

COCONUTS & KETTLEBELLS

PROGRESS

TRACKER

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HOW TO USE THE PROGRESS TRACKER

The Progress Tracker allows you to easily record your goals, establish a framework, and track important metrics from your workouts.

Tracking your progress is crucial for long-term success because it allows you to see improvements as they occur. **Progress occurs in small, incremental shifts, not monumental changes.** As a result, when you don't track your progress, you'll likely miss those shifts and the opportunity to celebrate making your body more capable.

In the Progress Tracker, you're given everything you need to track your progress for one month at a time. When using the tracker, I recommend filing out the "Ready, Set, Goal!" section first to establish your *why*, or the reason behind your goals. Then, record one short-term and one long-term goal. As you start a new tracker each month, you can "refresh" or shift your goals based on what occurred the previous month.

The tracker also gives you the opportunity to frame out your workouts each month on a customizable calendar. At the start of each month, you can record the days you plan to work out and the time you have to dedicate to each session, or you can write in the exact workouts you'd like to do each week.

To track metrics from each workout, there's individual workout/activity forms you can use after you've completed a workout. Each form gives you the opportunity to record details from each workout like the weight(s) you used, how long it took you to complete the workout, and how you felt afterwards. You also have space to record any additional notes, like your sleep, stressors that affected your workout, or modifications you made.

Using this data, you'll be able to track the four measurable components of fitness—volume, strength, endurance, and speed—which will allow you to accurately access what you're doing. Overtime, you'll be able to reference what you did months earlier for specific workouts, and see measurable improvements when you repeat the same workouts or movements.

While the Progress Tracker has a workout/activity form for each day of the month, this does *not* mean you should work out every single day. A form exists for each day in the event you'd like to track how you feel on rest days or when doing your foundational training.

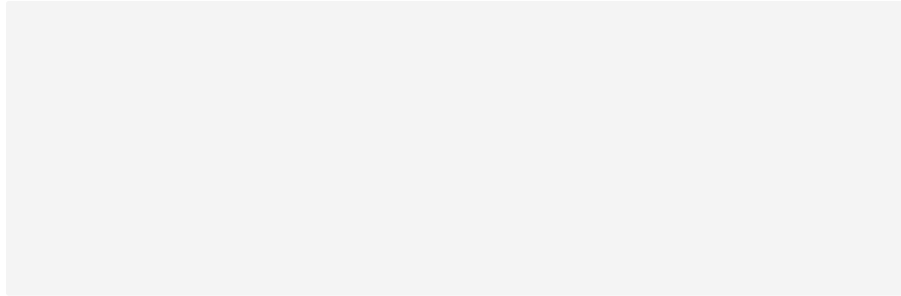
RECORDING YOUR INFORMATION

The Progress Tracker is formatted to be *fillable* PDF file, meaning you're able to record your information directly into the form on your computer using most PDF readers. When you start a new month, I recommend opening a blank file, filling in your initial data, and **saving the file with a new name** to your computer to ensure your data is saved.

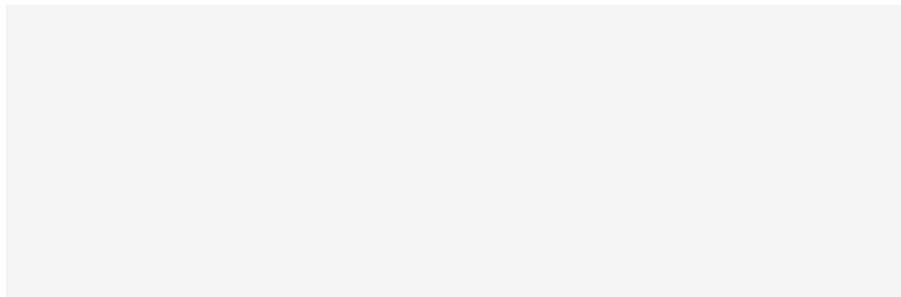
You can also print out the Progress Tracker and record your information by hand. I recommend keeping your tracker in a file or binder to keep all your data in one place and in chronological order.

READY, SET, GOAL!

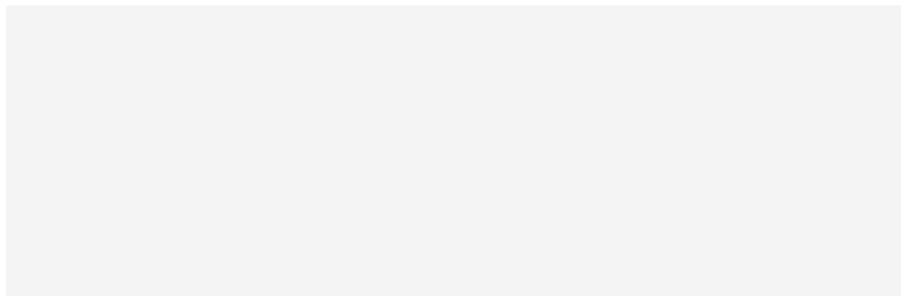
YOUR WHY:



SHORT-TERM GOAL:



LONG-TERM GOAL:



MONTH:

SUN	MON	TUE	WED	THU	FRI	SAT
						
						
						
						
						

NOTES:

NAME OF WORKOUT/ACTIVITY:

DATE/TIME:

WORKOUT DETAILS:

WEIGHTS USED:

TIME TO COMPLETE:

HOW I FELT AFTERWARDS:

ADDITIONAL NOTES:

NAME OF WORKOUT/ACTIVITY:

DATE/TIME:

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