

AUGUST 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	
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. 			1	2 First Friday*	3	4	Goal	Actual
5 FEARLESS*	6	7	8	9	10	11		
12 FEARLESS*	13	14	15	16	17	18		
19 FEARLESS* Booty Burn* Featuring POP Pilates	20 Booty Burn* Featuring POP Pilates	21 Booty Burn* Featuring POP Pilates	22 Booty Burn* Featuring POP Pilates	23 Booty Burn* Featuring POP Pilates	24 Booty Burn* Featuring POP Pilates	25 Booty Burn* Featuring POP Pilates		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								
26 FEARLESS*	27	28	29	30 Endless Summer Party*	31 Endless Summer Party*			

COMPLETE WITH TRAINER:

JULY PLAN	JULY ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	AUGUST PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS
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"/>	

TOTAL	
Goal	Actual

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