For Personal Training Clients

Your trainer will:

- Review the prior month’s execution of the plan.
- Update measurements at the beginning of the month and results at the end of the month.

### Personal Workout Plan Tips

**At beginning of the month:**
- Print the calendar
- Identify goals and create a workout plan
- Display the calendar in a prominent place so you can update regularly

**Use this calendar and legend to stay on track of your monthly workouts and progress against goals.**

#### Legend

- **PT Sessions**
- **GX Group X Class**
- **W Weights**
- **M Measurements**
- **F Flexibility**
- **✓ Activity Completed**

#### ADD VARIETY TO YOUR WORKOUT
**Try a Group X class. They’re fun and motivating!**
Print a class schedule at 24hourfitness.com/classes

### October Personal Workout Plan

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

**COMPLETE WITH TRAINER:**

<table>
<thead>
<tr>
<th>September Plan</th>
<th>September Actuals</th>
<th>Beginning-of-Month Measurements</th>
<th>October Plan</th>
<th>End-of-Month Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT Sessions</td>
<td>PT Sessions</td>
<td>Weight</td>
<td>PT Sessions</td>
<td>Weight</td>
</tr>
<tr>
<td>Total Workouts</td>
<td>Total Workouts</td>
<td>BF % Other</td>
<td>Total Workouts</td>
<td>BF % Other</td>
</tr>
</tbody>
</table>

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