

Month: Sept/Oct/Nov

Year: 2015



TRILLIUM FITNESS
PROFESSIONAL PERSONAL TRAINING

Client Name: Smith, Holly

Trillium Fitness Client Calendar

Client ID: SH0217770615

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
	Day 1 Wk 1✓ Rev. Meal Tracker✓ Gluten Education✓		Day 2 Wk 1✓ Rev. Meal Tracker✓ Rev. Goals✓		Rev. Goal 1✓ Rev. Meal Tracker✓ Discuss Meal Plan✓	Meal Plan Prep✓
5	6	7	8	9	10	11
Email Gluten Nutrition Video✓ Meal Plan Prep✓		Day 1 Wk 2✓ Rev. Meal Tracker✓ Grains Education✓		Day 2 Wk 2✓ Rev. Meal Tracker✓ Rev. Goals✓	Rev. Goal 2✓	Meal Plan Prep✓
12	13	14	15	16	17	18
Meal Plan Prep✓			Day 1 Wk3✓ Discuss New Meal Plan✓	Deliver New Meal Plan	Day 2 Wk 3✓ Rev. Meal Tracker✓ Rev. Goals✓	Meal Plan Prep✓
19	20	21	22	23	24	25
Meal Plan Prep✓	New Meal Plan Start	Day 1 Wk 4✓ Rev. New Meal Plan✓			Day 2 Wk 4✓ Body Comp. Rev✓ Rev. New Meal Plan	Deliver New Gym Program✓ Meal Plan Prep✓
26	27	28	29	30	31	1
Discuss Body Comp Results✓ Meal Plan Prep✓	New Gym Prgm✓ Day 1 Wk1✓ Tempo Education✓	Day 2 Wk2✓ Rev. Meal Tracker✓ Reset Goals✓	Holly Away Business	Holly Away Business	Holly Away Business	Meal Plan Prep✓
2	3	4	5	6	7	8
Meal Plan Prep✓		Day 1 Wk 2✓ Rev. Meal Tracker✓ Squat Education✓		Day 2 Wk 2✓ Rev. Meal Tracker✓ Rev. Goals✓	Meal Plan Amendment Made✓	Meal Plan Prep✓