

JUNE 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		
MIX IT UP: Add variations to your standard routine – try a new move, class or 24GO® workout. STRETCH IT OUT: Always warm up and cool down to help keep your body limber and injury free. HYDRATE WELL: Drinking plenty of water can help boost performance, energy and brain function. RESPECT YOUR LIMITS: Do what's right for your body right now. You're the only competition that matters.						1	2	Goal	Actual
3	4	5	6	7 First Friday*	8	9			
10 Les Mills Be Moved*	11 Les Mills Be Moved*	12 Les Mills Be Moved*	13 Les Mills Be Moved*	14 Les Mills Be Moved*	15 Les Mills Be Moved*	16 Les Mills Be Moved*			
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training						Father's Day			
17	18	19	20	21 Yoga SOULstice*	22	23			
				Summer Solstice					
24 Summer Splash* Pool Spotlight	25 Summer Splash* Pool Spotlight	26 Summer Splash* Pool Spotlight	27 Summer Splash* Pool Spotlight	28 Summer Splash* Pool Spotlight	29 Summer Splash* Pool Spotlight	30 Summer Splash* Pool Spotlight			

COMPLETE WITH TRAINER:	MARCH PLAN	MARCH ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	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"/>			
Total Workouts	<input type="text"/>	Total Workouts	<input type="text"/>	BF %	<input type="text"/>			
			Other	<input type="text"/>	<input type="text"/>			

*Select clubs. See 24HourFitness.com/GX24Parties for details.