

<div>Quantitative Markers</div> <div>These are measurable and objective data points that provide concrete evidence of progress.</div>																	
<div>HAVE A "COMP PREP" TOGGLE</div> <div>Track Recovery for Specialisation phase - are you recovering?</div>																	
<div><div><div>Weight</div><div>Sleep (Hours)</div><div>Steps</div><div>Nutrition Adherence Qualitative</div><div>Nutrition Adherence Quantitative</div><div>Calories Start of week</div><div>P</div><div>F</div><div>C</div><div>Fibre (Optional)</div><div>Calories End of week</div><div>Utility</div><div>TRAINING DAY</div><div>RPE</div><div>CARDIO DAY</div><div>SODIUM (MG)</div><div>WATER INTAKE (L)</div><div>STRESS</div><div>HABIT 1</div><div>HABIT 2</div></div></div>																	
JANUARY																	
1 Jan	M				10 = Perfect Meal plan								HS	Muscle Emoji		Running Emoji	
2 Jan	T																
3 Jan	W				9 = Nearly Perfect Meal Plan												
4 Jan	T																
5 Jan	F																
6 Jan	S																
7 Jan	S																
8 Jan	M																
9 Jan	T																
10 Jan	W																
11 Jan	T																
12 Jan	F																
13 Jan	S																
14 Jan	S																
15 Jan	M																
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1 Apr	M																
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10 Apr	W																
11 Apr	T																
12 Apr	F																
13 Apr	S																
14 Apr	S																
15 Apr	M																







HABIT 3						MOOD	HUNGER	ENERGY EATING TRAINING	STRENGTH	SLEEP QUALITY			
						KPI 1	KPI	KPI	KPI	KPI			









<b>Quality of Life (QoL) Markers</b> These 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													
	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													

## Overview

2024

### Long term plan and goals

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		
28-Feb	1	In-Season																				0		
4-Mar	X																					0		
11-Mar																						0		
18-Mar																						0		
25-Mar																						0		
1-Apr																						0		
8-Apr																						0		
15-Apr																						0		
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		
24-Jun																						0		
1-Jul																						0		
8-Jul																						0		
15-Jul																						0		
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		
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		
25-Nov																						0		
2-Dec																						0		
9-Dec																						0		
16-Dec																						0		
23-Dec																						0		

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]

Braphs: Add graphs on a separate sheet to visually track:			
	Weight vs. Weeks Out		
	Body Fat % vs. Weeks Out		
	Caloric Intake Trends		
Chart Progress: Use line graphs to visualize weight and body fat over			
Weekly calorie and macro adjustments >>> eg. refeed = weight drop			

WEEKLY COMMUNICATION & ADJUSTMENTS

DATE

1 Jan

#REF!

8 Jan

15 Jan

22 Jan

29 Jan

5 Feb

12 Feb

19 Feb

26 Feb

Client: Training

Coach: Training

Client: Nutrition

Coach: Nutrition

Client: Gut bloating, constipation, gas, stools, diarrhea, fluctuance

Coach: Gut

Client: Body Comp

Coach: Body Comp

Client: Life

Coach: Life

Client: Stress & Psychology

Coach: Stress & Psychology

Client: Sleep

Coach: Sleep

Client: Business & Money

Coach: Business & Money

Client: Bloods

Coach: Bloods

Weekly Reflection

Weekly Mini Goal 1

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

Protein

Carbs

Fat

Meal Plan 2

Calories

Protein

Carbs

Fat

Meal Plan 3

Calories

Protein

Carbs

Fat

Miscellaneous

Calories

Protein

Carbs

Fat

Flexible / re-feed

Total Weekly Cals

Calories /kg weight

Protein /kg weight

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Average Weight

Goal Weight

Chest

Tricep

Bicep

Umbilical

Sub-scap

Supra-illac

Lower back

Quad

Calf

Skin Fold Total

Waist - around belly button

Hip - widest bit around bum

Thigh

Arm

Chest

Measurement Total

Supplemen

ts/

Medi

cations

1















8





























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29











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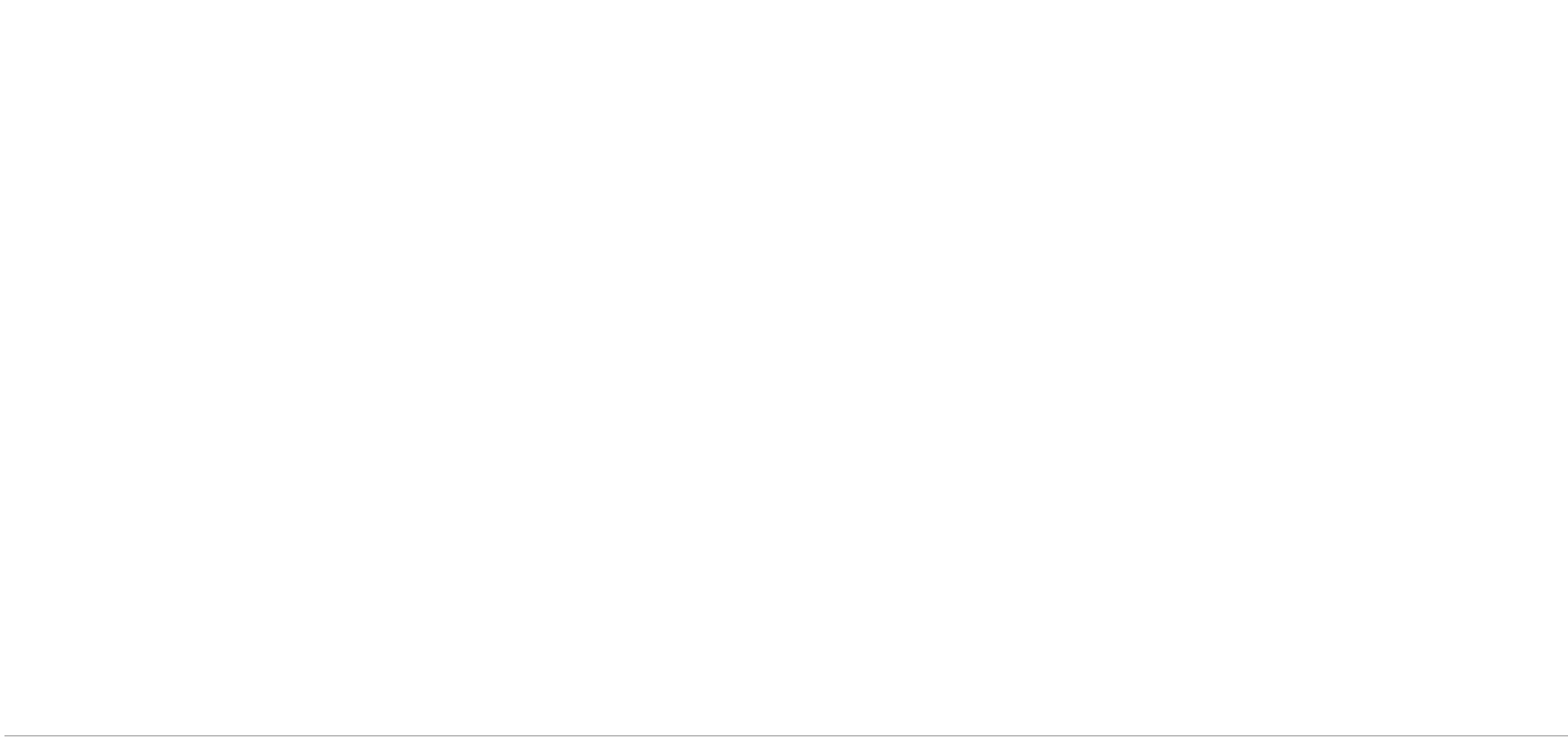






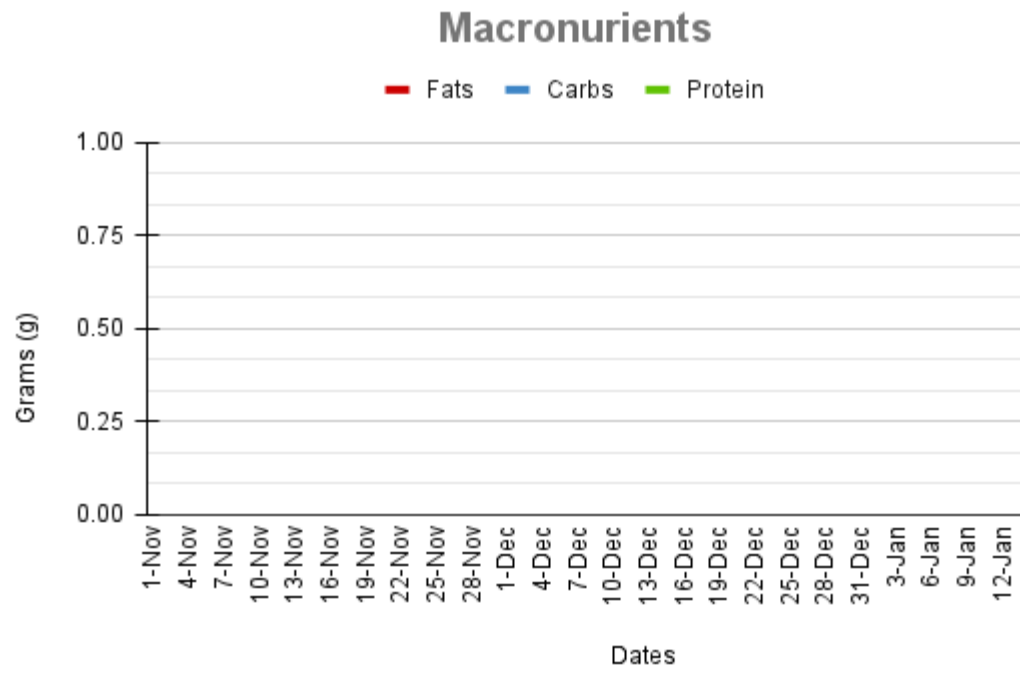
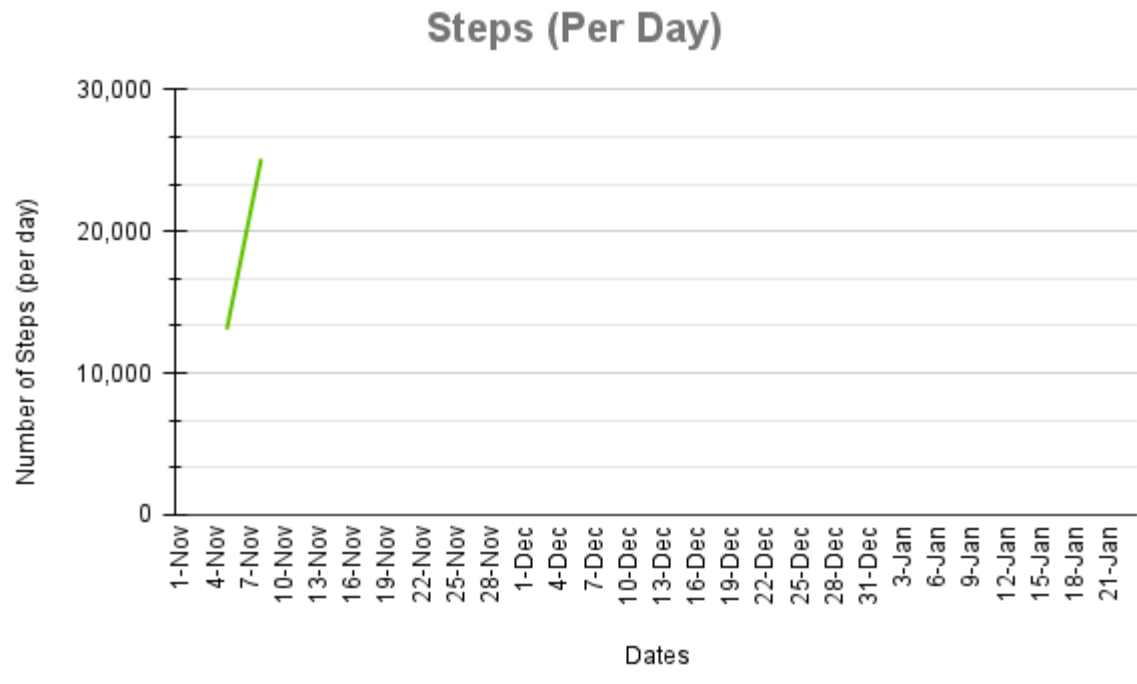
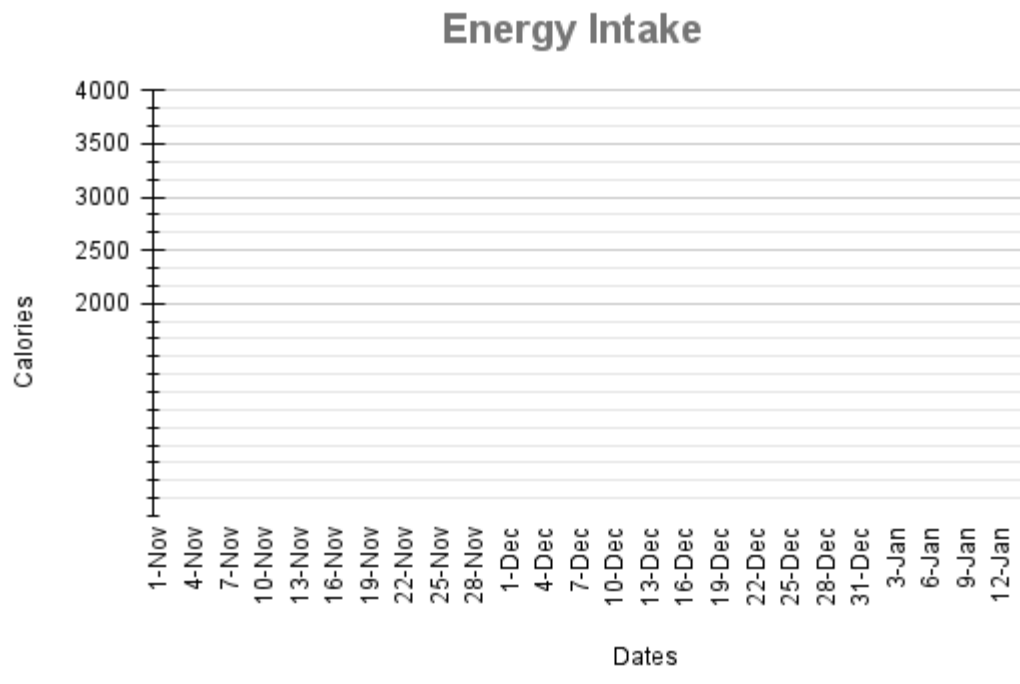






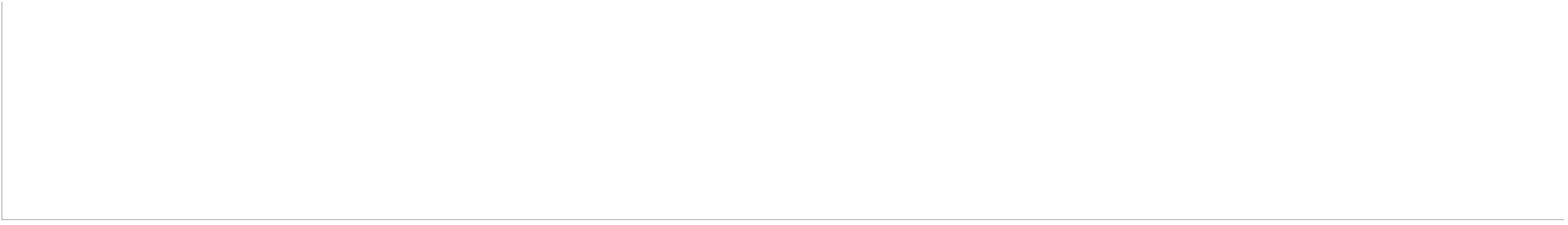
Week of:

Progress Tracker							Name: JORDAN LENTINI		Goal:		Starting BF	
Timeline		Body Comp.		Nutrition				Activity		Lifestyle		
Week	Date	Weight	BF %	Calories	Protein	Fats	Carbs	# Steps	Performance (/10)	Sleep (Hours)	Stress (/10)	Compliance (/10)
WEEK 1	1-Nov											
	2-Nov											
	3-Nov											
	4-Nov											
	5-Nov											
kg	6-Nov											
	7-Nov											
cal	8-Nov							13,086	8/10	7.5	0/10	
	9-Nov									8	0/10	
WEEK 2	10-Nov	97.6										
	11-Nov	98.1						25,128				
	12-Nov	97.3										
97.3 kg	13-Nov	96.9										
	14-Nov	96.6										
cal	15-Nov	96.1										
	16-Nov	97.1										
WEEK 3	17-Nov	97.5										
	18-Nov											
	19-Nov											
96.5 kg	20-Nov	95.4										
	21-Nov											
cal	22-Nov	96.5										
	23-Nov											
WEEK 4	24-Nov	96.6										
	25-Nov	96.7										
	26-Nov											
96.6 kg	27-Nov	96.4										
	28-Nov											
WEEK 5	29-Nov											
	30-Nov	95.6										
	1-Dec	95.1										
95.4 kg	2-Dec											
	3-Dec											
	4-Dec											
cal	5-Dec											
	6-Dec	94.7										
WEEK 6	7-Dec	95										
	8-Dec											
	9-Dec											
94.9 kg	10-Dec											
	11-Dec											
	12-Dec											
WEEK 7	13-Dec											
	14-Dec											
	15-Dec											
kg	16-Dec											
	17-Dec											
	18-Dec											
cal	19-Dec											
	20-Dec											
WEEK 8	21-Dec											
	22-Dec											
	23-Dec											
kg	24-Dec											
	25-Dec											
	26-Dec											
cal	27-Dec											
	28-Dec											
WEEK 9	29-Dec											
	30-Dec											
	31-Dec											
kg	1-Jan											
	2-Jan											
	3-Jan											
WEEK 10	4-Jan											
	5-Jan											
	6-Jan											
kg	7-Jan											
	8-Jan											
	9-Jan											
cal	10-Jan											
	11-Jan											
	12-Jan											
WEEK 11	13-Jan											
	14-Jan											
	15-Jan											
kg	16-Jan											
	17-Jan											
	18-Jan											
WEEK 12	19-Jan											
	20-Jan											
	21-Jan											
kg	22-Jan											
	23-Jan											
	24-Jan											
WEEK 13	25-Jan	93.7										
	26-Jan	93.7										
	27-Jan	93.6										
93.5 kg	28-Jan	93.6										
	29-Jan	93.3										
	30-Jan	93.1										
WEEK 14	31-Jan	92.7										
	1-Feb	92.5										
	2-Feb	93.3										
93.3 kg	3-Feb	93.7										
	4-Feb	93.8										
	5-Feb	93.6										
WEEK 15	6-Feb	93.3										
	7-Feb	94.1										
	8-Feb	94.3										
94.2 kg	9-Feb											
	10-Feb											
	11-Feb											
cal	12-Feb											
	13-Feb											
	14-Feb											
WEEK 16	15-Feb											
	16-Feb											
	17-Feb											
kg	18-Feb											
	19-Feb											
	20-Feb											
WEEK 17	21-Feb											
	22-Feb											
	23-Feb											
kg	24-Feb											
	25-Feb											
	26-Feb											
WEEK 18	27-Feb											
	28-Feb											
	1-Mar											
94.6 kg	2-Mar											
	3-Mar											
	4-Mar											
cal	5-Mar											
	6-Mar											
	7-Mar											
WEEK 19	8-Mar											
	9-Mar											
	10-Mar											
94.6 kg	11-Mar											
	12-Mar	94.5										
	13-Mar	94.7										
WEEK 20	14-Mar	94.6										
	15-Mar	96.5										
	16-Mar	95.5										
95.9 kg	17-Mar	96.7										
	18-Mar	96										
	19-Mar	95.8										
cal	20-Mar	96										







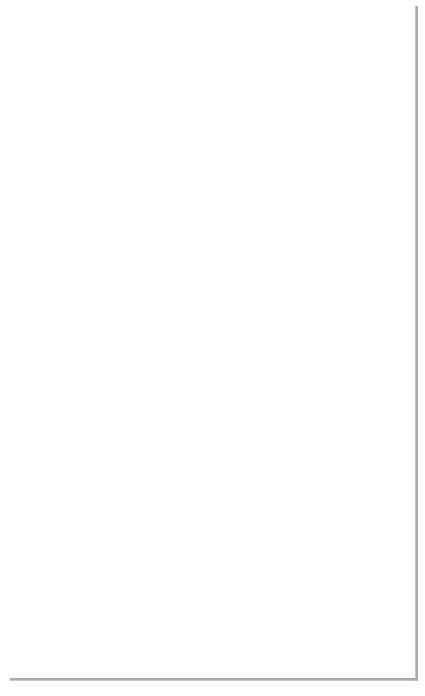


15-Jan  
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21-Jan





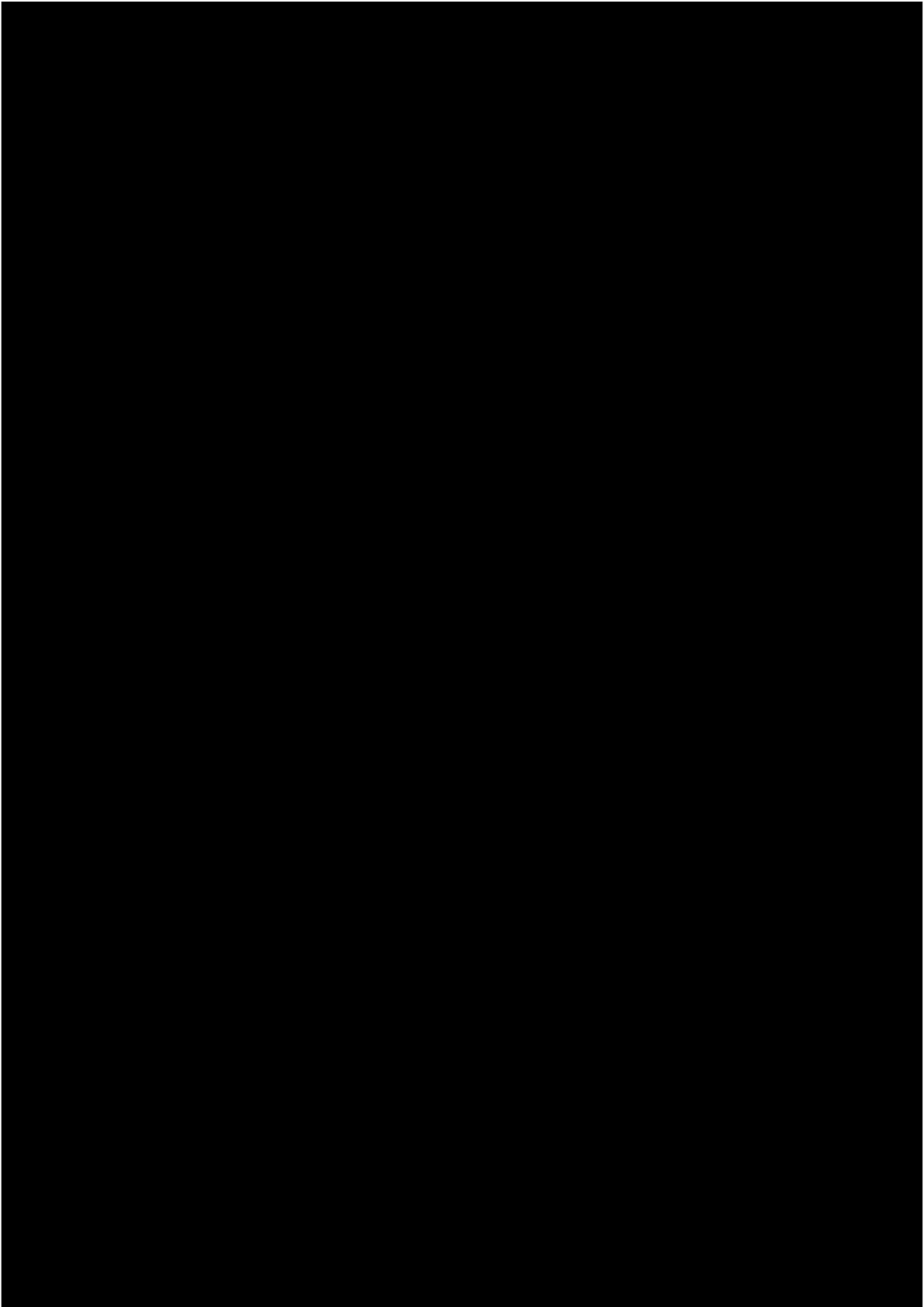
CALENDAR - 2023

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	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	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29
																					30						

MAY							JUNE							JULY							AUGUST						
S	M	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	2	3	4	5	6				1	2	3							1				1	2	3	4	5
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3		5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31		
														30	31												

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	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	2	1	2	3	4	5	6	7				1	2	3	4						1	2
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30

NOTES	
Jan 01	New Year's Day
Jan 16	ML King Day
Feb 14	Valentines Day
Feb 20	Presidents Day
April 07	Good Friday
April 09	Easter Sunday
May 14	Mother's Day
May 29	Memorial Day
Jun 18	Fathers Day
Jul 04	Independence Day
Sep 04	Labour Day
Oct 09	Columbus Day
Oct 31	Halloween
Nov 11	Vetrans Day
Nov 23	Thanksgiving Day
Dec 25	Christmas







(NAME): Abdul Miao																						
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				PRE - PREP 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	GAINING							MODERATE FAT LOSS														
Goal								0.5kg per 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



23		24		25		26		27		28		29		30	
weeks out		7 weeks out		6 weeks out		5 weeks out		4 weeks out		3 weeks out		2 weeks out		1 weeks out	
19-Feb		26-Feb		4-Mar		11-Mar		18-Mar		25-Mar		1-Apr		8-Apr	
20-Feb		27-Feb		5-Mar		12-Mar		19-Mar		26-Mar		2-Apr		9-Apr	
21-Feb		28-Feb		6-Mar		13-Mar		20-Mar		27-Mar		3-Apr		10-Apr	
22-Feb		29-Feb		7-Mar		14-Mar		21-Mar		28-Mar		4-Apr		11-Apr	
23-Feb		1-Mar		8-Mar		15-Mar		22-Mar		29-Mar		5-Apr		12-Apr	
24-Feb		2-Mar		9-Mar		16-Mar		23-Mar		30-Mar		6-Apr		13-Apr	
25-Feb		3-Mar		10-Mar		17-Mar		24-Mar		31-Mar		7-Apr		14-Apr	
								PRACTICE PEAK WEEK				PEAK WEEK			
												MAINTAIN			
72.7		72.2		71.7		71.2		72		71.5		71		72kg	

