



Perfect Personal Training, LLC

Client Homework Sheet

Client Name: _____ Date: _____

Core Focus

Musculoskeletal Resistance Training

Flexibility Training

Cardiovascular Focus

Nutrition Advice

Coordination/Agility/Daily Living

Recommended Action

Recommended Change

Other Reminders:

We Bring the Gym to You!

(877)698-DO-IT (3648) www.perfectpersonaltraining.com