

Client Details

Date:	06/04/2020	Client Name:	Louisa Vine		
Title:	Dr	Gender:	Female	Height:	171 cm
DOB:	01/02/1980			Weight:	66 kg
Email:	Louvine21@hotmail.com				
Contacts:	Mobile:	0777777777	Home/Work:	N/A	
In case of emergency contact					
Name:	Paul Johnson		Contact Number:	07787436896	
Relationship:	Partner				

Goals

What do you want to achieve? When by?

1) Would like achieve pre-pregnancy weight of 61 kg before return to work in August.

(Monthly weight loss of 1kg).

2) Tone up legs and bum and be able to deadlift 60kg again. Happy to achieve by the end of the year.

3) Would like to tone up her upper body, specifically her back as she has a bit of discomfort when breastfeeding and carrying baby. Would like to be pain free by August.

Reality

Where are you now? Do you know the route you need to take? What is your current knowledge of achieving the goal? How committed are you

Currently struggling to get into any serious routine with exercise. But has started going to classes at the gym again which she really enjoys and doesn't want to stop.

Feels quite disheartened because of how fit she was before birth and now feels like she's lost it all.

Also, a little scared about doing weights on her won because of complication in birth. Worried that her technique is bad and she'll injure herself.

She is fully committed and would've started sooner if she was physically able to.

Obstacles

Why are you not there now? What could you do to help overcome them?

Biggest obstacle has been her injuries from birth. She wasn't able to do anything for nearly 2 months. Although she is fully healed now, finally.

Because of the extended time off from training she got out of the routine and now finds it hard because of the baby who still isn't in the best routine. But can ask family to babysit and also use the creche now he's old enough.

The last obstacle is herself. She needs to remind herself what she was able to do before and can get back there again.

Way Forward

Let's choose the most important parts and focus on these small goals to achieve big things

She would like to commit to;

- 2 classes per week.
- 2 full body strength sessions (1 PT, 1 solo).
- 1 Yoga/stretching class.
- 1 long walk at weekends with family.
- Usually has an 90 mins available for her sessions.

She will make sure that child care is arranged a week in advance.

Will limit butter and cheese intake to once a week on a Fri evening.

Health MOT Results or Notes

BMI/Waist to Hip	Blood Pressure	Resting HR and Vo2 Max	Bloods (mmol/l)
BMI: 22.6	113/61	RHR: 56	Total Cholesterol: 5.48
W:H: 0.78		Vo2: 38 ml/kg/min	Glucose: 5.0

Medical or Injury Restrictions

6/12 Postnatal with delivery complications: episiotomy and 3rd degree perineal tear. Signed off by physio for exercise.

Still has some weakness in core and pelvic floor.

Has experienced a little pain and restriction in back, specifically around left shoulder. Thinks it is positional from breastfeeding.

Personal Training Client Consultation

Planning Forward

Weekly training schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	PT Session, Weight Training	Body Combat Class (60mins)	Yoga at home	Solo Session Weight Training	Gym Floor HIIT (30mins)	Long walk Approx. 10k	Rest

Sample Workout Overview - suggestions

Activities / periodization / intensities / variations / progressions

Cardio sessions to be instructor led classes and walking.

Strength sessions will be full body sessions including:

Warm up

- 3-5 min pulse raise.
- Muscle activation.
- Mobility through dynamic, functional movements.

Main

- Lower body exercises followed by upper body.
- Combination of compound and isolation exercises.
- Movement patterns to include: squat, hip hinge, lunge, push, pull & rotation.
- Movement through sagittal, frontal and transverse planes.

Core

- Neutral spine position and functional range.
- Stabilisation
- Functional movement & motor control.

Cardio

- Steady state (optional)

Cool Down

- Static stretches.

Progressive overload across 4-week mesocycle.

3-week progression in load / week 4 reduction in volume for recovery. Retest + start next mesocycle.

Action Points

List the next few steps for the client (eg. Fitness test, Physio app, MOT, movement screen, nutritional chat, taster session, food diary)

1

Movement Screen & Strength testing based on RPE (1-10).

2

Programme introduction and explanation

3

Food diary analysis & nutritional advice.

4

Agree type and frequency of tracking/monitoring.

