Client tracking sheet

Clinic: _____ Month: _____

Client	Goal	Start	Start kg	Now kg	Waist	Followed %	Next follow-up
Example – Client A	Weight loss	1 Oct	72	70.5	88	80	22 Oct

The Excel version calculates weight change, BMI and days to the next follow-up for you.

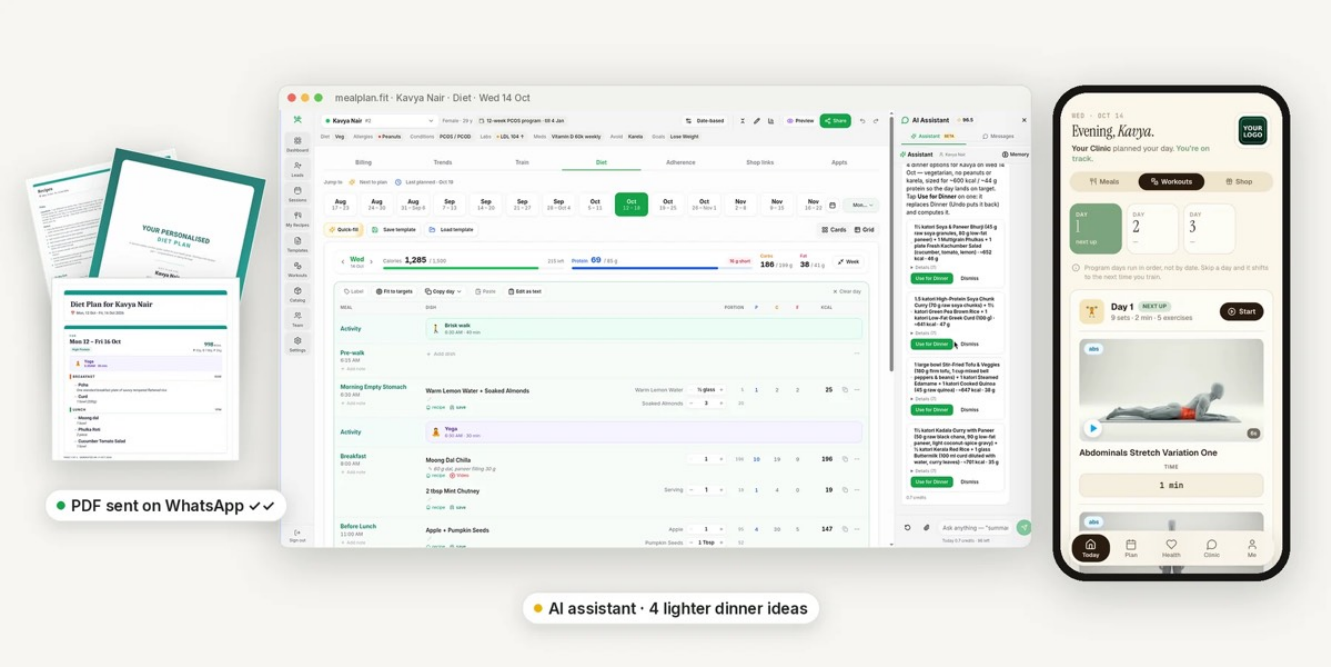
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Clients log weight and meals in your app, so the tracking updates itself.

- Weight, check-ins and plan adherence tracked in your own client app
- Your clinic name and logo on every plan PDF
- Send it to the client on WhatsApp in one tap
- Calories and macros add up as you plan; the AI assistant suggests swaps and you approve
- Clients, plans, follow-ups and payments in one place



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