ClientSnap

Session Tracking Sheet

Log exercises, progress, and notes for each training session

CLIENT NAME	DATE		SESSION#		DURATION
Exercises					
Exercise	Sets	Reps	Weight	Notes / Form Cues	
Client Energy & Mood					
Low energy Normal	High	energy Stres	ssed Mot	ivated Tired	
Session Notes					
Areas of Progress					

Next Session Focus / Programming Notes	

Free template from ClientSnap - clientsnap.app Client management software for in-person personal trainers