

LE: PEAK Athletics Trainings
 Model/App: PEAK Athletic Training
 PS: Athlete PT: Phase 3
Personal Progress Sheet



Name: _____

	Baseline	Final Test	Goal
5 Min Max Row Distance (meters)	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:
Sally Up Challenge (Sec)	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:
Max Dead Hang (Sec)	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:
Snatch Test	Date: Body weight: KB Weight Reps: Signature:	Date: Body weight: KB Weight Reps: Signature:	Date: Body weight: Goal KB Weight Goal Reps:
Other:	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:

Journal: