



Progress Awards Phase 1 (Habit Building) Checklist

(<https://nordicskilab.com/year-1-progress-tracker/>)

ACCOUNTABILITY CALENDAR

- You will upload a pic of your Accountability Postcard at the end of the phase. It's OK if you miss days. The important thing is to start again.

TRAINING DIARY

- Start your training diary on the Community Forum - introduce yourself!
- Set 3+ goals in your training journal. Your timeline for short-term goals is the next 3 months. Medium-term goals – next 12 months and Long-term is next 2-5 years.
- Minimum of 1 weekly entry in your training journal.

TRAININGPEAKS GREEN STREAKS

- Complete a minimum 10-day Green Streak. (You will submit screenshots when you apply for your Phase 1 award.) Green streaks are explained on the Progress Awards page

GOOD TEAMMATE

- Share on the Clubhouse Forum something (a hack or tip) that helps you to get your workout done. What helps you to be more consistent? OR share your favourite workout and why you enjoy it so much.
- Comment, in an encouraging way, on a club mate's post inside the Training Clubhouse (<https://community.nordicskilab.com/c/training-clubhouse-help-social/25>).

MONTHLY CHALLENGES

We start a new Club Challenge on the first day of every month, with options for mini, midi and crazy versions of the challenge.

- Complete two Club Challenges during Phase 1.

MEMBERSHIP

- To be eligible for your Phase 1 award you need to be a current member and to have completed at minimum of 3 months of training.