

Trainer Report - Rachel Thompson

Email: rachel.thompson@example.com

Experience: 8 years

Assigned Clients: 10

Specialization: Pilates

Certification: Certified Pilates Instructor

Gender: Female

Average Rating: 4.17

Completed Goals:

1. John Doe (john.doe@example.com)
 - Goal: Build endurance
 - Created: Mon May 12 2025
 - Target: Tue Aug 19 2025
2. John Doe (john.doe@example.com)
 - Goal: Get leaner
 - Created: Tue May 13 2025
 - Target: Mon Jun 30 2025
3. John Doe (john.doe@example.com)
 - Goal: Walk 10k steps/day
 - Created: Fri May 16 2025
 - Target: Mon Aug 18 2025
4. Emily Davis (emily.davis@example.com)
 - Goal: Lose belly fat
 - Created: Tue Apr 29 2025
 - Target: Mon Jul 14 2025
5. Emily Davis (emily.davis@example.com)
 - Goal: Gain strength
 - Created: Tue May 27 2025
 - Target: Sat Aug 09 2025
6. David Wilson (david.wilson@example.com)
 - Goal: Build endurance
 - Created: Sat May 10 2025
 - Target: Mon Jul 07 2025
7. David Wilson (david.wilson@example.com)
 - Goal: Lose belly fat
 - Created: Tue May 13 2025
 - Target: Sun Jul 06 2025
8. Noah Wright (noah.wright1@example.com)
 - Goal: Lose belly fat
 - Created: Thu Jun 05 2025
 - Target: Tue Aug 05 2025
9. Noah Wright (noah.wright1@example.com)
 - Goal: Lose 5kg
 - Created: Wed Jun 04 2025
 - Target: Tue Aug 12 2025

10. Ava Clark (ava.clark2@example.com)
 - Goal: Get toned
 - Created: Sat Jun 07 2025
 - Target: Fri Aug 08 2025
11. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Improve stamina
 - Created: Fri May 16 2025
 - Target: Mon Aug 11 2025
12. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Lose 10kg
 - Created: Thu Apr 03 2025
 - Target: Sat May 03 2025
13. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Increase flexibility
 - Created: Tue May 20 2025
 - Target: Fri Jul 18 2025
14. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Increase flexibility
 - Created: Sun Jun 08 2025
 - Target: Wed Jul 30 2025

Incomplete Goals:

1. John Doe (john.doe@example.com)
 - Goal: Gain strength
 - Created: Tue May 27 2025
 - Target: Sat Aug 16 2025
2. John Doe (john.doe@example.com)
 - Goal: Get toned
 - Created: Sun Jun 01 2025
 - Target: Thu Aug 14 2025
3. John Doe (john.doe@example.com)
 - Goal: Gain muscle mass
 - Created: Mon Apr 21 2025
 - Target: Fri Jul 25 2025
4. Emily Davis (emily.davis@example.com)
 - Goal: Lose 10kg
 - Created: Sun Apr 20 2025
 - Target: Tue Jul 08 2025
5. Emily Davis (emily.davis@example.com)
 - Goal: Lose 5kg
 - Created: Fri May 30 2025
 - Target: Thu Aug 28 2025
6. Emily Davis (emily.davis@example.com)
 - Goal: Lose belly fat
 - Created: Wed Apr 23 2025
 - Target: Fri Jul 11 2025
7. David Wilson (david.wilson@example.com)
 - Goal: Walk 10k steps/day
 - Created: Thu May 29 2025
 - Target: Thu Aug 07 2025
8. David Wilson (david.wilson@example.com)
 - Goal: Gain strength
 - Created: Thu May 22 2025
 - Target: Wed Jul 16 2025
9. David Wilson (david.wilson@example.com)
 - Goal: Gain muscle mass
 - Created: Fri Apr 18 2025
 - Target: Mon Jun 23 2025

10. Noah Wright (noah.wright1@example.com)
 - Goal: Gain muscle mass
 - Created: Wed Jun 04 2025
 - Target: Wed Aug 20 2025
11. Noah Wright (noah.wright1@example.com)
 - Goal: Build endurance
 - Created: Sun Jun 08 2025
 - Target: Thu Aug 28 2025
12. Noah Wright (noah.wright1@example.com)
 - Goal: Walk 10k steps/day
 - Created: Thu Jun 12 2025
 - Target: Fri Aug 29 2025
13. Ava Clark (ava.clark2@example.com)
 - Goal: Improve stamina
 - Created: Sat May 31 2025
 - Target: Fri Jul 25 2025
14. Ava Clark (ava.clark2@example.com)
 - Goal: Lower body fat
 - Created: Fri May 09 2025
 - Target: Thu Jul 17 2025
15. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Walk 10k steps/day
 - Created: Sun May 25 2025
 - Target: Fri Jul 18 2025
16. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Walk 10k steps/day
 - Created: Thu Apr 03 2025
 - Target: Tue Jul 01 2025
17. Charlotte Walker (charlotte.walker3@example.com)
 - Goal: Increase flexibility
 - Created: Fri May 16 2025
 - Target: Mon Aug 11 2025

Rating Trend & Goal Completion Chart:



