Perfect Personal Training, LLC
Training Session

Training Equipment

- ☐ Step with ____ legs
- ☐ 55cm Stability Ball, Qty ___
- ☐ 65cm Stability Ball, Qty ___
- ☐ 75cm Stability Ball, Qty ___
- ☐ 85cm Stability Ball, Qty ___
- ☐ Pair Ankle/Wrist Weights: _____ lbs
- ☐ Pair Ankle/Wrist Weights: _____ lbs
- ☐ Foam Roller
- ☐ Half Foam Roller
- ☐ Balance Beam
- ☐ Small Balance Disc
- ☐ Large Balance Disc
- ☐ Medicine Ball, ___ lbs
- ☐ Dumbbells: _____
- ☐ Dumbbells: _____
- ☐ Kettlebell, ___ lbs
- ☐ Resistance Bands, Desc: _____
- ☐ Tubing, Desc: ____
- ☐ Tubing Ring, Desc: ____
- ☐ Fitball, ___ lbs
- ☐ Fitball, ___ lbs
- ☐ Weighted Vest, ____ lbs
- ☐ Toning Bar: ____ lbs
- ☐ Toning Bar: ____ lbs
- ☐ Ab Wheel
- ☐ Jump Rope
- ☐ Reebok Balance Kit
- ☐ BOSU
- ☐ Other: _____
- ☐ Other: _____

Client Name: _____

Date: _____

Sessions Remaining After Today: _____

Testing & Measurement

- ☐ Stethoscope
- ☐ Heart Rate Monitor
- ☐ Blood Pressure Cuff
- ☐ Stopwatch
- ☐ Measuring Tape
- ☐ Metronome
- ☐ Yard Stick
- ☐ Sit & Reach Box
- ☐ Body Fat Calipers
- ☐ Scale
- ☐ BIA
- ☐ Cones, Qty ____
- ☐ Yoga/Floor Mat
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

Other factors affecting workout:

_____

_____

Exercise	Resistance	Time	Notes/Tempo

Post-Workout

- ☐ Client has signed & dated the Session Completion Form.
- ☐ Notes have been written on the Client Homework sheet, and given to the client.