



MYFITNESSBUDDY.CO.UK

SESSION PLAN

CLIENT

CLIENT		NEAREST TELEPHONE	
DATE		FIRST AID KIT	
VENUE		DURATION OF SESSION	

CLIENT'S DETAILS

FITNESS LEVEL:

SKILLS LEVEL:

AGE:

MALE/FEMALE:

CLIENT GOALS

AIMS AND OBJECTIVES

WARM UP/STRETCH

CARDIO-VASCULAR

RESISTANCE TRAINING

COOL DOWN

FLOOR WORK/STRETCHING