

# 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		
<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	Goal	Actual
2	3	4	5	6 First Friday*	7	8			
9 Les Mills Feel the Power*	10 Les Mills Feel the Power*	11 Les Mills Feel the Power*	12 Les Mills Feel the Power*	13 Les Mills Feel the Power*	14 Les Mills Feel the Power*	15 Les Mills Feel the Power*			
16 MIND. BODY. SPIRIT.*	17 MIND. BODY. SPIRIT.*	18 MIND. BODY. SPIRIT.*	19 MIND. BODY. SPIRIT.*	20 MIND. BODY. SPIRIT.*	21 MIND. BODY. SPIRIT.*	22 MIND. BODY. SPIRIT.*			
Running low on PT sessions? Re-sign online before you run out! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>							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						

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"/>	

TOTAL	
Goal	Actual

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