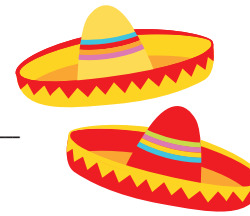


# MAY PERSONAL WORKOUT PLAN



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					
<b>PT</b> Sessions	<b>C</b> Cardio	<b>M</b> Measurements	<input checked="" type="checkbox"/> Activity Completed		
<b>GX</b> GX24™ Class	<b>S</b> Strength	<b>F</b> Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
<b>MIX IT UP:</b> Add variations to your standard routine – try a new move, class or 24GO® workout. <b>STRETCH IT OUT:</b> Always warm up and cool down to help keep your body limber and injury free.							Goal	Actual
							1 <b>INSPIRE Dance Festival*</b>	
2 <b>INSPIRE Dance Festival*</b>								
3 <b>INSPIRE Dance Festival*</b>								
4 <b>INSPIRE Dance Festival*</b>								
5 <b>INSPIRE Dance Festival*</b>  Cinco de Mayo								
6 <b>INSPIRE Dance Festival*</b>	7 <b>INSPIRE Dance Festival*</b>	8 <b>INSPIRE Dance Festival*</b>	9 <b>INSPIRE Dance Festival*</b>	10 <b>INSPIRE Dance Festival*</b>	11 <b>INSPIRE Dance Festival*</b>	12 <b>INSPIRE Dance Festival*</b>  Mother's Day		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
Running low on PT sessions? Re-sign online before you run out! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>								
27  Memorial Day	28	29	30	31	<b>HYDRATE WELL:</b> Drinking plenty of water can help boost performance, energy and brain function. <b>RESPECT YOUR LIMITS:</b> Do what's right for your body right now. You're the only competition that matters.			

COMPLETE WITH TRAINER:	APRIL PLAN	APRIL ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	MAY 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"/>			

\*Select clubs. See [24HourFitness.com/GX24Parties](http://24HourFitness.com/GX24Parties) for details.