

JULY 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	
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) 				July Fitness Tip: Keep fit this summer! Spend at least 30 minutes working out every day. Whether it's a morning hike, an afternoon group exercise class or evening date with the resistance bands or ball, make a point to get your workout in!		1	Goal	Actual
2	3	4	5	6	7	8		
		Independence Day						
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	30	24	31	25	26	27		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								

COMPLETE WITH TRAINER:	JUNE PLAN	JUNE ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	JULY 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"/>			