

Availability

Directions: Put an “X” in the boxes that you are available to train with your personal trainer. If you have a specific hour that you as the client wants to train, please write it below the graph in the comments section.

X	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am-9am							
9am-12pm							
12pm-3pm							
3pm-6pm							
6pm-9pm							
9pm-12am							

Comments:
