

# FITNESS CLUB MEMBERSHIP & TRAINING LOG

Member Name: \_\_\_\_\_

Membership ID: \_\_\_\_\_

Trainer: \_\_\_\_\_

Month/Year: \_\_\_\_\_

Strength Training - Upper Body      60 min

Cardio / HIIT Session                      45 min

Strength Training - Lower Body      60 min

Flexibility & Recovery                      30 min

Core & Stability                              45 min

Performance Assessment              60 min

**TOTAL SESSIONS ATTENDED:**      \_\_\_\_ / 12

**Notes & Progression:**

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_