

Fitness Training Program

Name of Client			
Name of the Instructor/Trainer			
		Program start date	

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Warm-up					
Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start

[illegible]

Cardio					
Exercises	Reps	Wts	Weeks	Frequency	Start

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start