

Strength That Fits.

Keeping clients training between check-ins.

SELECTED LESSONS + PRACTICAL TOOLS

A short look inside a digital product.
Read the lesson. Put an idea to work.

Concept sample by Campaign Enterprise.
Illustrative work, not a client case study.

FREE SAMPLE / NO PURCHASE REQUIRED

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2. Choose One Action, Not the Whole Week

"A full programme creates choices. One agreed action creates a starting point."

Immediately after a check in, the tempting move is to resend the programme, add encouragement and explain every session. That creates another planning task. The useful move is narrower: choose the single training action most likely to happen before the next conversation.

"A full programme creates choices. One agreed action creates a starting point."

The error here is not insufficient detail. It is asking a low motivation client to hold three sessions, exercise choices, progression and recovery decisions in working memory. Record one clear action while the check in is still open, then place it in the same app or message thread within 24 hours.

- Name one session and its start window, such as Tuesday at 18:30
- Set the smallest credible version, such as two lifts at RPE 6
- Define completion as the agreed action, logged in the app

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- Restate all two planned sessions and the optional third
- Prescribe the full session as the only acceptable outcome
- Make completion depend on finishing every exercise

Use this decision rule: if the action cannot fit a 30 minute window and be described in one sentence, it is still a programme, not a next action. Keep the exercise selection

familiar. Change only one variable, such as session length, start time or number of sets. Do not use the check in to redesign the whole week.

The next action is a bridge, not a verdict on commitment. A precise agreement leaves less room for postponement and gives the following check in something concrete to review.

Someone who leaves each check in with three full sessions can instead agree one 25 minute session, two familiar lifts and a Tuesday 18:30 start. The following conversation begins with a recorded action, not another explanation.

CHOOSE THE ACTION

Decision question: which one training action can be completed before the next check in, within 30 minutes, using familiar exercises?

4. Record the Week, Not Every Missed Session

The training record is not a diary of failure. It is a small signal system for the quiet days between check ins. The useful record shows three things: effort, completion and drift. It should take less than 3 minutes after a session, not become another piece of coaching content.

The common mistake is recording only whether the planned workout happened. That creates a blunt result, completed or missed, while hiding the difference between a shortened session at RPE 7 and a full session performed at RPE 10. The first may be workable. The second may be a warning.

Record the session date and the number of exercises completed

Write one effort score from RPE 1 to RPE 10

Mark whether the minimum session was completed, shortened or missed

Flag two consecutive changes in timing, exercise order or effort

Use one row per session in the client's existing tracker, such as Google Sheets, Trainerize or a paper log. Keep the fields fixed for 14 days. A changing form produces changing evidence, while a fixed record makes drift visible.

Read the record once during the week, not after every notification. Look for a pattern across two entries: later start times, repeated RPE 9 or 10 scores, fewer completed exercises, or a minimum session that keeps becoming shorter. That is [DRIFT], not a request for another explanation.

The purpose of Strength That Fits is not to collect perfect data. It is to preserve a clear

picture of what training looked like in an ordinary week. A three minute record often tells more than a longer message written after the week has vanished.

Someone who records only completed or missed opens the tracker after each session and adds date, RPE, completed exercises and session status. After 14 days, the pattern shows effort rising while completion remains steady.

WEEKLY RECORD

Record four items after each session for 14 days: date, RPE, completed exercises and session status. Review the rows once midweek for repeated changes.