

DECEMBER 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	Goal	Actual
2	3	4	5	6 First Friday*	7	8			
9 Les Mills Release*	10 Les Mills Release*	11 Les Mills Release*	12 Les Mills Release*	13 Les Mills Release*	14 Les Mills Release*	15 Les Mills Release*			
16 Om for the Holidays*	17 Om for the Holidays*	18 Om for the Holidays*	19 Om for the Holidays*	20 Om for the Holidays*	21 Om for the Holidays*	22 Om for the Holidays*			
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training							Chanukah begins		
23 Winter Fitness Fest*	24 Winter Fitness Fest*	25 Winter Fitness Fest*	26 Winter Fitness Fest*	27 Winter Fitness Fest*	28 Winter Fitness Fest*	29 Winter Fitness Fest*			
Winter Fitness Fest* 30	Final Call* 31	Christmas Day	Kwanzaa						
							TOTAL	Goal	Actual

COMPLETE WITH TRAINER:

NOVEMBER PLAN	NOVEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	DECEMBER PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS
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.