



Mark each session the client attends. At the end, total attendance; it is the clearest sign that the group is engaged.

GROUP / TIME

PROGRAM START

Columns 1-36: sessions in the 12-week program (3 per week). If you coach 2 per week, use the first 24.



Use one row per session. Average RPE is the effort the group felt (ask at the end: "On a scale of 0 to 10, how hard was that?").

[illegible]