

SEPTEMBER 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		
							Goal	Actual	
31	1	2	3	4	5	6			
7 Labor Day	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
Running low on PT sessions? Re-sign online before you run out! 24hourfitness.com/training									
28	29	30	1	2	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				
							TOTAL		
							Goal	Actual	

COMPLETE WITH COACH:	AUGUST PLAN	AUGUST ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	SEPTEMBER 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"/>			
				PT Sessions	<input type="text"/>			
				Total Workouts	<input type="text"/>			
				Weight	<input type="text"/>			
				BF %	<input type="text"/>			
				Other	<input type="text"/>			