DRVN
TRAINING

Coach Toolkit

Welcome & Quick Start Guide

Everything you need to run a client through the system, start to finish, under your own brand.

Built to work.

What's in the Coach Toolkit

This toolkit is the client-facing infrastructure behind DRVN's training system, rebuilt for coaches who want to run their own clients through a rigorous, science-based process without building it themselves. Every document is editable. Swap in your logo, colors, and business details in folder 02, then use the templates in folders 03–06 with every client you take on.

Start here: open **Coach Dashboard.html** at the top level of this download. It's a single homepage linking to all 18 interactive tools plus 11 program blueprints plus your key documents, organized by where each one fits in your workflow. Bookmark it, it's the fastest way back in every time.

How the folders work

Folder	What it's for
00 – Start Here	This guide, the Coach Dashboard, and how to customize your branding
01 – Client Onboarding	Intake form, movement assessment, agreement/waiver
02 – Editable Branding Kit	Master brand file + cover pages you customize once
03 – Programming Templates	3 fully populated programs plus 11 Google Sheets blueprints
04 – Coach Exercise Vault	493 exercises with coaching cues, searchable and filterable
05 – Tools	18 interactive tools, from intake to business self-audits
06 – Business Docs	Pricing sheet, check-in/testimonial request, referral card
07 – Reference	FAQ, troubleshooting, full toolkit index

Running a new client through the system

1. Customize your branding (once)	Open folder 02 and follow the Branding Customization Guide. Takes about 15 minutes and covers every template in this toolkit.
2. Screen and onboard the client	Fill out the Client Intake & Movement Assessment tool (folder 05) together, it flags concerns and tells you which tool to open next. Run the Pre-Participation Red-Flag Screener alongside it, then capture signatures with the Digital Client Agreement.

3. Build their program	Assign a fully populated program from folder 03, or build one with the Session Generator and Volume Landmarks Calculator (folder 05). Use the Assessment to Program Engine to swap exercises for equipment or injury limitations.
4. Run every session	Check readiness with the Daily Readiness Adjuster before each session, and use the 1RM & Plate Calculator and Macro Calculator (folder 05) as needed.
5. Track and retain them	Log progress in the Progress Tracker, which also auto-suggests next session's targets and flags retention risk. Use the Business Docs (folder 06) for check-ins, testimonials, and referrals as the client progresses.

Tip: Every template in folders 01–06 is built to be reused client after client. Save your branded master copies separately from the originals in this download, so you always have a clean set to revert to.