CLIENT:____

Sessions reset on 1st of each month. Unused sessions expire at end of month.

Review Goals

Week 1_______
Week 2_______
Week 3_______
Week 4_______
Week 5_______
Week 6_______
Week 7_______
Week 8_______
Week 9_______
Week 10______
Week 11______
Week 12______

DATE/Time	**Number of Sessions used**	**Number of sessions Remaining**	**Trainer Initials**	**Client Initials** (all active participants)

Client___________________________________

DATE/Time	Number of Sessions used	Number of sessions Remaining	Trainer Initials	Client Initials (all active participants)