

# TRAINING DIARY

	Date	Session Type (Cardio/Circuit/Resistance/etc)	Duration (Minutes)	RPE / HR	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Trainer Comments:					

	Date	Session Type (Cardio/Circuit/Resistance/etc)	Duration (Minutes)	RPE / HR	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Trainer Comments:					



### Phillip Sharp

*(Assoc. Dip. App. Science (Exercise Science),  
Cert IV Fitness, Cert Weight Control  
Management, Cert IV Assessment & Training,  
Grad Cert Learning & Teaching, Cert Pol)*

Mobile: 0416 10 40 40  
Email: [phillip@sharpfitness.com.au](mailto:phillip@sharpfitness.com.au)  
Web: [www.sharpfitness.com.au](http://www.sharpfitness.com.au)



### Melissa Sharp

*(500hr Registered Yoga Teacher, Cert IV Fitness -  
Personal Trainer, Cert Nutritional Coaching, Cert  
Pre-postnatal Exercise, Cert IV Beauty Therapy,  
Cert Weight Control Management)*

Mobile: 0414 602 434  
Email: [melissa@sharpfitness.com.au](mailto:melissa@sharpfitness.com.au)  
Web: [www.sharpfitness.com.au](http://www.sharpfitness.com.au)