

AUGUST 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
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								
22	23	24	25	26	27	28		
29	30	31	Follow these tips to help make your fitness goals a reality: <ul style="list-style-type: none"> • Keep Your Goals in Focus—Decide what you want, develop a plan, stay consistent and be patient. The results will come! • Prepare Ahead—2 words: meal prep. This will ensure you don't eat bad food or skip meals. And don't forget to control portion sizes. • Supplement Your Life—Supplements can play a key role in boosting performance and helping you achieve your health and fitness goals. • Clear the Hurdle—Talk to a personal trainer today about how they can help you overcome roadblocks and get the real results you're after! 					

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