

## Member Packet

“Nothing’s hard. Certain things require more effort.”

# Is this Important?

**Skipping through this could be the difference between winning and losing.**

If you make it to this sentence, you are seriously considering trusting us with your health and fitness progression.

Thank you. We take that very seriously.

We want nothing more than to deliver beyond your expectations. In order to do that, we need to take a gigantic amount of information and carve it down to something very simple and understandable.

**“Fitness Overwhelm”** is a real thing, and we see it as a primary cause of lackluster results. The pages that follow are designed to help you comprehend the proven science behind the CrossFit method. By diving into this packet we want you to understand the following:

- The method behind the perceived madness of CrossFit
- Your health and fitness can be measured, progressed, and dominated over time
- The importance of working hard, but knowing when you are vulnerable to danger
- Your decisions outside the gym will effect your progression within the gym
- How easy it can be to measure your improvements over time

You are starting a new chapter in your health and fitness progression. CrossFit Levo is very proud to be a guiding force in the journey from where you stand today to who you become tomorrow.

**Welcome to the Levo Family!**

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# What is CrossFit?

CrossFit is constantly varied functional movements performed at high intensity.

Well that's a lot to chew on. Let's break it down.

Constantly varied is the first portion of the definition and it's important to realize that constant variance does not mean random. Ask anyone about Levo's programming and you will hear not only of specific training trends but also major variance in movements, weights, durations of time, and the list goes on.

Another important distinction is that constantly varied doesn't mean confusion. We are not trying to confuse any organ system of the body (cardio-vascular or musculo-skeletal). On the contrary, CrossFit is all about constantly varying "stimulus" to increase organ system adaptation. That means doing a lot of different things that work as much endurance, as strength, as stamina, as power, and the list goes on.

Next is functional movement which is much more than using a guided weight machine or standing on a wobble board. The definition we utilize explains functional movement as exercises that are life-like and supreme in their ability to generate power. They are exercises that we naturally use and recruit the highest proportions of our available muscle.

A deadlift is the movement we use to pick things up from the ground, but it's also the movement by which we can pick up the most weight. Therefore, the deadlift is a functional movement that we train. In contrast, bicep curls are rarely utilized in normal life and are very inefficient in comparison to other methods of pulling. Because of this, we rarely train the bicep curl.

Finally, we have high intensity which is roughly translated to effort. The greater amount of effort we put into each workout, the greater the results we can expect. If we limit effort, then we limit our rate of return. So, CrossFit has high intensity as its primary driver for decades of amazing results.

Put all of this together and you can come to the lay-person's definition of CrossFit as working extremely hard to become good at a wide range of life-like things... Specializing at Not Specializing... General Physical Preparedness... Ready for the Unknown and Unknowable.

Now let's go be powerful!

# WHAT IS IT?!



**CONSTANTLY  
VARIED**



(DIFFERENT EVERY SESSION)

**FUNCTIONAL  
MOVEMENT**



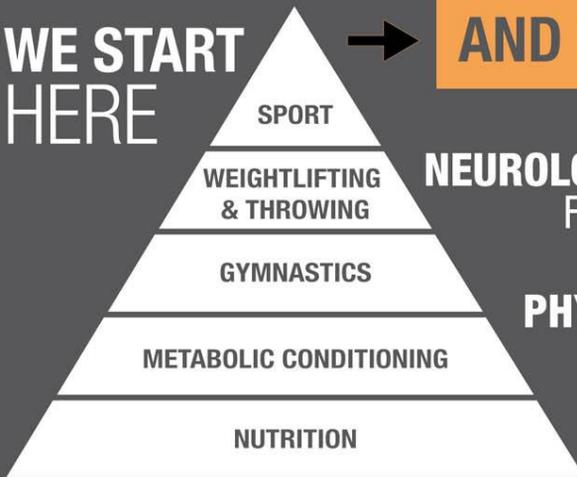
(HOW WE MOVE IN REAL LIFE)

**HIGH  
INTENSITY**



(HEART RATE GOES NORTH)

**WE START  
HERE**



**AND BY USING THIS**

**NEUROLOGICAL  
FITNESS**

- BALANCE
- COORDINATION
- AGILITY
- ACCURACY

**PHYSICAL  
SKILLS**

- STRENGTH
- FLEXIBILITY
- ENDURANCE
- STAMINA

**WE ADD IT TO THIS:**  
BY USING A **COMBINATION**  
OF WEIGHTLIFTING, GYMNASTICS,  
RUNNING & ROWING, WHICH  
IS ALL **SCALED** TO SUIT  
YOUR **LEVEL OF ABILITY**

**ESSENCE  
OF FITNESS**



**AND THEN BY:**

- FOLLOWING THE WOD'S
- DEVELOPING YOUR SKILLS
- EATING WELL
- WORKING ON YOUR MOBILITY

**IT GETS US:**

**INCREASED WORK CAPACITY  
OVER BROAD TIME & MODAL DOMAINS**

**WHICH MEANS!**

**WE CAN DO MORE IN ANY AMOUNT  
OF TIME AT ANYTHING WE WANT TO DO**

**“REAL FITNESS”**

# What is Fitness?

We are all here to get more fit. The specifics of that progression differ for each person, but the definition of fitness does not. It is okay to have some qualitative feelings when it comes to fitness – “I just feel better,” “My clothes fit better,” “I have more energy.” Yet, CrossFit puts forth a definition of fitness that produces those same feelings while at the same time standing up to the challenges of the scientific method. Here it is...

Fitness can be defined and measured as WORK CAPACITY over BROAD TIME and MODAL DOMAINS.

Easy, right? Maybe not. Let's dive into that.

WORK CAPACITY is the measure of how much you can do - how many reps or how much weight on your deadlift, how far and how fast you can run, how high and how many times you can jump, etc.

BROAD TIME means that these work capacity tests are not specific in duration (amount of time). We are training much more than 30 second bursts, but we aren't afraid to. Much the same, we rarely do a consistent workout for 60 min, but we aren't afraid to. In other words, we test our ability to perform across the spectrum of time.

MODAL DOMAINS translate to any and all physical tasks. Running, swimming, lifting, pulling, pressing, squatting, and many other tasks can be tested individually and in infinite combinations to challenge our capacity to do work in any manner conceivable.

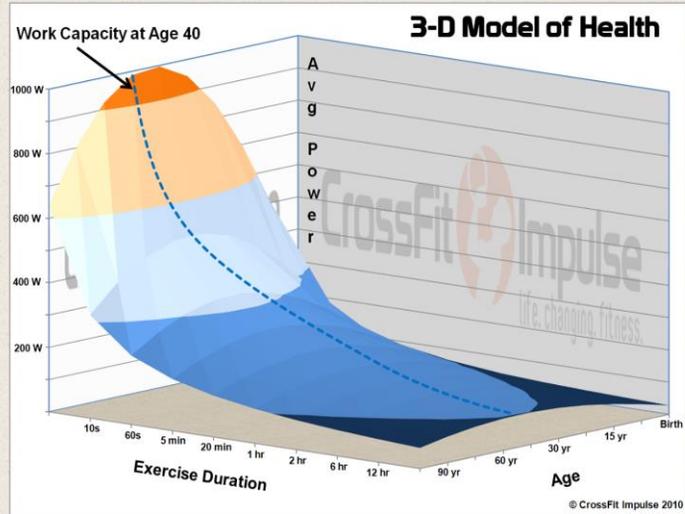
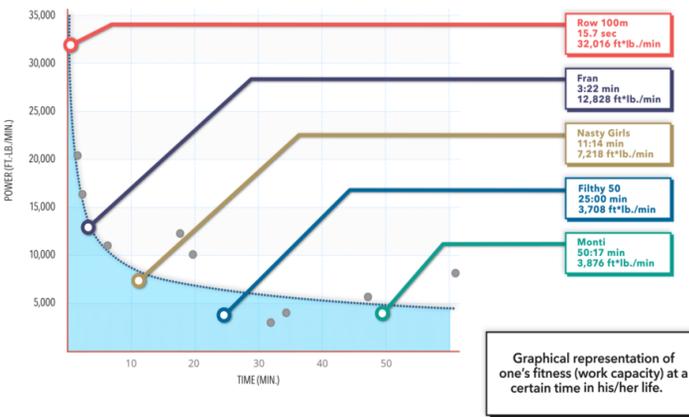
To summarize this, our goal is to maximize our ability to do large amounts of work regardless of the movements or the amount of time. We can tackle any challenge the gym throws at us, so we are more than prepared to tackle any challenge the world throws at us. And as our work capacity increases, our blood pressure, lipid panel, weight, body fat, abdominal inches, and many other chronic disease markers dissipate.

We punch chronic disease in the face as we handle more and more challenges with ease.

**EAT MEAT AND VEGETABLES,  
NUTS AND SEEDS, SOME FRUIT, LITTLE STARCH AND NO SUGAR.  
KEEP INTAKE TO LEVELS THAT WILL SUPPORT  
EXERCISE BUT NOT BODY FAT.  
PRACTICE AND TRAIN MAJOR LIFTS:  
DEADLIFT, CLEAN, SQUAT,  
PRESSES, CLEAN & JERK, AND SNATCH.  
SIMILARLY, MASTER THE BASICS OF GYMNASTICS:  
PULL-UPS, DIPS, ROPE CLIMB,  
PUSH-UPS, SIT-UPS, PRESSES TO HANDSTAND,  
PIROUETTES, FLIPS, SPLITS, AND HOLDS.  
BIKE, RUN, SWIM, ROW, ETC,  
**HARD AND FAST.**  
FIVE OR SIX DAYS PER WEEK  
MIX THESE ELEMENTS IN AS MANY COMBINATIONS AND PATTERNS  
AS CREATIVITY WILL ALLOW.  
ROUTINE IS THE ENEMY.  
KEEP WORKOUTS SHORT AND INTENSE.  
REGULARLY LEARN AND PLAY NEW SPORTS.**

# What is Health?

## WORK CAPACITY



Many healthcare providers will have you think that health is the absence of disease. They are not wrong, but their definition is overly simplistic.

For example, if my blood pressure is 123/82 then I am basically healthy, normal, A-okay. But, what if my blood pressure was 112/68 only one month ago? If that is true, then I am rocketing toward chronic disease and premature death. You can do this with any biometric – weight, inches, body composition, lipid panel, etc.

CrossFit believes that health is better defined and quantified as your level of fitness over a long period of time. If I can continuously improve my fitness (WORK CAPACITY over BROAD TIME and MODAL DOMAINS), then I am undoubtedly getting healthier. Unless I have genetic disease of which I have little control (a very small percentage of the population), then I will see massive improvement in any and all of my biometrics.

In other words, the current model of staring at the biometric and throwing medicine at it is incredibly flawed, not to mention dangerous: lethal. This is supported by the amount and acceleration of chronic disease in this country.

If instead of managing symptoms, we optimize our machine (our physical body) through CONSTANTLY VARIED, FUNCTIONAL MOVEMENTS, performed at HIGH INTENSITY, we inevitably increase our WORK CAPACITY over BROAD TIME and MODAL DOMAINS. Doing so over the course of 5 years will not only see a dramatic improvement in health, but also reveal a relative FOUNTAIN of YOUTH.

Being healthy is best understood as increasing or maintaining a high level of fitness over a long period of time.

# What is Intensity?

**Physics 101**



1- Const. V.  
Work = Force x Distance

2- Funct. M.  
Power =  $\frac{\text{Force} \times \text{Distance}}{\text{Time}}$

3- High. I.  
Intensity  $\equiv \bar{P} = \frac{F \times D}{T}$   
(Average Power)

Intensity is the independent variable most responsible for generating a big result.

Work really hard at constantly varied, functional movements designed to increase work capacity over broad time and modal domains (CrossFit) and you will see huge improvements in your weight, body fat mass, blood pressure, and LDL's.

The opposite is also true.

Simple as that.

This should be a review from the end of the "What is CrossFit" section. And any time we review material, we want to generate a deeper understanding of the topic. So, here we go...

Within the realm of fitness and physical training, Intensity can be defined as Power. They are the same thing. And because Power has a mathematical definition, so too does Intensity.

$$\text{Power} = \text{Mass} \times \text{Acceleration} \times \text{Distance} / \text{Time}$$

$$\text{Power} = \text{Force} \times \text{Distance} / \text{Time}$$

$$\text{Power} = \text{Work} / \text{Time}$$

Now before all you ELA people panic and run for cover, this simply means that increasing Power can be understood as increasing your ability to move heavy loads, long distances, quickly.

For an example, let's use two data points from fictitious athlete Jared:

Test – Complete for Time: 21-15-9 repetitions of 95# Thrusters and Pullups (Fran)

Test 1 on January 11<sup>th</sup>, 2011 – 12:31

Test 2 on May 4<sup>th</sup>, 2016 – 3:12

So, math shows that fictitious athlete Jared is now 4x more powerful, 4x more intense, 4x more fit, and 4x healthier at this specific test. Furthermore, because he is more powerful, he can continue to do more things, in more ways, at more times, at higher levels of intensity, to further increase his health and fitness.

Getting better helps you continue to get better, staying the same keeps you the same, and getting worse helps your get worse.

Let's go get powerful!

# What is Threshold?

It should now be understood that we all want to increase our WORK CAPACITY over BROAD TIME and MODAL DOMAINS. And it should be known that we achieve that by doing CONSTANTLY VARIED, FUNCTIONAL MOVEMENT, performed at HIGH INTENSITY. And finally, we should realize that all of this results in greater levels of both Fitness and Health. But, shouldn't we have some caution or concern?

Yes, we should. Unfortunately, CrossFit has the perception of being too intense and potentially dangerous. The truth is that CrossFit is just a strength and conditioning method. The problem comes when athletes push way past their safety or technique threshold. Doing so can result in less than ideal results and potentially serious medical problems. Because of this, we must discuss and understand threshold.

CrossFit training is not easy nor is it always full of rainbows, butterflies, and unicorns. There will be "transient" learning opportunities... aka "aches and pains," "minor injuries." There may also be a time when you can push yourself so hard in the pursuit of improvement that you put yourself into serious vulnerability. We realize this is inevitable, and we must have a conversation surrounding understanding and setting good boundaries as well as understanding and setting your safety thresholds.

Just because you can do something doesn't really mean you should. Muscling up a gnarly lift is never a good idea in comparison to learning the lift's appropriate technique and making it a graceful and elegant expression of power. Much the same, pushing yourself to the point of nausea, vomiting, and passing out most definitely expresses the law of diminishing returns. It may happen, but it is not necessary nor the goal of training.

The coaching staff will always try to guide you in developing awareness of your technical and exertional thresholds. However, you are the only one behind the wheel. Therefore, we ask you to consistently monitor these thresholds, so you can train with longevity and maximize your improvements.

We all have an ego, and it has a vicious tendency to tell us that we are something more than we actually are: that we should be able to do things that we actually have no business attempting. We ask you to control the ego (leave it at the entry) and accept your thresholds (humble yourself within reality). By doing so, you will unleash your capacities and develop your power. Failing to do so will see you do just that – fail.

It's Never Easy.

But Knowing  
Your Thresholds  
Keeps You Safe.



# What About Nutrition?

Isn't Nutrition Important?

It's Critical!

You can't out-train a bad diet. But you can diet your way to some impressive results. Put CrossFit training and good nutrition together, and you have the recipe for dynamic and rapid improvement.

So, what is good nutrition?

There are many diets out there. Most of them are great and will get you results if only because you are paying attention to your consumption. The truth is each person will respond to a specific diet or fueling strategy in their own specific way. Some people get great results and enjoy Keto, others Paleo, others Zone, others Zoleo, or RP, or Intermittent Fasting, and the list goes on. Which diet is best is a question only you can answer FOR YOURSELF... not for others.

That's great, right? I gave you a whole lot of nothing.

OK, here's what good science gives us as the general diet to produce the best results for most people. Eat the following:

**Lots of Vegetables and Lean Meats** - *High Density, Utilizable Carbs & Protein*

**Nuts and Seeds** - *High Density, Utilizable Fat*

**Some Fruit** – *Nature's Simple Sugar Dessert*

**Little Starch** - *Flour, Grains, Bread*

**No Straight Sugar or Highly Processed Crap** - *Stuff out of a Box, Can, or Wrapper*

Will one of Gramma's cookies ruin your entire diet? Nope.

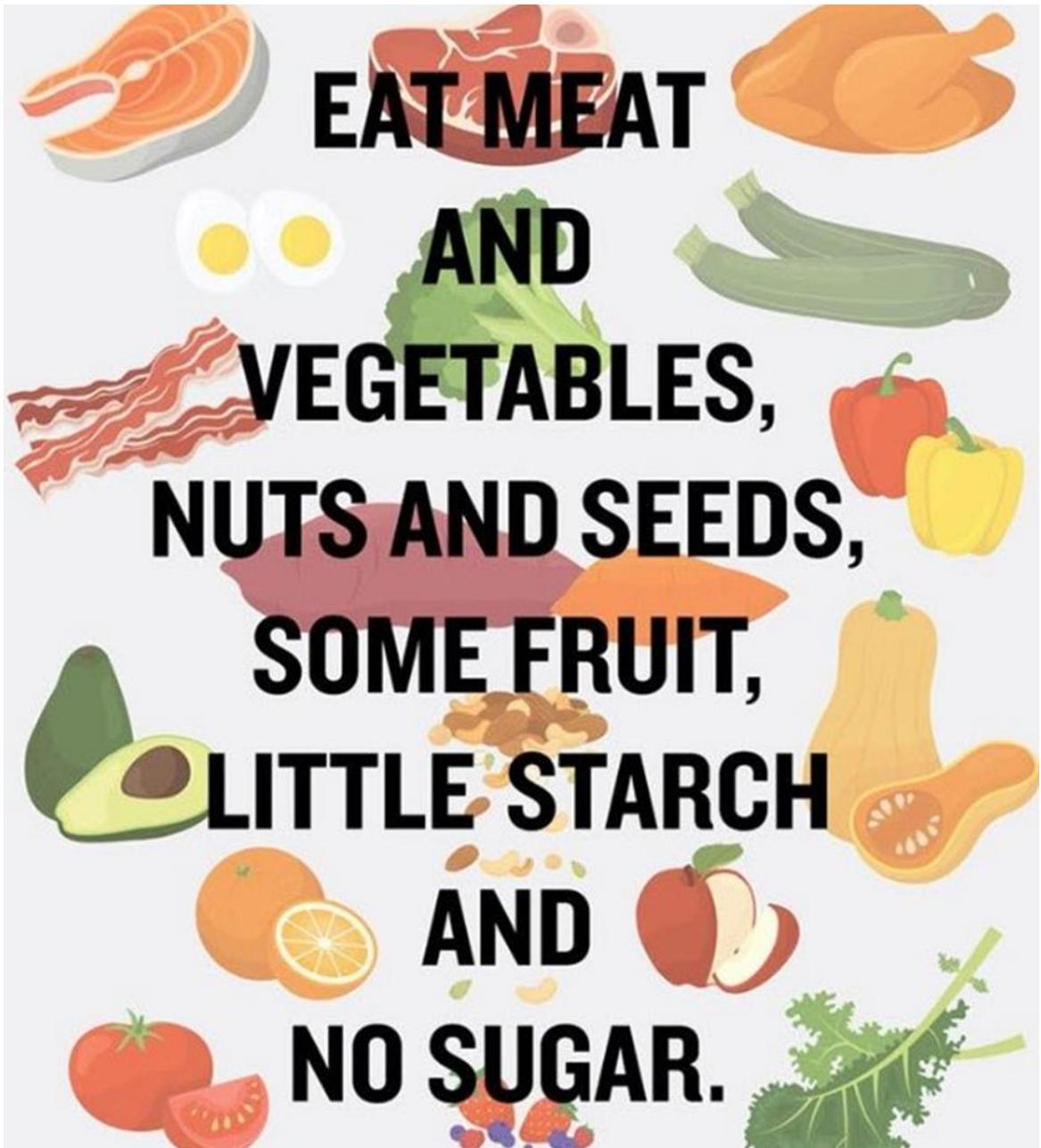
Will 8 of Gramma's cookies throughout the day screw up your nutrition, metabolism, and push you one step closer to chronic disease? Yup.

In other words, eat as clean as you can, as often as you can, for as long as you can. And when you inevitably fall off the bus, climb back on as soon as you possibly can.

What about counting calories and macro nutrient breakdown?

When you cease to experience increases in work capacity over broad time and modal domains, you will need to evaluate the amount and type of calories you consume in order to make specific modifications to independent variables for the purpose of resuming consistent increases in fitness.

Nutrition is simply applying the scientific method to your fueling decisions. When you cease to improve or maintain high levels of Fitness, you must make a change to resume or restore what was lost. Enjoy the grind!



**EAT MEAT  
AND  
VEGETABLES,  
NUTS AND SEEDS,  
SOME FRUIT,  
LITTLE STARCH  
AND  
NO SUGAR.**

# What About Community?

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Nothing brings people together like shared suffering.

Sad but true. Tragedies bring families and communities together within a common purpose and highly supportive environment. It takes only a few minutes to list off a handful of occurrences that brought you together with other people: funerals, cancer diagnosis, divorce, job loss, etc.

Thankfully, constantly varied, functional movement performed at high intensity consistently produce the sensations of physical suffering. When done with other people on a repetitive basis, community and accountability are firmly forged. Soon, you are not only training for your own benefit but also for the collective benefits of all those around you. We aren't a team - unless we go and compete at a local competition - but we are a tight knit community that rallies around one another inside and outside the gym.

Talk to anyone who has been training for more than a couple of years and you will hear of countless occurrences of the community rallying behind a member in need. Helping someone move, supporting them through tragedy, meeting up for dinner, meal prepping, exchanging messages through text threads, engaging in Facebook groups, networking, and the list goes on of the things a CrossFit community can do.

The only question is whether you immerse yourself within the shared suffering or stand idle.

We hope you jump right into the family!



# Cap Card

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Foundational Movements (Date / Amount)

- Air Squat \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Shoulder Press \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Single Under \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Abmat Situp \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Conventional Deadlift \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Ring Row \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Rowing \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Pushup \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_

## Progression 1

- Sumo Deadlift High Pull \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Double Unders \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Push Press \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Pullup \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Box Jump \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Chest to Bar \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Kipping Knee Raise \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Back Squat \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Front Squat \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Kettlebell Swing \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Running \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Devil Press \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_

## Progression 2

- Push Jerk \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Power Clean \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Squat Clean \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Thruster \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Cluster \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Power Snatch \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Squat Snatch \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Toe to Bar \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Ring Muscle Up \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Bar Muscle Up \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Handstand Pushup \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Handstand Walk \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Overhead Squat \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_
- Ring Dip \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_; \_\_\_\_\_ / \_\_\_\_\_

# DATA SHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Initial Collection

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Body Comp (%F): \_\_\_\_\_

Breakdown - \_\_\_\_\_ # lean muscle \_\_\_\_\_ # fat

### Goals (Short)

- 1.
- 2.
- 3.

### Goals (Long)

- 1.
- 2.
- 3.

## Follow-up Collection

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Body Comp (%F): \_\_\_\_\_

Breakdown - \_\_\_\_\_ # lean muscle \_\_\_\_\_ # fat

Change - \_\_\_\_\_ # lean muscle \_\_\_\_\_ # fat

### Goals (Short)

- 1.
- 2.
- 3.

### Goals (Long)

- 1.
- 2.
- 3.



# DATA SHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Follow-up Collection

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Body Comp (%F): \_\_\_\_\_

Breakdown - \_\_\_\_\_ # lean muscle \_\_\_\_\_ # fat

### Goals (Short)

- 1.
- 2.
- 3.

### Goals (Long)

- 1.
- 2.
- 3.

## Follow-up Collection

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Body Comp (%F): \_\_\_\_\_

Breakdown - \_\_\_\_\_ # lean muscle \_\_\_\_\_ # fat

Change - \_\_\_\_\_ # lean muscle \_\_\_\_\_ # fat

### Goals (Short)

- 1.
- 2.
- 3.

### Goals (Long)

- 1.
- 2.
- 3.



# Photos & Notes

Any type, any time, just document your progression to help you remember where you came from and where you are going.

Scrapbook below!

# Resources

- Talk to any coach to help get you what you need
- [www.crossfitlevo.com](http://www.crossfitlevo.com)
  - Weekly Challenge Page
  - Archives
  - Progressions
  - Starters Page
  - Explore Page
- Members of Levo Facebook Page
- Crossfit.com

