

Personal Training Attendance Log

You will receive 25 points for completing this activity

Name: _____ Facility: _____

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

Date	Name of Gym/Facility	Name of Trainer	Session Length