

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	
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. 				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! 24hourfitness.com/training								
18 Tour De 24* Cycle Spotlight	19 Tour De 24* Cycle Spotlight	20 Tour De 24* Cycle Spotlight	21 Tour De 24* Cycle Spotlight	22 Tour De 24* Cycle Spotlight	23 Tour De 24* Cycle Spotlight	24 Tour De 24* 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"/>	<input type="text"/>			

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