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**Monthly Revue Form**

**Client Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Client Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. List the goals that you were able to achieve during your training sessions during the past month.

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1. List the goals that you were not able to meet during your training sessions this month?

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1. Why do you think you weren’t able to achieve those goals?

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1. What are you goals for the month’s training ahead?

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1. From your perspective, which aspects of the personal training sessions are working?

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1. And which do you feel aren’t working?

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1. How do you think we could improve our sessions together?

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1. Is there anything else you would like to bring to my attention this month?

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**Please return this form to me either by email me at (email address) or at our next training session, preferably before the new month’s training starts.**