

## WEEKLY CHECK-IN

# Check-in form for coaching clients

Fill this in at the end of each week and send it to your coach. A rough week is useful too.

CLIENT NAME

WEEK OF

DATE COMPLETED

|             |       |             |                      |                         |            |
|-------------|-------|-------------|----------------------|-------------------------|------------|
| WEIGHT, AVG | WAIST | DAILY STEPS | WORKOUTS<br>__ of __ | DAYS ON PLAN<br>__ of 7 | SLEEP, HRS |
|-------------|-------|-------------|----------------------|-------------------------|------------|

## 1 Rate your week

1 = very low 5 = very high

|                                    |                     |
|------------------------------------|---------------------|
| Energy                             | (1) (2) (3) (4) (5) |
| Sleep quality                      | (1) (2) (3) (4) (5) |
| Stress 5 = very stressed           | (1) (2) (3) (4) (5) |
| Hunger 5 = very hungry             | (1) (2) (3) (4) (5) |
| Motivation                         | (1) (2) (3) (4) (5) |
| Soreness and fatigue 5 = very sore | (1) (2) (3) (4) (5) |

## 2 Training

PAIN OR DISCOMFORT? WHERE, 0 TO 10

BEST SESSION, AND WHICH LIFT IS IMPROVING

WHERE DID YOU FALL SHORT OF THE PLAN, AND WHY?

## 3 Mindset and week ahead

BIGGEST WIN THIS WEEK

BIGGEST OBSTACLE THIS WEEK

ANYTHING NEXT WEEK THAT AFFECTS TRAINING OR FOOD? (TRAVEL, EVENTS, SHIFTS, ILLNESS)

## 4 Feedback for your coach

THE PLAN FELT

☐ Too easy ☐ About right ☐ Too hard

PROGRESS PHOTOS SENT

☐ Yes ☐ Not due this week

A QUESTION FOR YOUR COACH

COACH REPLY

WHAT CHANGES NEXT WEEK

REVIEWED ON

## QUESTION BANK

# 25 check-in questions to pick from

Five groups of five. Use 8 to 12 a week and rotate the rest. Keep the numbers and ratings the same every week so you can compare them.

### Training

- 1 How many of your planned workouts did you complete?
- 2 Which session or lift felt best this week?
- 3 Did you hit the planned weights and reps? Where not?
- 4 Any pain or discomfort, and where (0 to 10)?
- 5 How hard did the week feel overall (1 to 5)?

### Nutrition

- 6 What was your average body weight this week?
- 7 On how many days did you follow your plan (0 to 7)?
- 8 How hungry were you on average (1 to 5)?
- 9 On how many days did you hit your protein target?
- 10 What got in the way of eating to plan?

### Recovery

- 11 How many hours did you sleep on average?
- 12 How was your sleep quality (1 to 5)?
- 13 How were your energy levels (1 to 5)?
- 14 How stressed did you feel (1 to 5)?
- 15 How sore or fatigued were you (1 to 5)?

### Mindset

- 16 How motivated did you feel (1 to 5)?
- 17 What was your biggest win this week?
- 18 What was your biggest obstacle?
- 19 How confident are you about next week (1 to 5)?
- 20 Which one habit do you want to improve?

### Feedback

- 21 Did the plan feel too easy, about right or too hard?
- 22 Is there anything you want changed in the program?
- 23 Do you have a question for me?
- 24 Is anything coming up next week that affects the plan?
- 25 How supported do you feel in your coaching (1 to 5)?

### Send it automatically

Build these as a reusable weekly check-in in Scraler. Clients answer on their phone and the numbers chart themselves.

[scraler.com/features/checkups](https://scraler.com/features/checkups)