

JANUARY 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	
<p>SET MICRO RESOLUTIONS: Decide where you want to be in a month, by spring break, by summer.</p> <p>VARY YOUR ROUTINE: Check out the 24GO app for 1,000+ workouts for in the gym or anywhere.</p>							Goal	Actual
							<p>1 New Year's Day</p> <p>2</p> <p>3 First Friday* GX24® Spotlight Weekend*</p> <p>4 GX24® Spotlight Weekend*</p> <p>5 GX24® Spotlight Weekend*</p>	
6	7	8	9	10	11	12		
13	14	15	16	17 GX24® Spotlight Weekend*	18 GX24® Spotlight Weekend*	19 GX24® Spotlight Weekend*		
20	21	22	23	24	25 Training Day Event	26		
<p>Martin Luther King Jr. Day</p> <p>Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training</p>								
27	28	29	30	31	<p>NOURISH YOUR GOALS: Balance your intake with your output. See 24life.com for ideas.</p> <p>WARM-UP TO WARM-UPS: Help reduce your chance of injury so you can keep after your goals.</p>			

COMPLETE WITH TRAINER:	DECEMBER PLAN	DECEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	JANUARY 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"/>	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"/>	Other <input type="text"/>			

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