



WARRIOR
COMBAT GYM

MINDSET WARRIOR · END OF PROGRAMME REPORT

Outcomes Report: Example High School

Autumn cohort · Years 8 and 9 · 6 weekly sessions

Published by Mindset Warrior, Liverpool · August 2026 · Version 1.1

SAMPLE REPORT. Every name and number in this document is illustrative. It shows the format your school receives at the end of week 6.

This is what your school receives when a Mindset Warrior cohort finishes: who took part, how the cohort measured before and after, what our coaches saw, and what happens next. Outcomes are measured, not asserted, and every cohort generates its own evidence.

1. The cohort at a glance

12

students enrolled, Years 8
and 9

92%

average attendance across
6 sessions

11 of 12

completed the programme
and graduated

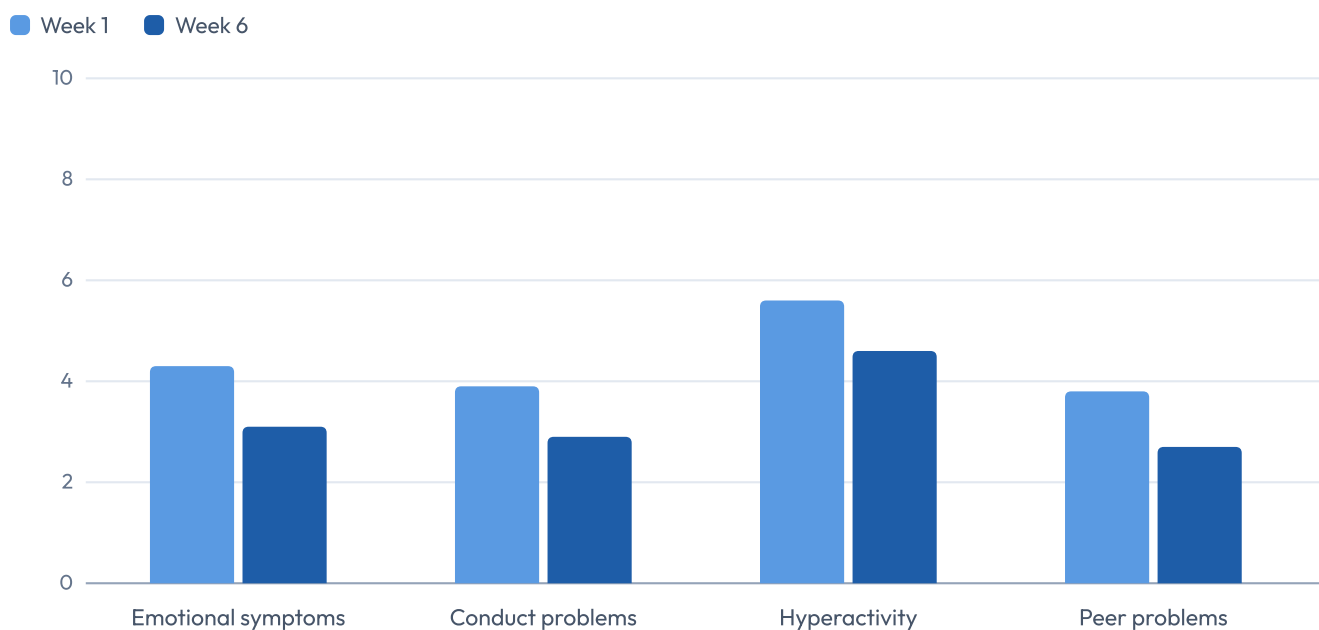
17.6 → 13.3

average SDQ total
difficulties, week 1 to week 6

Eleven of the twelve students attended five or more sessions. One student left the programme in week 2 after moving schools; the place was not refilled mid-cohort.

2. What we measured: the SDQ, before and after

The baseline and follow-up measures are agreed with the school before delivery. For this illustrative cohort they included the Strengths and Difficulties Questionnaire (SDQ) in week one and again in week six, a validated measure used across UK youth services, including in the Youth Endowment Fund's evaluation of Empire Fighting Chance. Any measure is used in line with its licensing terms and the agreed data-protection arrangements. Lower difficulty scores are better; a higher prosocial score is better. The chart and table below show cohort averages.



Average SDQ subscale score, 0 to 10. Lower is better. Illustrative data.

SDQ scale	Week 1	Week 6	Change
Emotional symptoms	4.3	3.1	-1.2
Conduct problems	3.9	2.9	-1.0
Hyperactivity and inattention	5.6	4.6	-1.0
Peer relationship problems	3.8	2.7	-1.1
Total difficulties (0 to 40)	17.6	13.3	-4.3
Prosocial behaviour (higher is better)	5.9	7.3	+1.4

Cohort averages of 11 completing students. All figures illustrative.

We report movement honestly. A six week programme does not transform every score, and self-report measures have limits. What the SDQ gives your school is a validated before-and-after picture from your own students rather than our word for it.

3. Attendance and engagement

Average attendance across the six sessions was 92%, with eight students attending every session. Engagement is recorded by coaches each week on a simple scale (settling in, taking part, leading). By week six, nine of the eleven completing students were rated as taking part fully or leading parts of the session, compared with three in week one.

4. What the coaches saw

Alongside the numbers, the lead coach records a short observation for each student. Three illustrative examples of the kind of thing your report will contain:

- "Student C arrived unable to hold eye contact with staff. By week four he was leading the warm-up line and reminding others of the rules."
- "Student F found losing very hard in week two and walked off the mats. By week six he was tapping and resetting without fuss, and told the group it was his favourite part."
- "Student J needed one-to-one support to take part at all in week one. He completed every session from week three onwards without it."

Individual student pages in your report include each student's SDQ movement, attendance, and the coach's observation, so pastoral staff can follow up with the right students.

5. What happens next

Graduates are welcome to continue training in our junior classes at the gym, and many do. Your school can run further cohorts to reach more students, with your first cohort's report as the baseline. SDQ responses and student details are held securely and deleted when no longer needed, in line with our privacy policy.

To plan another cohort or talk through this report, contact us at info@mindsetwarrior.academy or on 0151 476 0762.

SAMPLE REPORT: every name and number in this document is illustrative and does not describe any real school, student or cohort. Published by Mindset Warrior, Warrior Combat Gym, 51 South Road, Waterloo, Liverpool L22 5PE. Mindset Warrior is a mentoring and emotional-regulation programme, not therapy. Enquiries: info@mindsetwarrior.academy · 0151 476 0762