

# MAY 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	✓	Activity Completed
GX	GX24™ Class	S	Strength	F	Flexibility		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
1	2	3	4	5 Cinco de Mayo	6	7	Goal	Actual
8	9	10	11	12	13	14 Mother's Day		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
Running low on PT sessions? Re-sign online or via the free My24® app before you run out! <a href="https://24hourfitness.com/training">24hourfitness.com/training</a>								
29 Memorial Day	30	31	<b>Make the most of your 24:</b> <ul style="list-style-type: none"> <li>• <b>Remix Your Workout</b> — Challenge yourself to try something new.</li> <li>• <b>Buddy Up</b> — Bring a friend, or join a group training or GX24™ class.</li> <li>• <b>Get Your Mojo Back</b> — Make time to relax and recover. You know you need it.</li> <li>• <b>Raise Your Game</b> — Take your workouts to the next level. Talk to a personal trainer.</li> </ul>					

COMPLETE  
WITH  
TRAINER:

APRIL PLAN	APRIL ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	MAY PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS	TOTAL	
PT Sessions <input type="text"/>	PT Sessions <input type="text"/>	Weight <input type="text"/>	PT Sessions <input type="text"/>	Weight <input type="text"/>		Goal	Actual
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"/>			