

Workout App Trial Worksheet

Keep your choices, checked details and unanswered questions together.

App, device, platform and review date

Training goal and actual equipment

Suggested workout and substitution checked

Completed work, edits and app record

USD checkout amount and billing period

Trial end, renewal and cancellation route

Permissions, data use and deletion questions

Keep, change or stop; unresolved questions

A feature checklist is not a safety clearance or an effectiveness score.

Costs are entered examples; checkout, taxes, terms and attendance may differ.

Seek qualified guidance for technique or health needs the app cannot assess.