

Workout Planner

Client information																			
Name:			Age:			Date:													
Practitioner:			Height:			Weight:													
Fitness goals																			
Indicate your current fitness level (1 = never active, 10 = active every single day)																			
1		2		3		4		5		6		7		8		9		10	
Day	Focus areas			Exercise type		Exercises & sets x reps			Duration			Intensity							
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			
Sunday																			
Additional notes																			