

## Personal Training Attendance Log

You will receive 25 points for completing this activity

Name: \_\_\_\_\_ Facility: \_\_\_\_\_

You will earn credit for this activity by attending at least 3 appointments over the next 6 months.

**Instructions:** Please fill out the form below to receive credit. Use the table below to track your personal training sessions during the current 6-month period. 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.

\*\*\*Receive an extra 5 points for a 2-3 sentence reflection of how these sessions have helped you in your health journey (write in below the table or back of page).

Date	Name of Gym/Facility	Name of Trainer	Session Length
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____