



BC Recreation & Parks Association
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PERSONAL TRAINING REGISTRATION 10 PROGRAM LOGBOOK

The purpose of the 10 program logbook is to confirm competency in the development and delivery of a variety of one-on-one individualized personal training programs in conjunction with completion of the Personal Training ICE package. The programs will be assessed upon the competencies and standards as taught in an approved BCRPA Personal Training course.

A sample logbook record is provided on the reverse; attach additional information, if needed, for each record. Provide a brief overview of the client profile and training methods used for each program. Several different programs may be developed for one client, i.e. cardiovascular training; muscular endurance; sport specific training; and flexibility would be considered separate programs.

APPLY THE FOLLOWING PROGRAM DESIGN GUIDELINES TO EACH PROGRAM:

- **Frequency:** # of times per week and which days of the week
- **Warm-Up:** Intensity and duration
- **Intensity:** ie. Exercise Heartrate/target zone/perceived exertion/% of 1 RM
- **Time/Duration:** ie. Sets and reps/speed of reps/rest period/intervals
- **Type:** List exercises in sequence of program design



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PERSONAL TRAINING 10 PROGRAM LOGBOOK

Personal Trainer Name: _____

Address: _____ Postal Code: _____

Phone: _____ Fax: _____

E-Mail: _____

Sample Logbook Record

Client Profile:

Name: _____

Tel: _____ Date: _____

Location: _____

Summary of Program Design:

History: _____

Goals: _____

Type of Program (ie. cardio; flexibility; muscular strength, etc):

Frequency: _____

Warm-Up: _____

Intensity: _____

Time/Duration: _____

Type (list exercises): _____

Review Date: _____