



Personal Trainer Workout Plan



Name: _____

Age: _____

Gender: _____

Height / Weight: _____

Training Level: ■ Beginner
■ Intermediate
■ Advanced

Health Notes / Injuries: _____

Trainer Name: _____

Program Duration: ■ 4 Weeks

8 Weeks

Goals

- Fat Loss
- Muscle Gain
- Mobility
- Strength
- Endurance
- General Fitness

Primary Goal: _____

Secondary Goal: _____