

FREE COACHING RESOURCE

Progress Tracking Pack



The exact tracking system that makes renewals sell themselves.

A free playbook by BrixFit — brixfit.app

Make progress impossible to miss

Clients rarely quit because the plan stopped working. They quit because they cannot see that it is working.

A useful tracker does two jobs: it warns you early when the plan needs attention, and it gives the client visible proof when the plan is working.

OUTCOMES

- 01 Bodyweight trend**
Use the weekly average, never one isolated reading.
- 02 Measurements**
Waist, hips, chest, arms and thighs every 2–4 weeks.
- 03 Photos**
Front, side and back every 4 weeks, in the same conditions.

BEHAVIOUR + EXPERIENCE

- 04 Training performance**
Key lifts, reps, time and sessions completed.
- 05 One to three habits**
Protein, steps, sleep or water — only what matters now.
- 06 How they feel**
Energy, sleep quality and stress on a simple 1–5 scale.

The filter: skip anything you will not review. Fifteen metrics look thorough; three useful signals create better coaching.

Weekly Log: one row tells the week's story

Add one row after the client's weekly check-in. Keep the inputs consistent so you can compare weeks without translating your own sheet.

#	Column name	What goes here
1	Week no. + start date	Use one fixed weekly start day.
2	Average bodyweight	Average of available morning readings.
3	Change vs last week	Current weekly average minus previous week.
4	Workouts completed / planned	Example format: 3 / 4.
5	Nutrition adherence (1-5)	Use the same scale definition each week.
6	Habit score	Example: days hitting step target / 7.
7	Sleep (1-5)	Client-rated sleep quality.
8	Energy (1-5)	Client-rated day-to-day energy.
9	Stress (1-5)	Client-rated stress using one consistent direction.
10	Biggest win	One specific outcome, action or moment.
11	Main struggle	The main barrier to solve next.
12	Coach note / change	One decision for the coming week.

Keep scales defined

Write what 1 and 5 mean. For adherence: 1 = rarely followed; 5 = followed almost fully. Consistency matters more than false precision.

End with a decision

A row is incomplete until the coach note says what stays, changes or needs a conversation.

Measurements and performance add context to the scale

TAB 2 • MEASUREMENTS

EVERY 2-4 WEEKS

Use one row per measurement date. Keep the tape landmarks and conditions the same.

Date	Waist	Hips	Chest	Arm	Thigh	Photo set?
_____	___ cm	___ cm	___ cm	___ cm	___ cm	Y / N

For each measurement, add "total change since baseline" as a companion column in your working sheet.

TAB 3 • PERFORMANCE

KEY MOVEMENTS

Choose one to three markers that fit the client's goal. Log a new row on each test date.

Date	Exercise	Weight / reps / time	Form or effort notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Measurement rule: same time of day, same tape position, similar clothing and the same photo setup. Better consistency beats more frequent data.

The summary tab turns data into a visible result

Show only the few numbers that explain the journey. Use **start** → **current** → **change** for each metric.

Metric	Start	Current	Change
Bodyweight	_____	_____	_____
Waist	_____	_____	_____
One key lift	_____	_____	_____
Habit consistency	_____	_____	_____

Weekly average bodyweight



Baseline setup checklist

- ✓ Average weight across several mornings
- ✓ Measurements at fixed landmarks
- ✓ Front, side and back photo set
- ✓ One to three performance markers
- ✓ Starting habit consistency
- ✓ **Baseline date:** _____

Log lightly. Review deliberately.

The tracker works only when each interval has a specific coaching job. Put these reviews on the calendar when the client starts.

WEEKLY

Update the log

Capture the check-in, scan for a pattern and leave one coach note or change for next week.

Decision: _____

EVERY 2-4 WEEKS

Measure and connect the dots

Add measurements, then look across weight, adherence, energy and training before changing the plan.

Trend noticed: _____

EVERY 4 WEEKS

Compare photos

Place front, side and back beside the baseline in the same pose, light, distance and clothing.

Visible change: _____

EVERY 8-12 WEEKS

Run the full progress review

Show baseline versus now, name changed habits, agree the next goal and set the next phase.

Next phase: _____

Coach rule: share progress before motivation drops. A client should never need to ask whether the plan is working.

Read the pattern, not the loudest number

Use these combinations to begin a conversation. They are coaching prompts, not medical diagnoses.

Weight flat + waist down + strength up	Likely signal: body recomposition. Coach move: point it out clearly; the client may only be watching the scale.
Weight down + strength down sharply + low energy	Likely signal: the deficit may be too aggressive, or protein and recovery need attention. Coach move: review the plan and recovery inputs.
High adherence + no meaningful change for 3–4 weeks	Likely signal: the current plan needs adjustment. Coach move: change the plan; do not blame the client.
Adherence dropping for 2 weeks	Likely signal: life pressure, friction or motivation may be the real constraint. Coach move: talk first; do not immediately make the programme harder.

Ask before you assume

“What felt different this week?”

“Which part of the plan felt hardest to execute?”

“What would make next week feel realistic?”

Make the decision visible

End the review with one sentence: **“Based on this pattern, we will...”** Then log the change in the weekly sheet.

Run the renewal review two weeks before the package ends

1

Show baseline versus now

Translate the numbers into plain language.

2

Put photos side by side

Use the same conditions and let the client look first.

3

Name the changed habits

Show what the client can now do consistently.

4

Agree the next goal

Define the focus of the next phase.

5

Then discuss continuing

The evidence and next step come before the offer.

Copy-paste conversation lines

"Look at this — [X] cm off your waist since [date], and you went from [A] to [B] on [lift]. That's what the next 12 weeks builds on. Shall we map out the next phase?"

"The number I'm proudest of is [habit]: you moved from [baseline] to [current]. The next phase is about turning that consistency into [next goal]."

"You said [client's words]. Based on your progress, I recommend [phase focus] for the next [duration]. Would you like to continue with that plan?"

Keep it factual. Do not manufacture urgency. A strong renewal conversation shows what changed, what remains and why the next phase fits.

Renewal Review One-Pager

CLIENT

REVIEW DATE

Baseline vs now

Metric	Baseline	Now	Change
Bodyweight			
Waist			
Key lift / performance			
Habit consistency			

Photo comparison

- ☐ Front ☐ Side ☐ Back
- ☐ Same light ☐ Same pose

Visible change:

Habits changed

1.

2.

3.

Client's own words

Easiest:

Hardest:

Next goal

Target date:

Coach recommendation

Next phase focus:

Recommended duration:

Coach signature:

Client agreement:

Four mistakes that make good progress look invisible

01

Only tracking weight

Bodyweight is noisy. A flat scale can hide a smaller waist, stronger lifts, better habits and improved energy.

FIX: track at least one outcome, one performance marker and one behaviour.

02

Changing how you measure

Different times, clothes, tape positions, lighting or camera angles make comparison unreliable.

FIX: write the protocol once and repeat it.

03

Collecting data but never reviewing it

A full sheet is not a coaching system. Data matters only when it changes a decision, a conversation or the next phase.

FIX: finish every weekly log with one coach note.

04

Hiding progress from the client

If only the coach sees the numbers, the client still experiences uncertainty.

FIX: share trends throughout the package, not only when renewal is due.

The standard: the client can explain what changed, why it matters and what comes next — without needing to decode your spreadsheet.

Keep the complete progress story on each BrixFit client profile

A spreadsheet is enough for a small roster. As your client list grows, BrixFit keeps the signals, evidence and review material together.

OUTCOMES

- ✓ Body measurements
- ✓ Progress photos
- ✓ Side-by-side and slider views
- ✓ In-app graphs for weight, BMI, BMR and TDEE

BEHAVIOUR

- ✓ Habit tracking
- ✓ Workout session history
- ✓ Weights, reps and time
- ✓ Check-in data on the client record

CONNECTED DATA

- ✓ Apple Health sync
- ✓ Google Health Connect sync
- ✓ Client-visible progress in the BrixFit app

REVIEW-READY

- ✓ Premium PDF progress report
- ✓ Export from the client page
- ✓ Use in reviews and renewal conversations

Coach-first, not spreadsheet-first: clients can see progress in the app while you use the same record to spot patterns and prepare the next phase.

Feature availability can vary by plan and connected device. Explore the current product at brixfit.app/features.

YOUR NEXT STEP

Make every client's progress easy to see.

Track the journey, coach from the pattern and enter every renewal conversation with evidence.

Start free

brixfit.app

Explore features

brixfit.app/features

Book a walkthrough

[Visit brixfit.app](https://brixfit.app)

Built from the BrixFit guide "Track client progress so renewals sell themselves."