WEEKLY WORKOUT ADHERENCE

Client full name: _____

Coach name: _____

Week of: _____

Mon	Planned focus: _____	☐ Completed	Actual notes: _____
Tue	Planned focus: _____	☐ Completed	Actual notes: _____
Wed	Planned focus: _____	☐ Completed	Actual notes: _____
Thu	Planned focus: _____	☐ Completed	Actual notes: _____
Fri	Planned focus: _____	☐ Completed	Actual notes: _____
Sat	Planned focus: _____	☐ Completed	Actual notes: _____
Sun	Planned focus: _____	☐ Completed	Actual notes: _____

Coach comments:

Client signature: _____ Date: _____

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