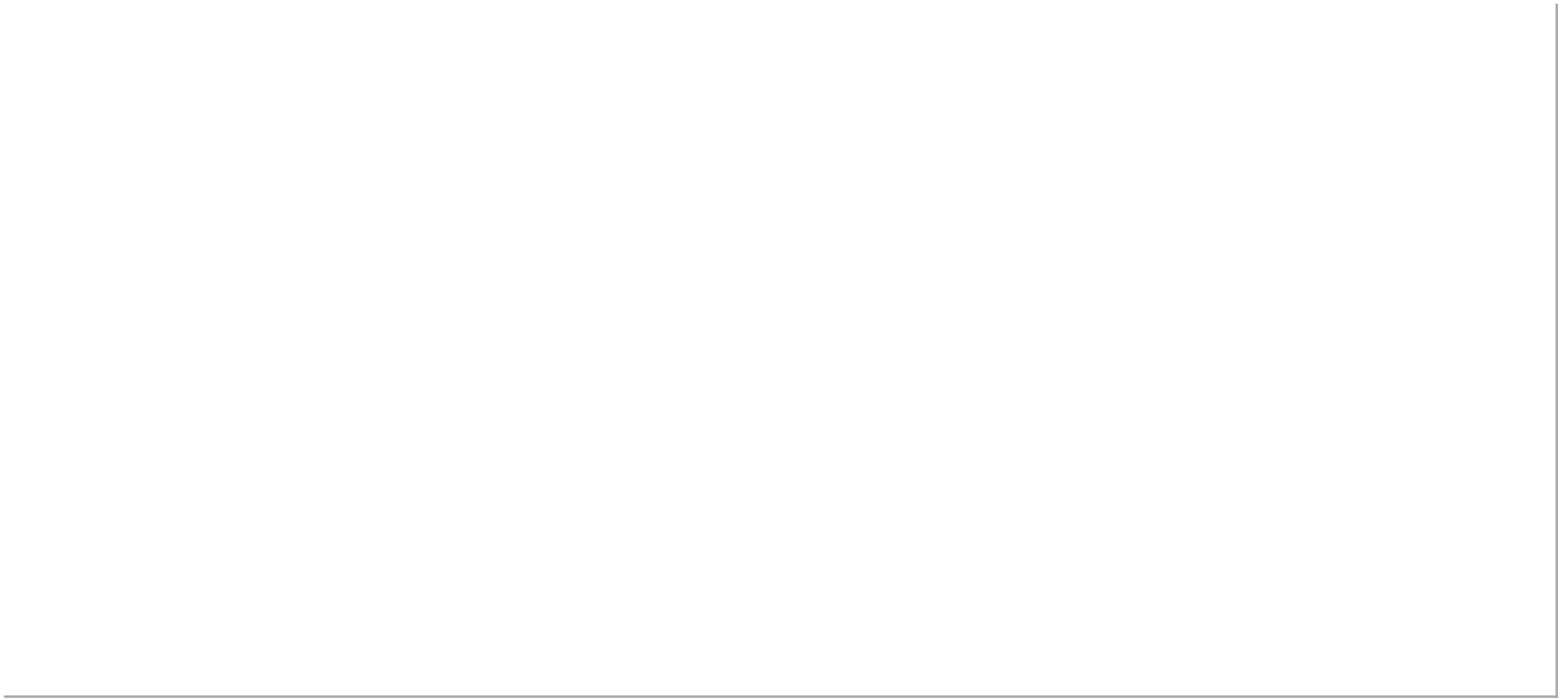


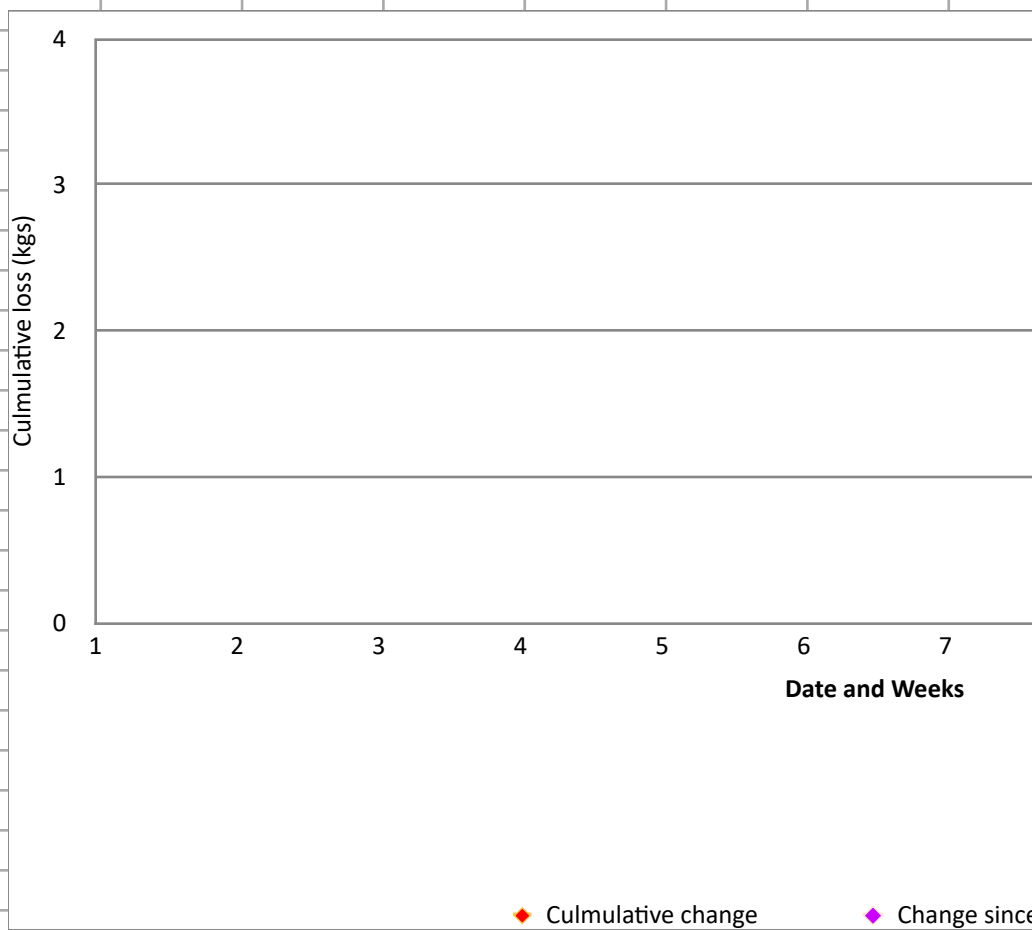












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