

# Weekly Check-In Form

Dan Scott Fitness Coaching

*Please complete this form on your scheduled check-in day. Your responses help guide our coaching call and ensure it's focused and productive.*

## Basic Information

- Name
- Week of

## Training Execution

- How many training sessions did you complete this week?
- Were there any missed or modified sessions? If yes, briefly explain.
- How did training feel overall this week?

## Nutrition & Adherence

- How closely were you able to follow your nutrition plan this week?
- What went well with nutrition this week?
- What was challenging or inconsistent with nutrition this week?

## Recovery, Stress & Energy

- How was your sleep overall this week?
- How would you describe your overall stress and energy levels?

## Wins & Obstacles

- What went well this week?
- What got in the way this week?

## Looking Ahead

- Is there anything coming up next week that may affect training or nutrition?

## **Coaching Call Focus**

- What would you like to focus on during our check-in call?

## **Additional Notes (Optional)**

- Anything else you want me to know before our call?

*Thank you for submitting your check-in. I'll review this ahead of our coaching call so we can make the most of our time together.*