CLIENT

TRAINING LOG

TITLE OF PROGRAM

Warm-up:

ACTIVITY	TIME	DISTANCE	SETS	REPS	INTENSITY

Session:

		SET 1		SET 2		SET 3	
EXERCISE	MUSCLE	REPS	LB/KG	REPS	LB/KG	REPS	LB/KG

Cool-down:

ACTIVITY	TIME	DISTANCE	SETS	REPS	INTENSITY

QUESTIONS FOR MY TRAINER:

CLIENT

TRAINING LOG

TITLE OF PROGRAM

Warm-up:

ACTIVITY	TIME	DISTANCE	SETS	REPS	INTENSITY

Session:

	SET 1		SET 2		SET 3		SET 4	
EXERCISE	REPS	LB/KG	REPS	LB/KG	REPS	LB/KG	REPS	LB/KG

Cool-down:

ACTIVITY	TIME	DISTANCE	SETS	REPS	INTENSITY

QUESTIONS FOR MY TRAINER:

CLIENT

TRAINING LOG

TITLE OF PROGRAM

Warm-up:

ACTIVITY	TIME	DISTANCE	SETS	REPS	INTENSITY

Session:

	SET 1		SET 2		SET 3		SET 4		SET 5	
EXERCISE	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT

Cool-down:

ACTIVITY	TIME	DISTANCE	SETS	REPS	INTENSITY

QUESTIONS FOR MY TRAINER:

CLIENT

TRAINING LOG

Date:

EXERCISE	MUSCLE	SET 1		SET 2		SET 3		REST
		REPS	WGT	REPS	WGT	REPS	WGT	

Date:

EXERCISE	MUSCLE	SET 1		SET 2		SET 3		REST
		REPS	WGT	REPS	WGT	REPS	WGT	

Date:

EXERCISE	MUSCLE	SET 1		SET 2		SET 3		REST
		REPS	WGT	REPS	WGT	REPS	WGT	

CLIENT

TRAINING LOG

Date:

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5	
	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT

Date:

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5	
	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT

Date:

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5	
	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT	REPS	WGT

ACTIVITY
LOG

DATE	ACTIVITY	DURATION	INTENSITY	CALORIES

NOTES:

YEARLY WEIGHT

TRACKER

CURRENT: ____ **TARGET:** ____

WEEK	WEIGHT	CHANGE	WEEK	WEIGHT	CHANGE
1			27		
2			28		
3			29		
4			30		
5			31		
6			32		
7			33		
8			34		
9			35		
10			36		
11			37		
12			38		
13			39		
14			40		
15			41		
16			42		
17			43		
18			44		
19			45		
20			46		
21			47		
22			48		
23			49		
24			50		
25			51		
26			52		

MONTHLY WEIGHT

TRACKER

YEAR: **MONTH:**

START MONTH WEIGHT	1	2	3	4	5
6	7	8	9	10	11
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30	31	END MONTH WEIGHT	NOTES:		