

OCTOBER 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		
	1 Happy. Healthy. Together.*	2 Happy. Healthy. Together.*	3 Happy. Healthy. Together.*	4 Happy. Healthy. Together.* First Friday*	5 Happy. Healthy. Together.*	6 Happy. Healthy. Together.*	Goal	Actual	
7 Happy. Healthy. Together.*	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25 Zumba® Party In Pink*	26 Zumba® Party In Pink*	27 Zumba® Party In Pink*			
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training									
28	29	30	31 Til' Sweat Do Us Part* Halloween	More Ways to Achieve Results <ul style="list-style-type: none"> • Fitness First— Schedule your workouts in advance so nothing gets in the way. • Fuel Well— Avoid dairy, salty and fiber-rich foods for at least an hour pre-workout. • Timing Matters—Leave time to decompress between gym time and bed time. • Resolve Often—Renew your resolutions every week to keep your focus strong. 					

COMPLETE WITH TRAINER:	SEPTEMBER PLAN	SEPTEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	OCTOBER 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 for details.