

NOVEMBER 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	
												Goal	Actual		
				1		2		3		4		5 Daylight Savings Time Ends			
6		7		8		9		10		11 Training Day Veterans Day		12			
13		14		15		16		17		18		19			
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training															
20		21		22		23		24		25 Tour de 24 Party*		26			
27		28		29		30		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. 							

COMPLETE WITH TRAINER:	OCTOBER PLAN		OCTOBER ACTUALS		BEGINNING-OF-MONTH MEASUREMENTS		NOVEMBER PLAN		END-OF-MONTH MEASUREMENTS		NUTRITIONAL PRODUCTS		TOTAL	
	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual
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"/>					

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