



SAFFRON IRON COACHING

Half-Month Progress Report

PRO PLAN · MONTH 1 · DAY 1 TO DAY 15

This Half, At A Glance	
Cycle	Month 1, Day 1 to Day 15
Sessions Logged	7 of 8 planned
Weigh-Ins Logged	3 (Day 1, Day 8, Day 15)
Standout	Day 12: assisted pull-ups with two plates less help (page 3)

Priya, this is your first half-month report, and you will get one every 15 days from now on. It is short on purpose: what moved, what did not, and what we do next. Every number here comes from what you logged with me.

Prepared by Coach Meera · @saffroniron.coach

SAMPLE DOCUMENT FOR DEMONSTRATION. FICTIONAL BRAND AND CLIENT.

Your Numbers So Far

Measure	Then (Day 1)	Now (Day 15)	What It Means
Weight	72.0 kg	70.9 kg	Down 1.1 kg in two weeks, right on the 0.5 kg a week we planned
Waist (at navel)	86 cm	84.5 cm	Down 1.5 cm. Fat is coming off, not just water
Days at 95 g protein	Not tracked	9 of 14	Week 2 was much better than week 1. The 11 am curd is doing its job

Three weigh-ins are enough to see a direction, not to judge a trend precisely. Keep the Sunday weigh-ins coming and by Day 30 we will know your real rate.

Training & Energy

Week	Planned	Done	Energy you logged (out of 10)
Week 1 (Day 1 to 7)	4	4	6, 7
Week 2 (Day 8 to 14)	4	3	7, 8, 8

You missed one session on Day 10 because of late work. You told me in advance and walked 9,000 steps instead, which was exactly the right call.

Standout: Day 12, Upper B. You dropped two plates of assistance on the pull-up machine and still got all 8 reps. Your words: "did not think I could do that this month." Two weeks ago that was your hardest exercise.

Worth fixing: Your energy dipped on the two days you skipped the 5 pm snack. Treat that snack as part of training, not an optional extra.

Your Referral Code

PRIYA482

Your personal code, yours for life.

When a friend joins with your code, the reward below applies. Use it if someone asks how you are doing it.

How it works: Each friend who joins with your code gets 10% off their first month, and you get Rs 500 off your next renewal. No limit on friends.

The Second Half

- **Keep the 5 pm snack.** It protects your energy for evening sessions.
- **Sunday weigh-ins.** Two more and we have a real trend for the Day 30 review.
- **Next milestone.** All 8 pull-up reps with one more plate of assistance removed.

Priya, same plan, same effort. Message me any time between now and Day 30.

Questions about your plan? DM [@saffroniron.coach](#) on Instagram.