

PERSONAL TRAINING SESSION DOCUMENTATION CARD

DATE

Please ensure you record thorough notes during each training session and store in the member file, or as a journal note in Exerp. Ensure your records are clinical and free of personal opinion.

Full Program Record (if different to previous session): See back.

Did you present any information or advice to your client? Include any warnings given around potential detrimental outcomes and if your client consented to continue training.

Did you undertake any new assessments or findings?

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Trainer Name _____ **Signed** _____

PERSONAL TRAINING SESSION DOCUMENTATION CARD

PROGRAM CARD

DATE

MEMBERS NAME

RENEWAL DATE

PROGRAM

STAFF

	DATE												
EXERCISE	Sets & Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
Sign off by Personal Trainer													

Notes
