

# MAY 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	✓ Activity Completed
GX GX24™ Class	S Strength	F Flexibility	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
30	31		<b>STAY ON TRACK WITH THE 24GO APP</b> See your upcoming personal training sessions, get calendar reminders, and share your dashboard with your Coach for extra accountability. Learn More at <a href="http://24HourFitness.com/24GO">24HourFitness.com/24GO</a>			1	Goal	Actual
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
Running low on PT sessions? Re-sign online before you run out! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>								
23	24	25	26	27	28	29		

COMPLETE WITH COACH:	MARCH PLAN	MARCH ACTUAL	BEGINNING-OF-MONTH ACTUALS	APRIL 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"/>	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"/>	Other <input type="text"/>			