

Fitness Progress Tracking & Goal Review

Date: [Insert Date]

Dear [Client's Name],

Progress Summary

We are excited to share your progress since your last review!

- **Starting Weight:** [Insert Starting Weight]
- **Current Weight:** [Insert Current Weight]
- **Body Fat Percentage:** [Insert Body Fat %]
- **Workout Frequency:** [Insert Frequency]
- **Average Workout Duration:** [Insert Duration]

Achievements

Congratulations on achieving the following:

- [Achievement 1]
- [Achievement 2]
- [Achievement 3]

Areas for Improvement

We also recommend focusing on:

- [Improvement Area 1]
- [Improvement Area 2]

Goals Review

Here are the goals we set together:

- **Goal 1:** [Insert Goal]
- **Goal 2:** [Insert Goal]

Current Status: [Goal Status]

Next Steps

For the upcoming period, we recommend the following adjustments:

- [Recommendation 1]
- [Recommendation 2]

We look forward to your continued progress!

Sincerely,

[Your Name]

[Your Position]

[Fitness Center Name]

[Contact Information]