

LE: PEAK Athletics Trainings  
Model/App: PEAK Athletic Training  
PS: Athlete PT: Phase 1  
**Personal Progress Sheet**



Name: \_\_\_\_\_

|   | Baseline | Mid Phase | Final Test | Goal |
|---|----------|-----------|------------|------|
| Date                                    |          |           |            |      |
| Vertical Jump<br>(In)                   |          |           |            |      |
| Broad Jump<br>(In)                      |          |           |            |      |
| 10 m Sprint<br>(seconds)                |          |           |            |      |
| Snatch Test<br>(Reps & Snatches/Swings) |          |           |            |      |

Journal: