



Logbook





FIT Coaching Logbook

Client Profile

Name:

Age:

Primary Goal:

Why this matters:

Exercises you enjoy:

Exercises you dislike:

Weak points:



FIT Coaching Logbook

Discipline Scorecard (Weekly)

Habit	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Water							
Steps							
Meals							
Sleep							
Training							

Weekly Score:

Key Wins:

Healthy meal you enjoyed:



Workout Session Log - Monday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:



Workout Session Log - Tuesday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:



Workout Session Log - Wednesday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:



Workout Session Log - Thursday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:



Workout Session Log - Friday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:



Workout Session Log - Saturday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:



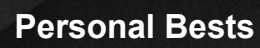
Workout Session Log - Sunday

Exercise	Sets	Reps	Weight	Notes

Effort (1-10):

Energy (1-10):

What went well:

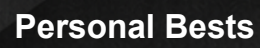


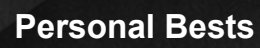
Personal Bests

[illegible]

Personal Bests

[illegible]





Personal Bests

[illegible]