CrossFit Athlete Daily Progress Form

Date
Athlete Name
Sleep (hours)
Nutrition Quality
Energy Level 🔻
Workout Details
AMRAP/EMOM/For Time
Weights Used
Rounds/Reps Completed
Time Completed
Modifications/Scaling
Self-assessment
Strength (1-10)
Mobility (1-10)
Focus (1-10)
Additional Notes / Comments