

LE: PEAK Athletics Trainings  
 Model/App: PEAK Athletic Training  
 PS: Athlete PT: Phase 4  
**Personal Progress Sheet**



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

	Baseline	Final Test	Goal
<b>Bench Press 3RM</b> <b>Weight (lbs)</b>	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:
<b>Squat 3RM</b> <b>Weight (lbs)</b>	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:
<b>Assault Bike</b> <b>(sec)</b>	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:
<b>Snatch Test</b>	Date: Body weight: KB Weight Reps: Signature:	Date: Body weight: KB Weight Reps: Signature:	Date: Body weight: Goal KB Weight Goal Reps:
<b>Other:</b>	Date: Result: Signature:	Date: Result: Signature:	Date: Goal:

**Journal:**