

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

COMPLETE WITH TRAINER:	AUGUST PLAN	AUGUST ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	SEPTEMBER 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](http://24HourFitness.com/GX24Parties) for details.