

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.