

# WORKOUT DIARY



To hold you accountable we need to monitor the number of workouts you complete each month. Please mark your attendance with the venue you trained at.

**Client Name:** ..... **Client Email:** .....

**MN** = Mont Nicolle

**Rad** = Rad

**Sam** = Samares

**HV** = Haute Vallee

## Table of Attendance

MONTH						
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VENUE						
DATE						
VENUE						
DATE						
VENUE						
DATE						
VENUE						
DATE						
VENUE						
DATE						

Please ensure you mark your name on the register prior to your arrival at your workouts. You can hand your attendance sheet back to us before the end of each month or email:

**attendance@fitbodyjersey.com**

Tel: 07797 759 793 or 07797 759 793

