

Fitness Center Progress Tracking Report

Date: [Insert Date]

Member Name: [Insert Member Name]

Membership ID: [Insert Membership ID]

Progress Summary

Starting Weight: [Insert Starting Weight]

Current Weight: [Insert Current Weight]

Goal Weight: [Insert Goal Weight]

Workout Progress

Total Workouts Completed: [Insert Number]

Average Workout Duration: [Insert Duration]

Comments from Trainer

[Insert Trainer Comments]

Next Steps

Recommended Adjustments: [Insert Recommendations]

Next Check-In Date: [Insert Date]

Contact Information

Phone: [Insert Phone Number]

Email: [Insert Email Address]

Thank you for your commitment to your fitness journey!