

APRIL 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	<input checked="" type="checkbox"/> Activity Completed		
GX GX24™ Class	S Strength	F Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
		1 Bring the Heat* Feat. Beachbody	2 Bring the Heat* Feat. Beachbody	3 Bring the Heat* Feat. Beachbody First Friday*	4 Bring the Heat* Feat. Beachbody	5 Bring the Heat* Feat. Beachbody	Goal	Actual
6	7	8	9	10	11	12		
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training								
13	14	15 Tax Day	16	17	18	19		
20	21	22 Earth Day	23	24	25	26		
27	28	29 Training Day Event	30	STAY ON TRACK WITH THE 24GO® APP See your upcoming personal training sessions, get calendar reminders, and share your dashboard with your trainer for extra accountability. Learn More at 24HourFitness.com/24GO				
							TOTAL	
							Goal	Actual

COMPLETE WITH TRAINER:

MARCH PLAN	MARCH ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	APRIL 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.