

# DECEMBER 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					
<b>PT</b> Sessions	<b>C</b> Cardio	<b>M</b> Measurements	<input checked="" type="checkbox"/> Activity Completed		
<b>GX</b> GX24™ Class	<b>S</b> Strength	<b>F</b> Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
<b>More Ways to Achieve Results</b> <ul style="list-style-type: none"> <li>• <b>Variety Matters</b>—Try something new this month to incorporate into your fitness routine.</li> <li>• <b>Focus on What's Next</b>—Don't expect perfection. Take action and get better every day.</li> <li>• <b>Team Up</b>—Put a partner in your corner – a friend or trainer can help keep you motivated.</li> </ul>				1	2	3	Goal	Actual
4	5	6	7	8	9 Ohm for the Holidays Party*	10		
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! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>								
25 Christmas Day Chanukah begins	26 Kwanzaa	27	28	29	30	31		

COMPLETE WITH TRAINER:	NOVEMBER PLAN	NOVEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	DECEMBER 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"/>			

\*Select clubs. See [24HourFitness.com/GX24Parties](http://24HourFitness.com/GX24Parties) for details.