

Programme review

Complete this at the end of each block, before you write the next one.

Client name: _____ Block dates: _____

1. Goal of the block

2. Sessions completed

Done: _____ Planned: _____

3. Main lifts, planned against actual

Lift Planned top set Actual top set Effort written / felt

4. Pain, injury or time off

5. What to keep

6. What to change

7. What the client said

8. Plan for the next block

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