

# 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 Active Aging Week*	2 Active Aging Week*	3 Active Aging Week*	4 Active Aging Week* First Friday*	5 Active Aging Week*	6 Active Aging Week*	Goal	Actual	
7 Active Aging Week*	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! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>									
28	29	30	31 Til' Sweat Do Us Part*  Halloween	<b>More Ways to Achieve Results</b> <ul style="list-style-type: none"> <li>• <b>Fitness First</b>— Schedule your workouts in advance so nothing gets in the way.</li> <li>• <b>Fuel Well</b>— Avoid dairy, salty and fiber-rich foods for at least an hour pre-workout.</li> <li>• <b>Timing Matters</b>—Leave time to decompress between gym time and bed time.</li> <li>• <b>Resolve Often</b>—Renew your resolutions every week to keep your focus strong.</li> </ul>					

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"/>	PT Sessions	<input type="text"/>			
Total Workouts	<input type="text"/>	Total Workouts	<input type="text"/>	Total Workouts	<input type="text"/>			
Weight	<input type="text"/>	Weight	<input type="text"/>	Weight	<input type="text"/>			
BF %	<input type="text"/>	BF %	<input type="text"/>	BF %	<input type="text"/>			
Other	<input type="text"/>	Other	<input type="text"/>	Other	<input type="text"/>			

\*Select clubs. See [24HourFitness.com/GX24Parties](http://24HourFitness.com/GX24Parties) for details.