DRVN
COACH TOOLKIT

FAQ & Troubleshooting

Common questions about using the toolkit day to day.

Built to work.

Getting Started

Where do I start with a brand new client?

Follow the order in the Welcome Guide (folder 00): rebrand once using folder 02, then run the client through onboarding (folder 01), pick a program from folder 03, and use the Coach Exercise Vault (folder 04) or Assessment to Program Engine (folder 05) as you go.

Do I have to use the pre-built programs in folder 03?

No. They're built to be assigned as-is for coaches who want to save time, but every exercise in them comes from the same vault as the Coach Exercise Vault and Assessment to Program Engine, so you can swap freely without breaking the program's structure.

How do I customize a program for a specific client's goals?

Start from the closest pre-built program in folder 03, then use the Assessment to Program Engine (folder 05) to swap any exercise that doesn't fit their equipment, injury history, or preferences.

What if a client has a limitation not covered in the Movement Assessment?

Note it in the Programming Implications section of the assessment (folder 01), then search the Coach Exercise Vault (folder 04) directly by movement pattern to find a safer alternative.

Using the Interactive Tools

The HTML tools won't open, what's wrong?

Open them directly in a web browser (Chrome, Safari, Firefox), not in Word or Preview. Double-clicking the file should open your default browser automatically. No internet connection is required.

The Coach Dashboard links go nowhere on my Android phone.

This is an Android quirk, not a broken file. When you tap an HTML file from a Files app or zip extractor, Android often opens it as an isolated content:// link instead of a real file path, so the dashboard can't find the other tools relative to it. You'll see this in the address bar: it starts with content://media instead of file://. Fix it by extracting the zip fully, then typing the real path directly into Chrome, for example file:///storage/emulated/0/Download/Coach Toolkit/Coach Dashboard.html. A dedicated extractor app like ZArchiver, opening the extracted folder from there, also tends to avoid this. Desktop browsers and iPhone are typically not affected. Each tool still works fine on its own if you open it directly, this only affects clicking between tools through the dashboard.

Can I use the tools on my phone during a session?

Yes. Every HTML tool in this toolkit (Assessment to Program Engine, Session Generator, Plateau Diagnostic Tool, Coach Exercise Vault, calculators, tracker) is built to work on a phone browser, not just desktop.

What's the difference between the Session Generator and the pre-built programs in folder 03?

The folder 03 programs are fixed 4-week blocks meant to be assigned as-is. The Session Generator builds a single day's session on the spot, useful for a client who needs a one-off workout, a last-minute equipment change, or a day that doesn't fit their assigned program.

How does the Plateau Diagnostic Tool decide what's causing a stall?

It weighs the answers you give it (sleep, stress, deload history, volume, frequency, nutrition, how long the exercise has stayed unchanged) and ranks the most likely causes by how strongly the evidence points to each one. It's a structured version of the reasoning a coach would do manually, not a diagnosis to follow blindly.

Do the tools save my data anywhere?

Client data entered into the interactive tools stays in that browser session only, nothing is uploaded or stored externally. Refreshing or closing the tab clears any entered data, so log or export anything you need to keep before closing. The Progress Tracker is the exception, since it deliberately saves each client's data, including weight logs and retention check-ins, to that browser between visits, use its Export Data button to back it up.

Can I brand the interactive tools with my own logo and colors?

The HTML tools currently carry DRVN branding in the header. If you want them rebranded, open the file in a text/code editor and update the header text and CSS color variables at the top of the file, or have a developer do this for you.

How does the Client Retention Risk Radar decide a client is at risk?

It looks at the check-ins logged in the Progress Tracker for that client. An overdue check-in, a declining energy or mood trend, and recent missed sessions all raise the risk level. It's meant to surface early warning signs before a client quits, not to replace an actual conversation with them.

How does the Next-Session suggestion in the Progress Tracker work?

It reads the most recent weight and reps logged for that exercise and applies double progression: if every set hit the top of the rep range, it suggests a small load increase and dropping back to the bottom of the range. Otherwise it suggests holding the weight and adding a rep.

What's the difference between the Volume Landmarks Calculator and just picking set numbers myself?

It gives you research-grounded starting ranges (MEV, MAV, MRV) scaled to the client's training age, rather than a guess. Use it to sanity-check whether a client's current weekly volume for a muscle group is too low to drive progress or high enough to risk overreaching.

Does the Red-Flag Screener replace the health questions on the Client Intake Form?

No, run it alongside the Intake Form (folder 01), not instead of it. The screener adds automated red-flag logic on top of the same kind of health history questions, so answers that call for physician clearance don't get missed in a long form.

What's the difference between the Plateau Diagnostic Tool and the Daily Readiness Adjuster?

The Plateau tool looks backward, diagnosing why a lift has stalled over multiple weeks. The Readiness Adjuster looks forward, checking in before a single session and adjusting that day's sets, load, and intensity based on how the client is actually showing up. Use the Readiness Adjuster every session and the Plateau tool only when something has genuinely stopped progressing.

What's the difference between the Program Blueprint Builder and the pre-built programs in folder 03?

The folder 03 programs are complete, fully populated 4-week blocks with real exercises already chosen, ready to assign as-is. The Blueprint Builder gives you the structure for a brand new program, split, sets, reps, rest, and progression model, without naming exercises, so you can build something custom for a client the pre-built programs don't fit. Use the Session Generator or Coach Exercise Vault afterward to fill in the actual movements.

What are the Blueprint xlsx files in folder 03, and how are they different from the Program Blueprint Builder tool?

The Program Blueprint Builder (folder 05) is an interactive tool you use yourself to plan a program. The Blueprint xlsx files are the client-facing output: real Google Sheets/Excel files with the split and set/rep scheme already built in, exercise names left blank for you to fill in, then send directly to the client to log their weights each week. Open one, add exercises, save your own copy, and reuse it for every client on that split.

What's the difference between the Muscle Focus split and the individual Glute/Back/Chest/Shoulder/Arm Focus templates?

Muscle Focus (Body Part Split) gives every muscle group its own day once a week, a classic bro split. The individual Focus templates (Glute, Back, Chest, Shoulder, Arm) train one specific muscle three times a week for a client who wants to specialize, while holding everything else at a lighter maintenance volume so the rest of the body doesn't fall behind. Use a Focus template for a client chasing a specific goal, like glutes, and the body part split for a client who wants balanced development everywhere.

Who is the Client Retention Diagnostic for, the coach or the client?

The coach. It's a self-audit on your own coaching habits, not something to give a client. Run it quarterly as a gut-check, then use the Why Explanation Script Library for language to use in the moments that most often make a client feel unheard, swapping an exercise, calling a deload, or explaining slow progress.

How is the Price With Confidence Kit different from the Session Package & Pricing Sheet in folder 06?

The Pricing Sheet is a template for writing down the rates you've already decided on. The Price With Confidence Kit helps you land on that number in the first place, a calculator based on your expenses, income goal, and session volume, plus scripts for the actual conversations around raising rates, handling objections, and holding your price when a client pushes back.

What's the difference between the Price With Confidence Kit and the Credibility & Differentiation Kit?

The Price Kit is about the money conversation, what to charge and how to defend that number. The Credibility Kit is about the trust conversation, why a prospect should believe you're qualified at all, especially against cheaper, less experienced competition online. Use the Credibility Kit before a prospect ever asks about price, and the Price Kit once they do.

Do I still need the paper Client Intake Form and Movement Assessment PDFs (folder 01)?

No, if you use the Client Intake & Movement Assessment tool in folder 05, it covers both in one digital form and adds flag-based next-step recommendations the PDFs can't. The PDFs are still there for coaches who prefer paper or need something to hand a client to fill out away from a screen.

Is the Digital Client Agreement's signature legally binding?

That depends on your jurisdiction's e-signature laws, this tool captures a real signature drawn on screen and timestamps it, but it isn't a certified e-signature platform with audit trails like DocuSign. For most independent trainers this is sufficient, but confirm with a lawyer if you want certainty for your specific location.

Does the Invoice & Payment Tracker share data with the Progress Tracker?

Yes, both tools read and write the same client list, so a client added in one shows up in the other automatically. This works reliably once the toolkit is hosted (via Netlify), and generally works when opening files locally too, though browser behavior with local files can vary.

How does the Session Scheduler's sessions-remaining count work with the Invoice Tracker?

They're not automatically linked, you set the number manually when a client buys a package. Tap "Log completed session" after each session to count it down, or edit the number directly if you need to correct it.

Business & Client Management

How often should I send the Client Check-In?

Every 4 weeks is a common default, matching the 4-week progression block used in the pre-built programs (folder 03). Adjust based on how frequently you see the client.

When should I ask for a testimonial?

Right after a visible win, a strength milestone, a completed package, or an unprompted positive comment from the client. Timing matters more than the exact wording in the template (folder 06).

The Client Agreement isn't specific to my state or country, what do I do?

It's a starting template, not legal advice. Have a lawyer licensed in your jurisdiction review and adjust it before using it with clients.

> Still stuck? Check the Toolkit Index in this folder for a full map of every file and what it's for.