

# NOVEMBER 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>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>				1 First Friday*	2	3  Daylight Savings Time Ends	Goal	Actual	
4	5	6	7	8	9	10			
11  Veterans Day	12	13	14	15	16	17			
Running low on PT sessions? Re-sign online before you run out! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>									
18 Let's Ride* Cycle Spotlight	19 Let's Ride* Cycle Spotlight	20 Let's Ride* Cycle Spotlight	21 Let's Ride* Cycle Spotlight	22 Let's Ride* Cycle Spotlight	23 Let's Ride* Cycle Spotlight	24 Let's Ride* Cycle Spotlight			
25	26	27 GX24 Friendsgiving*	28 GX24 Friendsgiving*  Thanksgiving Day	29 GX24 Friendsgiving*	30 GX24 Friendsgiving*				

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