FolarraStudio

Personal Trainer Client Log

train · track · progress

UNDATED · PRINTABLE · CLIENTS, PROGRAMS & SESSIONS

This Log Belongs To

for personal trainers and coaches

NAME _____

BUSINESS NAME _____

EMAIL / PHONE _____

GYM / STUDIO _____

COACHING SINCE _____

How to use this log

- Print the whole planner once, then print extra copies of the pages you use most, such as the Session Log and Progress pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Give every client an Intake page, then log each session on a Session Log page.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My coaching word for this year

Why I love coaching

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Client Intake

start every client well

NAME _____ DATE OF BIRTH _____

PHONE _____ EMAIL _____

EMERGENCY CONTACT _____ PHONE _____

START DATE _____ PACKAGE _____

Goals

Health notes from client

Experience & preferences

Availability

Client List

everyone you train

CLIENT	GOAL	PACKAGE	SESSIONS LEFT	RENEWS

Goals & Milestones

what success looks like

CLIENT _____ TARGET DATE _____

Main goal

Milestones

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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Habits to build

- [ ]
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- [ ]

Rewards

Measurements Tracker

progress you can see

CLIENT _____ UNITS _____

DATE	WEIGHT	CHEST	WAIST	HIPS	ARM	THIGH	NOTES

Workout Program

the plan for each training day

CLIENT _____ DAY / PHASE _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

Session Log

what happened today

CLIENT _____ DATE _____

SESSION NO. _____ ENERGY 1-10 _____

Warm-up

Main workout

How it felt

Homework

- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]

12-Week Plan

progress in phases

CLIENT _____ START DATE _____

WEEK	FOCUS	SESSIONS	KEY LIFTS / TARGETS	DONE
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐
11				☐
12				☐

Exercise Library

your go-to moves

EXERCISE	MUSCLE GROUP	EQUIPMENT	COACHING CUES

Attendance & Payments

sessions and what is owed

DATE	CLIENT	SESSION	ATTENDED	AMOUNT	PAID
			☐		☐
			☐		☐
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			☐		☐

Weekly Schedule

your training week

WEEK OF _____ NOTES _____

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
16:00							
17:00							
18:00							
19:00							
20:00							

Progress Review

celebrate and adjust

CLIENT _____ DATE _____

Wins

Challenges

Changes to the plan

- [ ]
- [ ]
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Next goals

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Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this log makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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