

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 ☐ Stressed ☐ Motivated ☐ Tired

Session Notes

Areas of Progress

Areas of Concern

Next Session Focus / Programming Notes