

AUGUST 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	
STAY ON TRACK WITH THE 24GO® APP See your upcoming personal training sessions, get calendar reminders, and share your dashboard with your Coach for extra accountability. Learn More at 24HourFitness.com/24GO			30	31	1	2	Goal	Actual
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training								
24	25	26	27	28	29	30		
31	COMPLETE WITH COACH:						TOTAL	
	JULY PLAN	JULY ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	AUGUST PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS	Goal	Actual
	PT Sessions <input type="text"/> Total Workouts <input type="text"/>	PT Sessions <input type="text"/> Total Workouts <input type="text"/>	Weight <input type="text"/> BF % <input type="text"/> Other <input type="text"/>	PT Sessions <input type="text"/> Total Workouts <input type="text"/>	Weight <input type="text"/> BF % <input type="text"/> Other <input type="text"/>	_____ _____ _____		