

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	<input checked="" type="checkbox"/> 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 Monday Night Fight Nights*	6	7	8	9	10	11		
12 Monday Night Fight Nights*	13	14	15	16	17	18		
19 Monday Night Fight Nights* POP Pilates Party*	20 POP Pilates Party*	21 POP Pilates Party*	22 POP Pilates Party*	23 POP Pilates Party*	24 POP Pilates Party*	25 POP Pilates Party*		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								
26 Monday Night Fight Nights*	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	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 for details.