PERSONAL TRAINER LOG

Please print and complete the following logging sheet then scan and upload using our Document Upload page or e-mail to education@cptn.com for proof of 20 hours or more training requirement.

DATE OF SESSION	NUMBER OF HOURS	CLIENT NAME / PHONE NUMBER	DESCRIPTION OF SESSION WORKOUT PROGRAM	CLIENT INITIALS
01/30/2021	45 Minutes	John Doe 123-456-7890	Abdominal Workout Squats, Bench Press, Deadlifts 5 Minute HIT Training	

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