

PERFORMANCE TRACKER

Weekly Athletic Progress Log

Week Of: _____

Athlete Name:
Primary Goal:

DATE/DAY	EXERCISE / DRILL	SETS/REPS	INTENSITY %	RECOVERY	RPE*
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

WEEKLY REVIEW & PHYSIOLOGICAL NOTES

*RPE: Rate of Perceived Exertion (1-10) Intensity: % of 1RM or Max Heart Rate Recovery: Sleep quality / Muscle soreness