

#			PAY ATTENTION TO / TOOLS:													EXPIRATION/REMAINING:							
			Goals:					Initial Weight								Stretching:							
								Lowest Weight								Date:							
								Target Weight								LB: Reps: Freq:							
DOB																							
			#	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
PROGRAM: KG:			DATE																				
1			FA																				
2			Freq.																				
3			Reps																				
4			STEP																				
5			NC																				
6			Weight																				
7			Notes																				
8																							
9																							
10			H.	FA	DATE	LB				FA	DATE	LB					FA	DATE	LB				
11			Initial M.				H																
12				Chest							Chest							Chest					
13				Torso							Torso							Torso					
14				Waist							Waist							Waist					
15				Abdo.							Abdo.							Abdo.					
16				Hips							Hips							Hips					
GK				Thighs							Thighs							Thighs					
GK				Knees							Knees							Knees					
GK				Calves				LOST			Calves			LOST				Calves			LOST		
GK				Arms				TOT			Arms			TOT				Arms			TOT		

CHOSEN PROGRAMS					INITIAL CONSULTATION NOTES				HEALTH / INJURIES					
INFO			FREQUENCY			First Contract Date:				<div>_ Menopause/ Regular period</div> <div>_ Vegetarian / Vegan / None</div> <div>_ Positions to Avoid: o.k. / plank / o.e. / _____</div> <div>_ Injuries/Health:</div>				
			Jan.	Feb.	Mar.	Apr.	May	June	Motivation:					
			July	Aug.	Sept.	Oct.	Nov.	Dec.						
			First Session Date: (Current Package)											
PROGRAM: KG:														
1			COMMUNICATIONS			FRIENDS			NUTRITION					
2			Date	FA	Notes	Date	Center		Date	FA	Notes			
3														
4														
5														
6														
7														
8						REWARDS / DEALS								
9														
10														
11														
12														
13			PROPOSAL:											
14														
15														
16														
GK			NOTES:											
GK														
GK														
GK														