

# Fitness Personal Training Client Goal Plan

## Client Information

Name

Age

Date

Contact Information

## Health & Fitness Assessment

Current Health Status

Medical Considerations

Current Activity Level

## Goals

Short-Term Goals

Long-Term Goals

Motivation for Goals

## Fitness Plan

Training Frequency (per week)

Types of Training

Sample Weekly Plan

## Nutrition Plan

Basic Guidelines

Meal Notes

## Progress Tracking

Key Metrics to Track

Progress Notes

## Additional Notes