



# MARCH PERSONAL WORKOUT PLAN



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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 goal ideas and examples 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> Group X Class	<b>W</b> Weights	<b>F</b> Flexibility			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
<p>Choose goals that are attainable yet challenging. Here are a few examples:</p> <ul style="list-style-type: none"> <li>• Appearance (lose 5 pounds, increase arms by 1")</li> <li>• Flexibility (touch toes without bending knees, do a challenging pose in yoga)</li> <li>• Cardio (decrease mile time by 30 seconds, row for 1 mile straight)</li> <li>• Strength (increase bench press by 15 pounds, add 5 pounds to BODYPUMP® weights)</li> <li>• Performance (increase vertical jump by 2", shave 1 second off 40 yard dash time)</li> </ul>							Goal	Actual
							1	2
8	9	10	11	12	13	14		
<p>Have you signed up for the <b>Train 10 Get 1</b> promotion? Register today: <a href="http://24hourfitness.com/train10">24hourfitness.com/train10</a></p>							Daylight Savings Begins	
15	16	17	18	19	20	21		
<p>Running low on PT sessions? Re-sign online or via mobile before you run out! <a href="http://24hourfitness.com/personaltraining">24hourfitness.com/personaltraining</a></p>							St. Patrick's Day	
22	23	24	25	26	27	28		
29	30	31						

COMPLETE WITH TRAINER:

FEBRUARY PLAN	FEBRUARY ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	MARCH 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"/>	

TOTAL	
Goal	Actual