



YOUR 12-WEEK PROGRESS

This report shows how much you have improved since the program began. Every result is compared with your own baseline; your effort is your best benchmark.

CLIENT NAME

GROUP / TRAINER

FECHA WEEK 1

FECHA WEEK 12

TEST	WEEK 1	WEEK 12	IMPROVEMENT
1. 30-Second Bench Squat reps			%
2. Incline Bench Push-Ups reps			%
3. Forearm Plank seconds			%
4. 6-Minute Walk or Jog metres			%

PROGRAM ATTENDANCE

You attended _____ of _____ sessions (_____%)

YOUR BIGGEST IMPROVEMENT

YOUR NEXT GOAL

MESSAGE FROM YOUR TRAINER

TRAINER SIGNATURE
