

Personal Fitness Trainer Progress Report

Client Name

Report Date

Trainer Name

Program Name

Progress Summary

Body Measurements

Measurement	Current	Previous
Weight		
Body Fat (%)		
BMI		
Chest (cm)		
Waist (cm)		
Hips (cm)		
Other		

Fitness Performance

Test/Exercise	Current Result	Previous Result
Push-ups		
Squats		
Mile Run (min)		
Plank (sec)		
Other		

Goals

Short-Term Goals

Long-Term Goals

Trainer's Notes