



Foundational GPP 1x20

Individual athlete session record

Athlete _____ Date _____ Coach _____ Session # _____ Readiness note _____

FIELD	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7	EXERCISE 8
Exercise / variation								
Movement pattern								
Load / band / leverage								
Target reps								
Completed reps								
RPE 1-10								
Technique: clean / changed								
Pain or symptom?								
Next-session decision								
Coach initials								

SESSION DECISION: REPEAT / PROGRESS ONE VARIABLE / REGRESS / STOP AND REFER / PHASE REVIEW

Twenty is a quality ceiling, not a requirement to continue after technique, breathing, range or pain status changes.