TRAINING DIARY

Fitness Test Name: Score:

|  |  |
| --- | --- |
| **Week 6** | **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:** |
| **Date:****Time:****Location:****Duration:** | **Aim and objective:****Type of training:****Resources/Equipment:****Intensity (%1RM or %MHR):****Reps/Sets/Time:** |
| **Date:****Time:****Location:****Duration:** | **Aim and objective:****Type of training:****Resources/Equipment:****Intensity (%1RM or %MHR):****Reps/Sets/Time:** |

**Why have you not applied progressive overload this week?**

**Week 6 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?**

**Now that you have completed 6 weeks of training, how motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going forward with training in future?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 6 sessions? Have you met your SMART target(s)? Summarise all positive aspects of your 6 week training which mean you have been successful.**

**Weaknesses- what are the negative outcomes of my Week 6 sessions? Did you fail to meet your SMART target? Evaluate the reasons why you feel your 6 week training programme did not go to plan.**

**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?**