

## Workout Tracking

Name of Client

[Enter Name Here]

Name of the Instructor/Trainer

[Name of Instructor]

Age 35

Weight (Pounds) **160**

Target Body Fat 70

Gender M

Chest (Inches) 34

|     |      |
|-----|------|
| BMI | 7.81 |
|-----|------|

Height (Feet) 5

Waist (inches) 36

Target BMI

Height (Inches) 60

|          |    |
|----------|----|
| Body Fat | 89 |
|----------|----|

|                    |          |
|--------------------|----------|
| Program start date | 9-Sep-16 |
|--------------------|----------|

|          |    |           |
|----------|----|-----------|
| 9-Sep-16 | to | 14-Sep-16 |
|----------|----|-----------|

### Week #1

### Legends

|      |                          |
|------|--------------------------|
| Reps | Repetitions as suggested |
|------|--------------------------|

We

Weight as suggested

D.

Difference between suggested and actual

Please Fill the actual data for suggested exercises and find the difference/deviation on Repetitions and Weight parameters to schedule up next week's program

[illegible][illegible][illegible][illegible]