



Fitness Training Program

Name of Client	
	Program start date

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Suggestions

Warm-up						
Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start	

Strength						
Exercises	Reps	Wts	Weeks	Frequency	Start	

Cardio						
Exercises	Reps	Wts	Weeks	Frequency	Start	

Cool-down						
Exercises	Reps	Wts	Weeks	Frequency	Start	

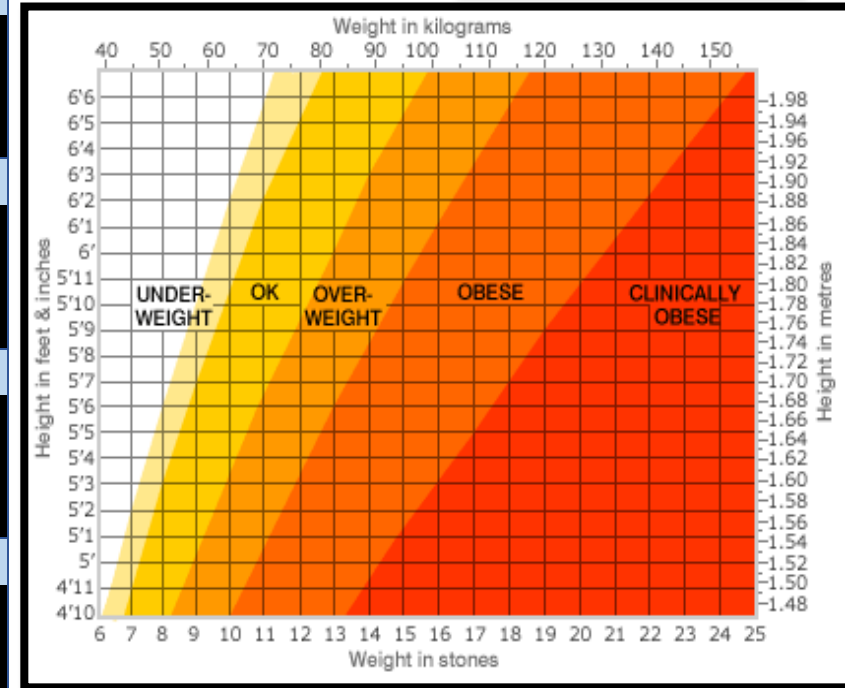


Body Measurements Card - Men

Date	Wk	Weight	BF	MM	BMI	Forearm	Bicep	Chest	Waist	Neck	Thigh	
	S											
	1					Body measurements only taken at the start then every 4 th week						
	2											
	3											
	4											
	5					Body measurements only taken at the start then every 4 th week						
	6											
	7											
	8											
	9					Body measurements only taken at the start then every 4 th week						
	10											
	11											
	12											
	13					Body measurements only taken at the start then every 4 th week						
	14											
	15											
	16											
	17					Body measurements only taken at the start then every 4 th week						
	18											
	19											
	20											
	21					Body measurements only taken at the start then every 4 th week						
	22											
	23											
	24											

Body Mass Index	
< 18.5	Underweight
18.6 - 24.9	Normal
25 - 29.9	Overweight
30 +	Obese

Body Fat % Ranges for Men		
	Age 18-40	Age 41-60
Low	<8	<11
Optimal	8-19	11-22
Moderate	19-25	22-27
High	>25	>27



Taking Body Measurements

- Forearm** measurements should occur at the widest part of the forearm, usually slightly below the elbow.
- Biceps** should be measured approximately halfway between your elbow and shoulder.
- Chest** measurements should be taken at the nipple line, and shoulder measurements should be taken around the whole body at the widest part of the deltoids.
- Neck** measurements should be taken right above the top insertion point of the trapezius.
- Waist** should be measured at the navel line, and the hips should be measured at the top of the iliac crest, which is your hip bone.
- Thigh** measurements should occur halfway between the bottom of the glutes and the knee, and calves should be measured at the peak of the calf, usually a few inches below the bottom of the knee.

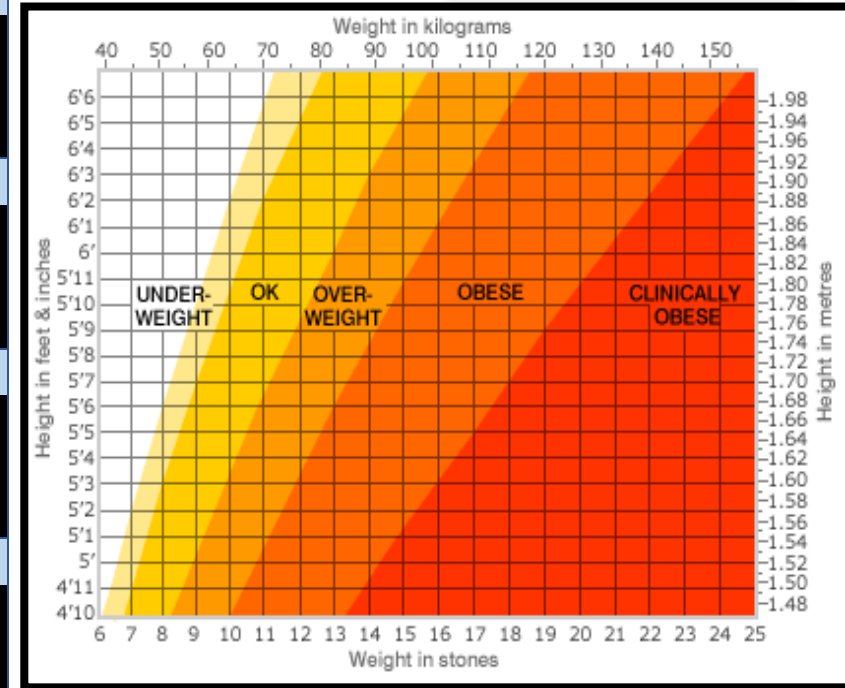


Body Measurements Card – Women

Date	Wk	Weight	BF	MM	BMI	Forearm	Bicep	Chest	Waist	Neck	Thigh
	S										
	1					Body measurements only taken at the start then every 4 th week					
	2										
	3										
	4										
	5					Body measurements only taken at the start then every 4 th week					
	6										
	7										
	8										
	9					Body measurements only taken at the start then every 4 th week					
	10										
	11										
	12										
	13					Body measurements only taken at the start then every 4 th week					
	14										
	15										
	16										
	17					Body measurements only taken at the start then every 4 th week					
	18										
	19										
	20										
	21					Body measurements only taken at the start then every 4 th week					
	22										
	23										
	24										

Body Mass Index	
< 18.5	Underweight
18.6 - 24.9	Normal
25 - 29.9	Overweight
30 +	Obese

Body Fat % Ranges for Women		
	Age 18-40	Age 41-60
Low	<21	<23
Optimal	21-23	23-35
Moderate	33-39	35-40
High	>39	>40



Taking Body Measurements

- Forearm** measurements should occur at the widest part of the forearm, usually slightly below the elbow.
- Biceps** should be measured approximately halfway between your elbow and shoulder.
- Chest** measurements should be taken at the nipple line, and shoulder measurements should be taken around the whole body at the widest part of the deltoids.
- Neck** measurements should be taken right above the top insertion point of the trapezius.
- Waist** should be measured at the navel line, and the hips should be measured at the top of the iliac crest, which is your hip bone.
- Thigh** measurements should occur halfway between the bottom of the glutes and the knee, and calves should be measured at the peak of the calf, usually a few inches below the bottom of the knee.