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**Checklist: Preparing for a**

**training session**

As someone who makes use of a personal trainer’s services, you can help make sure the session goes ahead on schedule and runs efficiently by following this checklist. This is especially helpful for those who are new to training in a gym and with a personal trainer.

**(Modify as necessary for a client’s sessions per week or per month. This sheet is currently set up per week)**

1. **One week before your scheduled training session (mark when completed):**

Mark on your calendar the days in which you will complete your home training \_\_\_\_\_

Complete a list of tasks assigned to you by your personal trainer and the days they will be completed \_\_\_\_

1. **Each day you should: (tick when completed)**

Work on the task as assigned in point one above \_\_\_\_

Write down any problems or other points that come to mind \_\_\_\_

Come up with any questions you might \_\_\_\_\_

1. **The day before your session you should: (tick when completed)**

Go over the list of questions or problems to discuss with your trainer \_\_\_\_\_

Double check your appointment time and confirm it \_\_\_\_\_

1. **After your training session: (tick when completed)**

Review the training session. Is there anything you would like to bring up with your personal trainer \_\_\_\_