

PERSONAL TRAINING ATTENDANCE LOG

Name: _____ Facility: _____

Instructions: Use the table below to track your personal training attendance during the current 6-month period. You will earn credit for this activity by attending at least 3 sessions over the next 6 months. Be sure to include the date of the session, the name of the gym/facility, the name of your trainer, and the length of the session.

You will earn maximum 25 points for completing this activity.

	Date	Name of Gym/Facility	Name of Trainer	Session Length
1				
2				
3				
4				
5				
6				
7				
8				
9				