

Now let 's plan your training program. You can use this planning sheet to help you, or you can design your own. Remember to jot down everything on your diary.

## PERSONAL TRAINING SESSION PLAN

<b>NAME:</b>	<b>DATE:</b>	<b>GOALS:</b>
<b>EQUIPMENT REQUIRED:</b>		

<b>WARM-UP</b>		<b>TIME:</b>	<b>5-10 min</b>
<b>STRETCHES ( hold each stretch MINIMUM 30 seconds)</b>			

ASPECT OF FITNEES	TYPE OF TRAINING	EXERCISES	SETS	REPS	REST	WORK COMPLETED	FEELINGS	NEXT STEPS

<b>COOL-DOWN</b>	<b>TIME:</b>	<b>5-10 min</b>	
<b>STRETCHES/BREATHING EXERCISES</b>			