



# CLIENT PROGRESS RECORD

Client Name \_\_\_\_\_

Personal Trainer \_\_\_\_\_

## WEEK 1

Date	Exercise	Sets/Reps/Time	Weight	Workout Notes

## WEEK 2

Date	Exercise	Sets/Reps/Time	Weight	Workout Notes

## WEEK 3

Date	Exercise	Sets/Reps/Time	Weight	Workout Notes

## WEEK 4

Date	Exercise	Sets/Reps/Time	Weight	Workout Notes