

SEPTEMBER 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"> • Rise and Hydrate—Begin each day with a glass of water. Being hydrated is great for the mind, body and mood. • Move Each Morning—Get ready to show up for the day by activating your body. • Reclaim Down Time—Block out time on your calendar to reset and recenter. • Practice Gratitude—You'll feel more inspired, more connected and more content with life. 						1	2	Goal	Actual
3 Labor Day	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22 Training Day Event*	23 Healthy and Wise* <small>Active Aging Week</small>			
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining									
24 Healthy and Wise* <small>Active Aging Week</small>	25 Healthy and Wise* <small>Active Aging Week</small>	26 Healthy and Wise* <small>Active Aging Week</small>	27 Healthy and Wise* <small>Active Aging Week</small>	28 Healthy and Wise* <small>Active Aging Week</small>	29 Healthy and Wise* <small>Active Aging Week</small>	30			

COMPLETE WITH TRAINER:	AUGUST PLAN	AUGUST ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	SEPTEMBER 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 for details.