

Welcome to your check-in form! Please take a few moments to fill out the following questions. Your feedback helps us tailor your training plan to meet your goals.

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### **1. Weight**

- This question is required
  - Input weight in pounds (lbs) or kilograms (kgs).
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### **2. How do you feel about your progress this week?**

- This question is required
    - Very satisfied
    - Satisfied
    - Neutral
    - Dissatisfied
    - Very dissatisfied
- 

### **3. Have you followed your workout plan?**

- This question is required
    - Yes, completely
    - Mostly
    - Somewhat
    - Not at all
- 

### **4. Have you followed your nutrition plan?**

- This question is required
    - Yes, completely
    - Mostly
    - Somewhat
    - Not at all
- 

### **5. How would you rate your energy levels this week?**

- This question is required

- Very high
  - High
  - Average
  - Low
  - Very low
- 

**6. Do you have any injuries or pain?**

- Submit answer here
- 

**7. Any specific challenges or achievements you'd like to share?**

- Submit answer here
- 

**8. What are your goals for the upcoming week?**

- Submit answer here
- 

**9. Progress Photos**

- This question is required
  - Front
  - Side
  - Back