TRAINING DIARY

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| **Week 4** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
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**Why have you not applied progressive overload this week?**

**Week 4 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**How motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going into training next week?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 4 sessions? How are these helping you meet your SMART target(s)?**

**Weaknesses- what are the negative outcomes of my Week 4 sessions? How might these be holding you back from reaching your SMART target(s)?**

**Did you have to overcome any training barriers/issues/problems (illness, injury, personal commitments, lack or equipment, access, time etc…)? How did you overcome these? Whether you could or couldn’t overcome them, how do you think they will affect your ability to stick to your SMART target(s)?**

**Did I modify any of my sessions in any way? If yes, why?**

**Based on my experiences/performance this week, what improvements/changes do I need to make to my programme for next week? How will this help your continued commitment to your training?**