



# DECEMBER PERSONAL WORKOUT PLAN



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NAME \_\_\_\_\_ TODAY'S DATE \_\_\_\_\_

Don't let the holiday mania distract you! Use this calendar to track your workouts and set specific and measurable goals this month. In the box below, we have listed a few goal ideas and examples 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> Group X Class	<b>W</b> Weights	<b>F</b> Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
<b>Choose goals that are attainable yet challenging. Here are a few examples:</b> <ul style="list-style-type: none"> <li>• Appearance (lose 5 pounds, increase arms by 1")</li> <li>• Flexibility (touch toes without bending knees, do a challenging pose in yoga)</li> <li>• Cardio (decrease mile time by 30 seconds, row for 1 mile straight)</li> <li>• Strength (increase bench press by 15 pounds, add 5 pounds to BODYPUMP® weights)</li> <li>• Performance (increase vertical jump by 2", shave 1 second off 40 yard dash time)</li> </ul>							Goal	Actual
							1	2
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
		Hanukkah begins			Clubs close at 4 pm	Christmas Day Clubs are closed		
26	27	28	29	30	31			
Clubs open at 6 am	Running low on training sessions? Don't forget to re-sign online or via mobile before you run out! <a href="http://24hourfitness.com/personaltraining">24hourfitness.com/personaltraining</a>				New Year's Eve Clubs close at 6 pm			

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"/>			