

# Personal Workout Plan Tips



## OCTOBER PERSONAL WORKOUT PLAN



Proud Sponsor of the U.S. Olympic Team

NAME \_\_\_\_\_ TODAY'S DATE \_\_\_\_\_

GOAL \_\_\_\_\_ TARGET DATE \_\_\_\_\_

MONTHLY GOAL \_\_\_\_\_

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

Are you currently training? Don't forget to re-sign online or via mobile before you run out of sessions.

Not training yet? Review the trainer bios and get started with our special PT introductory package.

Learn more: [24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

LEGEND							
PT	Sessions	C	Cardio	M	Measurements	✓	Activity Completed
GX	Group X Class	W	Weights	F	Flexibility		

Indicate which activities should be performed each day/week using the legend.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
<b>ADD VARIETY TO YOUR WORKOUT</b> Try a Group X class. They're fun and motivating! Print a class schedule at <a href="http://24hourfitness.com/classes">24hourfitness.com/classes</a>							Goal	Actual
							1	2
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31								

Review and update the number of workouts completed for each week.

COMPLETE WITH TRAINER:

SEPTEMBER PLAN		SEPTEMBER ACTUALS		BEGINNING-OF-MONTH MEASUREMENTS		OCTOBER PLAN		END-OF-MONTH MEASUREMENTS	
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
<input type="text"/>	<input type="text"/>

**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