

Recording a Training Log

Include the following data in your training log to build a detailed record of your client's progress. Tracking progress helps with motivation, organization, and accountability.

Daily Basis

- Time of Day
- Exercises, sets, and reps
- Modifications
- Rest periods
- RPE of working sets
- Length of training session
- Any acute pain during training session?

Weekly Basis

- Scale weight
- Overall sense of well-being (*are you sore, tired, energetic, sluggish, etc.*)
- How many training sessions were you able to complete?
- How was sleep and overall stress?
- How was your diet?
- Any chronic soreness or pain?
- Any injuries outside the gym?

Monthly Basis

- What is the overall trend in the areas you are training? (*Improvement, no change, decline?*)
- Are body composition changes (*or maintenance*) on track?
- Overall mood and sense of well-being.
- Where are you relative to your goal time-line?
- Any changes or adjustments in programming or time-line.

