

JULY 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	
							Goal	Actual
1	2	3	4 Freedom & Friends Party* Independence Day	5 First Friday*	6	7		
8	9	10	11	12 Zumba® Glow Party.*	13 Zumba® Glow Party.*	14		
15	16	17	18	19	20 Training Day Event	21		
22	23	24	25	26	27	28		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								
29	30	31	More Ways to Achieve Results <ul style="list-style-type: none"> • Challenge Yourself—If your workout's getting easier, make it harder. • Eat Fresh—Hit your farmer's market for fresh, seasonal produce. • Know Your Goal—Always remember what you're working toward. • Keep Your Cool—Take time to slow your heart rate and breathing gradually. 					

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

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