

# OCTOBER 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	
<b>STAY ON TRACK WITH THE 24GO® APP</b> See your upcoming personal training sessions, get calendar reminders, and share your dashboard with your Coach for extra accountability. Learn More at <a href="http://24HourFitness.com/24GO">24HourFitness.com/24GO</a>			1	2	3	4	Goal	Actual
			5	6	7	8	9	10
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
Running low on PT sessions? Re-sign online before you run out! <a href="http://24hourfitness.com/training">24hourfitness.com/training</a>								
26	27	28	29	30	31 Halloween	1		

COMPLETE WITH COACH:	SEPTEMBER PLAN	SEPTEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	OCTOBER 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"/>			