



GREASE THE GROOVE MOMENTUM CHECK

Grease the Groove works through volume and frequency. Check whether your momentum is building or fading.

TODAY'S SETS

Count every set no matter how small.

How many small sets I did through the day:

Average reps per set:

HOW IT FELT

Compare today to yesterday. The trend tells the story.

Whether the sets felt easier or harder than yesterday:

What my body is telling me about this approach:

STILL WORKING

Grease the Groove is a long game. Assess your momentum honestly.

Whether this approach is still working and why:

One adjustment I will make tomorrow if needed:

Growth lives on the other side of action.