Elevation Physique

Weekly Client Check-In Form

Client Name:

Week Of:

Daily Weight Tracking

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Health Metrics

Weekly Blood Pressure:

Weekly Blood Glucose:

Weekly Wellness Ratings (1-10)

Nutrition Compliance:

Sleep Quality:

Digestion:

Training Performance:

Energy Levels:

Motivation:

Additional Notes

Progress Photo Submission

Clients can insert or attach their weekly progress photos in the spaces below before submitting the completed form.

Front Relaxed

Insert Photo Here

Side Profile

Insert Photo Here

Back Relaxed

Insert Photo Here