

# Fitness Planner for Trainers

Trainer's Name:

Date:

## Weekly Training Schedule

| Day       | Client   | Time  | Focus       | Notes      |
|-----------|----------|-------|-------------|------------|
| Monday    | Sarah T. | 9 AM  | Strength    | Upper body |
| Tuesday   | Will T.  | 11 AM | Cardio      | Interval   |
| Wednesday | Maria S. | 10 AM | Flexibility | Stretching |
| Thursday  | Alex V.  | 8 AM  | Strength    | Lower body |
| Friday    | Emma L.  | 1 PM  | Cardio      | Endurance  |

### Client Overview

- Total Clients This Week: 5
- Focus Areas: Strength, Cardio, Flexibility

### Weekly Goals:

- Maintain consistent client attendance
- Introduce at least one new exercise to each client

### Notes:

- Prepare personalized feedback for each client by Friday
- Follow up on missed sessions

# Fitness Planner Trending

**B Lingard**



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