# Personal training program: week 1 of 4

Free template from JustTrain (justtrain.io/personal-training-program-template/). Print it and fill it in by hand, or use the CSV version in a spreadsheet.

Client: _____ Goal: _____ Start date: _____ Sessions/week: _____ Trainer: _____

## Day A

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
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| 7 | | | | | |
| 8 | | | | | |

Notes:

## Day B

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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Notes:

## Day C

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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| 7 | | | | | |
| 8 | | | | | |

Notes:

## Week 1 check-in

Sessions done (of planned): _____ How the week felt (1-10): _____ Changes for next week: _____

Load: the weight or resistance used (e.g. 45 lb, bodyweight, band). Rest: time between sets. Build and download sessions free at justtrain.io/workout-builder/, no signup.

# Personal training program: week 2 of 4

Free template from JustTrain (justtrain.io/personal-training-program-template/). Print it and fill it in by hand, or use the CSV version in a spreadsheet.

Client: _____ Goal: _____ Start date: _____ Sessions/week: _____ Trainer: _____

## Day A

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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Notes:

## Day B

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
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| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

Notes:

## Day C

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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| 7 | | | | | |
| 8 | | | | | |

Notes:

## Week 2 check-in

Sessions done (of planned): _____ How the week felt (1-10): _____ Changes for next week: _____

Load: the weight or resistance used (e.g. 45 lb, bodyweight, band). Rest: time between sets. Build and download sessions free at justtrain.io/workout-builder/, no signup.

# Personal training program: week 3 of 4

Free template from JustTrain (justtrain.io/personal-training-program-template/). Print it and fill it in by hand, or use the CSV version in a spreadsheet.

Client: Goal: Start date: Sessions/week: Trainer:

## Day A

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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Notes:

## Day B

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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| 5 | | | | | |
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| 7 | | | | | |
| 8 | | | | | |

Notes:

## Day C

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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| 3 | | | | | |
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| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

Notes:

## Week 3 check-in

Sessions done (of planned): How the week felt (1-10): Changes for next week:

Load: the weight or resistance used (e.g. 45 lb, bodyweight, band). Rest: time between sets. Build and download sessions free at justtrain.io/workout-builder/, no signup.

# Personal training program: week 4 of 4

Free template from JustTrain (justtrain.io/personal-training-program-template/). Print it and fill it in by hand, or use the CSV version in a spreadsheet.

Client: _____ Goal: _____ Start date: _____ Sessions/week: _____ Trainer: _____

## Day A

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
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Notes:

## Day B

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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Notes:

## Day C

| # | Exercise | Sets | Reps | Load | Rest |
|---|---|---|---|---|---|
| 1 | | | | | |
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Notes:

## Week 4 check-in

Sessions done (of planned): _____ How the week felt (1-10): _____ Changes for next week: _____

Load: the weight or resistance used (e.g. 45 lb, bodyweight, band). Rest: time between sets. Build and download sessions free at justtrain.io/workout-builder/, no signup.