

OCTOBER 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 | Goal | Actual |
| | | | | 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | | |
| Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training | | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | |

| COMPLETE WITH COACH: | SEPTEMBER PLAN | SEPTEMBER ACTUALS | BEGINNING-OF-MONTH MEASUREMENTS | OCTOBER 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"/> | | | |