



FEBRUARY PERSONAL WORKOUT PLAN




Proud Sponsor of the U.S. Olympic Team

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 goal ideas and examples to get you started on the right path.

MONTHLY GOALS _____

LEGEND					
PT Sessions	C Cardio	M Measurements	<input checked="" type="checkbox"/> Activity Completed		
GX Group X Class	W Weights	F Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
 Earn one FREE Personal Training session every 10 times you train. Register today: 24hourfitness.com/train10							Goal	Actual
							1	2
6	7	8	9	10	11	12		
13	14 <i>Valentine's Day</i>	15	16	17	18	19		
20 <i>Presidents Day</i>	21	22 <i>Ash Wednesday</i>	23	24	25	26		
				Running low on training sessions? Don't forget to re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining				
27	28	29 <i>Leap Day</i>	Choose goals that are attainable yet challenging. Here are a few examples: <ul style="list-style-type: none"> • Appearance (lose 5 pounds, increase arms by 1") • Flexibility (touch toes without bending knees, do a challenging pose in yoga) • Cardio (decrease mile time by 30 seconds, row for 1 mile straight) • Strength (increase bench press by 15 pounds, add 5 pounds to BODYPUMP® weights) • Performance (increase vertical jump by 2", shave 1 second off 40 yard dash time) 					

COMPLETE WITH TRAINER:

JANUARY PLAN	JANUARY ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	FEBRUARY 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