

PUSH-UP WEEKLY REFLECTION

A week of training without a review is a week of effort you cannot build on. Review it now and go harder next week.

THIS WEEK'S TRAINING

Honest numbers only. No rounding up.

How many times I trained this week:

What improved compared to last week:

THE HONEST REVIEW

Where did you fall short and why?

Where I fell short this week and what got in the way:

My best session of the week:

NEXT WEEK'S FOCUS

One clear focus. Not three – one.

What I will focus on next week:

Why this matters and what success looks like:

Growth lives on the other side of action.