



MOVE BETTER

HEALTH & FITNESS

Client: _____

KEY:

PT	Personal Training
RT	Resistance Training
CC	Core and/or Cardio
MVT	Mobility or Basic Movement
RR	Rest and Recover

GOALS:

PT	_____
RT	_____
CC	_____
MVT	_____
RR	_____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
HEALTH MAINTENANCE								Results
1								* Education
2								* Accountability
3								* Development
4								* Increased Energy
5								* Increased Strength
6								* Increased Endurance
7								* Supplementation Plan
8								* Nutrient Intake
WEIGHT LOSS OR MUSCLE GAIN								Results
9								* Creating Changes
10								* Visible Changes
11								* Body Fat Loss
12								* Muscle Gain
13								* Improved Flexibility
14								* Increased Stamina
15								* Better Posture
16								* Core Stability
LIFESTYLE CHANGE								Results
17								* Toning and Tightening
18								* Sports Performance
19								* Plateau Prevention
20								* Habit Changes
21								* Improved Range of Motion
22								* Mental Strength
23								* Functional Longevity
24								* Long Term Results