



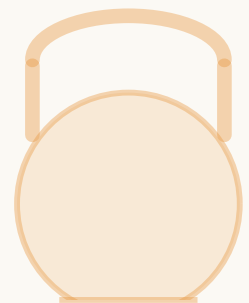
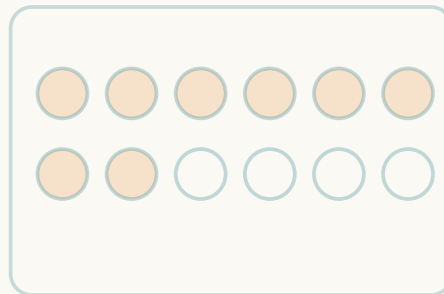
ARDENT WORKSHOP

A FREE ARDENT WORKSHOP STARTER

Trainer Package Balance Tracker

See sessions left and expiry dates for every client

One pre-filled tab - Excel and Google Sheets



KNOW WHAT EVERY CLIENT HAS LEFT

ardentworkshop.com

Know who has sessions left

This free tracker does one job: it tells you, client by client, how many sessions are left on a package and when it expires. Enter each package once, update one column after every session, and the rest works itself out.

THE ONE COLUMN THAT MATTERS

Update **Sessions used** after each session and the tracker does the rest - **Sessions left**, **Days to expiry** and the **Status** color all follow. Nothing here counts sessions for you, so a package only stays accurate while that one number does.

What it does

- Shows sessions left for every client's current package.
- Works out each expiry date from the sold date and the valid days.
- Counts the days to expiry from your As of date and colors the status.
- Totals the packages you are tracking and the sessions left on packages still valid.

How to use it

- 1 Open **Trainer-Package-Balance-Tracker.xlsx** in Excel, Google Sheets, or LibreOffice. It opens pre-filled with example clients (fictitious).
- 2 Overwrite the example rows with your own: client, package, date sold, sessions bought and how many days the package stays valid.
- 3 Set the **As of** date at the top, or type **=TODAY()** there so the expiry countdown stays live.
- 4 After each session, add one to **Sessions used**. Watch the **Status** column: green is OK, amber is Low (two sessions or fewer), light red is Expired.

Example clients are fictitious. A business reference, not licensed tax, accounting, or legal advice.

Ready to run the whole practice from one file?

You now have the simplest useful piece: who has sessions left and who is about to expire. **The Personal Trainer & Fitness-Coach Practice Workbook** is the rest of the practice in one workbook you own.

WHAT THE FULL WORKBOOK ADDS

A dated session log that counts sessions used for you. How much of the money in the bank is still owed back as sessions. Which packages finish or expire in the next 30 days at each client's real booking rhythm. What each client really earns you per hour after travel and admin. Tax money to put aside each payment. Trainer pay for a small studio. All of it connected, in Excel and Google Sheets, with a guide and a package-policy playbook.

See the full range at ardentworkshop.com.

Get the full workbook: The Personal Trainer & Fitness-Coach Practice Workbook

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