Personal Training Session Checklist

Client Name

    Enter client name

Date

Trainer Name

    Enter trainer name

Session Goals

    Describe session goals

Checklist

✓	Task/Activity	Notes
☐	Arrived on time	
☐	Warm-up completed	
☐	Main workout performed	
☐	Cool-down/stretching	
☐	Hydration check	
☐	Feedback/discussion	
☐	Session goals achieved	

Additional Comments / Notes

    Write any additional comments here