Duplicate File Change permission so anyone can edit	Rate yourself 0-100% on each category after completing each phase Your coach will follow suit								
ARK STRONG PERFORMANCE ed Enhancement	COMPLETION 0-100%	% EFFORT 0-100%	ATTENTION TO DETAIL 0-100%	COMMUNICATION 0-100%	UNDERSTANDING CONCEPTS 0-100%	PROBLEMS SOLVED Specific Details	AREAS OF IMPROVEMENT Specific Details	RATING 1-10 Scale	FEEDBACK Specific Details
PHASE	Did you complete everything assigned?			Are you keeping the coaches up to date? Do you send all videos and homework?	Do the concepts we teach make sense? Can you feel change? If not, add notes below		What areas still have more room for improvement?	How happy are you with the program?	What can we do better for you? Be honest, what changes would you like to see?
					ATHLETE				
HOMEWORK									
PHASE 1									
PHASE 2									
PHASE 3									
OVERALL	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!				
HOMEWORK					COACH				
PHASE 1									
PHASE 2									
PHASE 3									
OVERALL	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!				
S:									