

# PERFORMANCE CHART

Session Type: \_\_\_\_\_

Client:

Date:

Coach:

Goal:

EXERCISE	SET	WEIGHT	REPS	TEMPO	RPE
	1				
1.	2				
	3				
	1				
2.	2				
	3				
	1				
3.	2				
	3				

**PERFORMANCE NOTES & ADJUSTMENTS**

RPE Scale: 1-10 (Intensity) | Tempo: Eccentric/Pause/Concentric