

Middle School Weightlifting Club – Progress Card

Student Name: _____

Grade: _____

Week	Date	Present	Notes
1	Sept. 17	☐	_____
2	Sept. 24	☐	_____
3	Oct. 1	☐	_____
4	Oct. 8	☐	_____
5	Oct. 15	☐	_____
6	Oct. 22	☐	_____

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Leg Press	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Leg Curl	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Leg Extension	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Chest Press	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Lat Pulldown	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Seated Row	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Shoulder Press	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs	_____ lbs
Deadlift (barbell/PVC)	✓	✓	✓	_____ lbs	_____ lbs	_____ lbs
Back Squat (barbell/PVC)	✓	✓	✓	_____ lbs	_____ lbs	_____ lbs
Bench Press (barbell/PVC)	✓	✓	✓	_____ lbs	_____ lbs	_____ lbs

Final Notes

Strongest Lift: _____

Biggest Improvement: _____

Personal Highlight: _____

Coach's Note: _____