

JULY 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	<input checked="" type="checkbox"/> Activity Completed		
GX GX24™ Class	S Strength	F Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
STAY ON TRACK WITH THE 24GO® APP See your upcoming personal training sessions, get calendar reminders, and share your dashboard with your Coach for extra accountability. Learn More at 24HourFitness.com/24GO			1	2	3	4	Goal	Actual
			5	6	7	8	9	10
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training								
26	27	28	29	30	31	1		

COMPLETE WITH COACH:	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"/>			
				PT Sessions	<input type="text"/>			
				Total Workouts	<input type="text"/>			
				Weight	<input type="text"/>			
				BF %	<input type="text"/>			
				Other	<input type="text"/>			