# Gym Program Card

<table>
<thead>
<tr>
<th>Client Name:</th>
<th>Initial Program Date:</th>
<th>Follow Up Program Date:</th>
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<tr>
<th>Client Goal/s:</th>
<th>Special Considerations:</th>
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</thead>
</table>

## Warm-up:

## Workout:

|-----------------|------|-------|-------|-------|-------|-------|-------|-------|

## Cool-down & Stretch

## Recovery Time:

## Comments: