

FEBRUARY 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	
VISUALIZE YOUR GOALS: Be specific about what you'd like to achieve and when. REATTACK YOUR SNACKS: Keep healthy "fast food" on hand like nuts, fruit or cottage cheese. PRIORITIZE SLEEP: Shut off any screens at least 30 minutes before bed - and get to bed! CELEBRATE SUCCESS: Every step forward is progress. Take a moment to feel proud.				1	2 24 Hour Fitness Bowl	3 24 Hour Fitness Bowl	Goal	Actual
				4	5	6 PUMP Day Party	7	8
11	12	13 PUMP Day Party	14 #WhyIGX24 Party Valentine's Day	15	16	17		
18 Presidents' Day	19	20 PUMP Day Party	21	22	23	24		
				Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training				
25	26	27 PUMP Day Party	28					

COMPLETE WITH TRAINER:	JANUARY PLAN	JANUARY ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	FEBRUARY 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"/>			