

Fitness Planner for Trainers

Trainer's Name:

Date:

Weekly Training Schedule

| Day | Client | Time | Focus | Notes |
|-----------|----------|-------|-------------|------------|
| Monday | Sarah T. | 9 AM | Strength | Upper body |
| Tuesday | Will T. | 11 AM | Cardio | Interval |
| Wednesday | Maria S. | 10 AM | Flexibility | Stretching |
| Thursday | Alex V. | 8 AM | Strength | Lower body |
| Friday | Emma L. | 1 PM | Cardio | Endurance |

Client Overview

- Total Clients This Week: 5
- Focus Areas: Strength, Cardio, Flexibility

Weekly Goals:

- Maintain consistent client attendance
- Introduce at least one new exercise to each client

Notes:

- Prepare personalized feedback for each client by Friday
- Follow up on missed sessions

Fitness Planner Trending

Jason P. Shurley, Jan Todd, Terry Todd



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