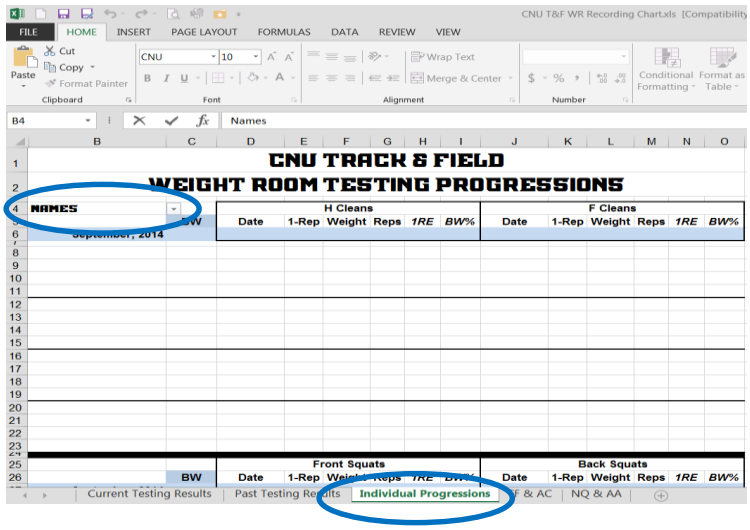


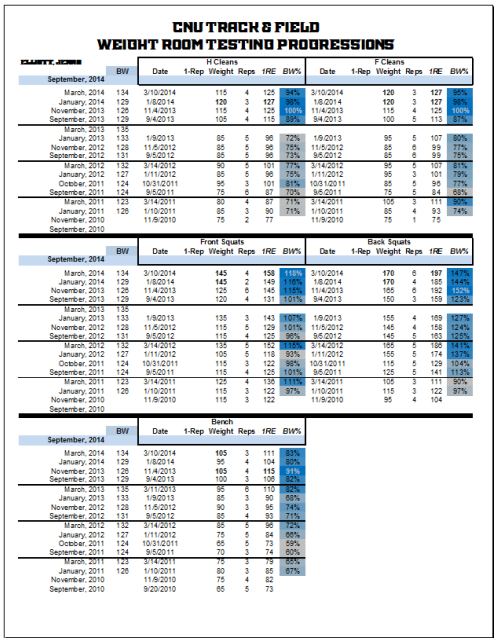
Welcome to our New and Improved "CNU T&F WR Recording Chart"!

Download and open the file in MS Excel (Google Sheets cannot handle the formulas and formatting). The workbook should open to the "Individual Progressions" tab as shown.

This is a protected sheet, so the only cell you can click or edit is B5 – the Names cell. You may type your name in (Last Name, First Name) or find it in the drop-down list.

Be patient – it will take a few moments to collect your information.

Once your name is entered, the worksheet will show your CNU T&F Testing History:



CNU TRACK & FIELD

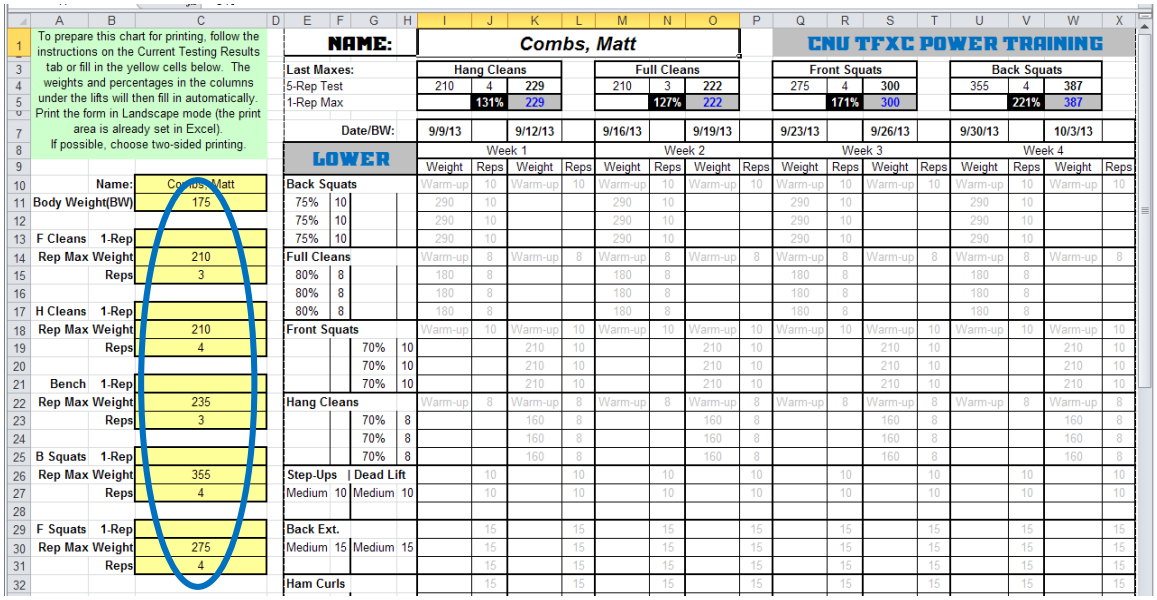
WEIGHT ROOM TESTING PROGRESSIONS

CHRISTOPHE, PHILIP	BW	H Cleans						F Cleans					
		Date	1-Rep	Weight	Reps	*1RE*	*BW%*	Date	1-Rep	Weight	Reps	*1RE*	*BW%*
September, 2014	**148**	**9/1/2014**		**155**	**4**	**169**	**1**	**9/1/2014**		**155**	**3**	**164**	**1**
September, 2014	148	9/1/2014		**155**	4	**169**	**114%**	9/1/2014		**155**	3	**164**	**111%**
January, 2014	146	1/8/2014		140	4	153	105%	1/8/2014		145	4	158	108%
March, 2013	146	3/11/2013		125	3	132	91%	3/11/2013		135	3	143	98%

Your career testing results are displayed with your best performances in **bold**. The gradient shading highlights your progressions for each lift in terms of Body Weight Percentage.

The light blue shaded row gathers testing results for the current lifting cycle. If you missed any tests (or if you did not test at all), those lifts will be blank – you will either need to make up the testing or work with the coaches to determine appropriate weights for the lifting cycle.

Now select the tab for your lifting group and see your prescribed weights for the current lifting cycle. TF = Frosh/Rookies, AC = Sophomores, NQ = Juniors/Seniors, AA – Nationals Group; groups may be modified, e.g. AC–Throws.

If you need to change/update any of your testing results, enter them in the yellow boxes (and e-mail me your changes)

The sheets are designed to be printed double-sided and are formatted to fit Lower Body on one side and Upper Body on the other. You may need to adjust depending on your spreadsheet software and printer setup.