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|  |  | **Age** |  | **Height** |  | **Weight** |  |
| **Date** |  | **Gender** |  | **Waist** |  | **Target Weight** |  |
| **Name of Client:** |  | **BMI** |  | **Chest** |  | **Body Fat** |  |
| **Name of Instructor:** |  | **Target BMI** |  | **Arms** |  | **Target Body Fat** |  |
| **Exercise** | **Notes** | **Reps** | **Weight** | **Sets** | **Frequency** | **#Weeks** | **Start** |
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