

PERSONAL TRAINING PLAN

Weekly Performance Log

Week of: _____

CLIENT NAME

PRIMARY GOAL

COACH

EXERCISE	SETS	REPS/TIME	WEIGHT	REST / NOTES
WARM-UP / MOBILITY				
Dynamic Stretching	1	5 Mins	-	-
STRENGTH & RESISTANCE				
CORE & FINISHERS				

POST-WORKOUT REFLECTION & NUTRITION NOTES

Intensity Scale (RPE): 1 - 10 Stay Hydrated & Consistency Over Intensity