

EXERCISE AND SPORTS TRAINING REPORT (EST)

CLIENT: _____ REPORT DATES _____ TO _____

Record Daily. Once a Month Average Data and Submit a Monthly Report. With Daily Records.

Week Date Begins on Sundays →	DATE	DATE	DATE	DATE	DATE	DATE	DATE
Type of Aerobic Exercise →							
Number of Hours							
Distance							
Type of Anaerobic Exercise →							
Number of Sets							
Number of Reps in Sets							
Number of Hours							
OTHER TRAINING - Type ↕ and Frequency →							
RECREATIONAL SPORTS-Type ↕ & Frequency →							
SLEEP AND REST							
Number of Sleep Hours							
Nap – Number of Hours if Training twice daily							
PROGRAM OF CARE AS INSTRUCTED							
MACRO-NUTRIENT DAILY INTAKE:							
Fat Percentage							
Carbohydrate (grams)							
Protein (grams)							
Fiber (30-50 grams)							
Water In Quarts (Reverse Osmosis)							
ANTHROPOMETRIC							
Blood Pressure							
Resting Heart Rate							
Target Heart Rate							
Respiratory Lung Capacity							
SPORTS NUTRITION – PRODUCT COMPANIES							
Brand Name	Company	Dosage	Frequency				
ADDITIONAL COMMENTS REGARDING THE ABOVE:							