KNOWLEDGE YOUR HEALTH

Weekly Reflection

FREE SAMPLE

Use this short check-in to turn the week into a clear conversation. Client answers can be brief; the coach records the agreed change.

Studio or trainer: [Your brand] Client ID or initials: [Client]

Week starting: [DD MMM YYYY] Coach: [Name]

What went well this week

[Type here]

What made a planned session difficult

[Type here]

Which instruction needs a clearer demonstration

[Type here]

What felt manageable and what needs adjustment

[Type here]

One practical change we agree for next week

[Type here]

Next review: [Date / time] Coach follow-up: [Action / owner]

Free one-page sample from the Trainer Starter Kit. The full kit contains five editable Word templates, printable PDFs and a use guide. Base price INR 1,999. Preview: knowledgeyourhealth.com/trainer-starter-kit/