

# MARCH 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					
<b>PT</b> Sessions	<b>C</b> Cardio	<b>M</b> Measurements	<input checked="" type="checkbox"/> Activity Completed		
<b>GX</b> GX24™ Class	<b>S</b> Strength	<b>F</b> Flexibility			

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

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