YOUR WEEKLY CHECK-IN

How to Use Your Weekly Check-In

A 60-second habit that helps me coach you better — no wrong answers.

This sheet takes less than a minute to fill in, ideally right after your last session of the week. It gives me a quick, honest snapshot of how training actually went — not just what's on the plan — so I can adjust your program before small issues become bigger ones.

What each section is really asking

01 Sessions completed

A simple count, no judgment. This tells me your real training frequency versus the plan, so I know whether to adjust volume or intensity.

02 If any missed, why

The reason matters more than the number. "No time" and "fatigue or niggle" lead to very different changes to your program.

3·4 Mood and sleep

Two fast signals for recovery. A dip in either is often the first sign you need a lighter week before it shows up as a missed session.

05 Anything feel off physically

Flag pain, soreness that doesn't feel normal, or dizziness here — early, small notes let us adjust before it becomes an injury.

06 Next week's sessions

Deciding the days and session types now, while it's fresh, makes you far more likely to actually follow through than deciding on the day.

N Notes · anything worth remembering

Life context — travel, work stress, a big event — helps me read the rest of the sheet correctly, not just the numbers.

A few ground rules

- Fill it in the same way every week — consistency matters more than perfect answers.
- Be honest, especially on the hard weeks. This isn't a report card, it's a planning tool.
- If something in section 05 feels serious, don't wait for check-in day — message me directly.