

Personal training program card

Three full-body days, six slots each. Fill one card per four-week block and log each week on page two.

Client

Block start date

Goal, in the client's words

Days per week, and a fallback day

Equipment where they train

Current pain (0-10) and where

Day 1

Date and focus

Slot	Exercise	Sets	Reps	Load	RPE	Notes
Squat						
Hinge						
Push						
Pull						
Carry						
Trunk						

Day 2

Date and focus

Slot	Exercise	Sets	Reps	Load	RPE	Notes
Squat						
Hinge						
Push						
Pull						
Carry						
Trunk						

Day 3

Date and focus

Slot	Exercise	Sets	Reps	Load	RPE	Notes
Squat						
Hinge						
Push						
Pull						
Carry						
Trunk						

The rules that fill the card

Intake: ask these before you write a single exercise

Ask	What the answer changes on the card
What do you want to be able to do in 12 weeks?	Priorities and the measure you track
How long have you trained consistently, and what did you do?	Exercise complexity, volume, and progression speed
How many days can you train in a bad week?	The minimum plan and the fallback day
Where will you train, and what equipment is there?	Whether a slot keeps the exact exercise or only the pattern
Any pain now, past injuries, or advice from a clinician to avoid something?	Range limits, review notes, and whether to refer
What training have you enjoyed, or quit, before?	Exercise choice and session format

Week to week: one change at a time

Signal	Change for the next session
A clean week: every session done, form stable, soreness manageable	Progress one variable: a rep, a small load jump, more range, or more control
A missed session	Repeat the week before progressing
Readiness 70% or more	Train as planned
Readiness 60-69%	Drop a set or cut load 5-10%
Readiness under 60%	Drop a set, cap effort at RPE 7, and lengthen rest
Pain 0-2/10 and familiar	Continue and monitor
Pain 3-5/10	Reduce load or range first, then adjust the setup, then change the exercise
Pain 6-7/10	Stop the movement that provokes it and choose a conservative alternative
Pain above 7/10, or sharp, worsening, radiating, or unfamiliar pain	Stop loading and refer to a qualified professional

Four-week review log

Week	Sessions done	Soreness and readiness	Pain notes	Decision for next week
Week 1				
Week 2				
Week 3				
Week 4				