

APRIL PERSONAL WORKOUT PLAN



NAME _____ TODAY'S DATE _____

Use this calendar to track your workouts and set specific and measurable goals this month.

In the box below, we have listed a few tips to get you started on the right path.

MONTHLY GOALS _____

LEGEND			
PT Sessions	C Cardio	M Measurements	✓ Activity Completed
GX GX24™ Class	S Strength	F Flexibility	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
STAY ON TRACK WITH THE 24GO APP See your upcoming personal training sessions, get calendar reminders, and share your dashboard with your Coach for extra accountability. Learn More at 24HourFitness.com/24GO							Goal	Actual
							4	5
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training								
25	26	27	28	29	30			

COMPLETE WITH COACH:	MARCH PLAN	MARCH ACTUAL	BEGINNING-OF-MONTH ACTUALS	APRIL PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS	TOTAL	
	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual
PT Sessions	<input type="text"/>	PT Sessions	<input type="text"/>	Weight	<input type="text"/>			
Total Workouts	<input type="text"/>	Total Workouts	<input type="text"/>	BF %	<input type="text"/>			
			Other	<input type="text"/>	<input type="text"/>			
				PT Sessions	<input type="text"/>			
				Total Workouts	<input type="text"/>			
				Weight	<input type="text"/>			
				BF %	<input type="text"/>			
				Other	<input type="text"/>			