

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			
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	Endless Summer Party*	Goal	Actual
2	3	4	5	6	7	8				
Endless Summer Party*				First Friday*						
Labor Day										
9	10	11	12	13	14	15				
					Les Mills Release Party*	Les Mills Release Party*				
16	17	18	19	20	21	22				
					Training Day Event	Active Aging Week*				
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining										
23	24	25	26	27	28	29				
Active Aging Week*	Active Aging Week*	Active Aging Week*	Active Aging Week*	Active Aging Week*	Active Aging Week*	Active Aging Week*				
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"/>	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"/>				

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