

**Monthly Evaluation:**

How would you rate the overall effort put forth towards the achievement of your goals?

How would you rate your consistency of:

- Nutrition
- Training execution
- Managing outside stress factors

What is your rating of average attitude towards training over the last 30 days?

What percentage of sessions did you complete?

Three examples of success this past month:

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Why is this important and what and I fighting for? WHY!?

1. Name the adversity. ( What obstacles did you encounter over the last month that you did not anticipate)

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2. Make it worse.

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3. State how you solve it.

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