

OCTOBER 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		
More Ways to Achieve Results <ul style="list-style-type: none"> • Variety Matters—Try something new this month to incorporate into your fitness routine. • Focus on What's Next—Don't expect perfection. Take action and get better every day. • Team Up—Put a partner in your corner – a friend or trainer can help keep you motivated. 							1	Goal	Actual
2	3	4	5	6	7 BODYCOMBAT Party*	8			
9	10	11	12	13	14	15			
16	17	18	19	20	21	22			
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training									
23	24	25	26	27 Zumba Party in Pink*	28 Zumba Party in Pink*	29 Zumba Party in Pink*			
30	Halloween	31							

COMPLETE WITH TRAINER:

SEPTEMBER PLAN	SEPTEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	OCTOBER PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS
PT Sessions <input type="text"/>	PT Sessions <input type="text"/>	Weight <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"/>	Total Workouts <input type="text"/>	BF % <input type="text"/>	
		Other <input type="text"/>		Other <input type="text"/>	

TOTAL	
Goal	Actual

*Select clubs. See 24HourFitness.com/GX24Parties for details.