

Your six weeks on one page

Purpose: one glance tells you where you are in the programme and what today is building towards. This is your progress tracker, on paper, where you train.

HOW TO USE

- 1 Print it** and stick it where you train: fridge, desk, garage wall.
- 2 Tick each week's box** the day you finish its fifth session.
- 3 Write your scores** in the test boxes as you earn them. Watch the numbers climb.

BASELINE TEST

Your before-numbers, calm and under pressure. Everything gets measured against this.

SCORE

COMPOSURE

FOUNDATIONAL

Establish, Build, Sustain

Weeks 1 to 3

- ☐ **Week 1 · Establish Control:** lock onto what matters, let the noise bounce off
- ☐ **Week 2 · Build Capacity:** hold more, for longer, without dropping accuracy
- ☐ **Week 3 · Sustain Focus:** endurance; the primer arrives before training

MY FIRST RETEST

Same tests as your baseline. First hard proof of movement.

SCORE

COMPOSURE

ADVANCED

Manage Load

Week 4

- ☐ **Week 4 · Manage Load:** two demands at once, switching without cost; the dial trained up and down daily

MISSION-READY

Adapt & Stabilise

Weeks 5 to 6 · pressure weeks

- ☐ **Week 5 · Adapt Under Pressure:** heart rate up, response windows shrinking, then you train anyway
- ☐ **Week 6 · Stabilise Performance:** keep the gains with everything loaded on

MY FINAL TEST

The before-and-after. Compare every box on this page.

SCORE

COMPOSURE