

VERONOS

VERONOS

THE FIELD TEST

PURPOSE AND SCOPE

A ten-session record for work you have already chosen and completed.

This is not a workout program, coaching service, or medical guidance.

Use only activities that are appropriate for you.

This is a downloadable PDF. No physical shipment is included.

STARTING RECORD

Name or initials

Start date

What completing ten sessions will mean

SESSION 001

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 002

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 003

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 004

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 005

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 006

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 007

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 008

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

VERONOS

SESSION 009

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

SESSION 010

DATE

TRAINING FOCUS

INTENDED WORK

MOVEMENT OR ACTIVITY

SETS

REPS / DISTANCE / TIME

LOAD, WHERE APPLICABLE

WHAT MOVED FORWARD

NEXT-SESSION NOTE

Quiet work. Visible proof.

CHECKPOINT 010

WHAT THE RECORD SHOWS

WHAT BECAME MORE CONSISTENT

WHAT NEEDS ATTENTION

THE NEXT USEFUL STEP

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