

OCTOBER 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	Group X-Class	W	Weights	F	Flexibility		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
<p>Prepare for the holiday season with these helpful tips in mind:</p> <ul style="list-style-type: none"> Get Prepared – Get yourself up for success. Establish a goal. Set a time frame. Make it happen. Be Good To Yourself – Reward a workout or a meal? Don't deny yourself anything. Get back in and work hard the next time. Have Fun – Don't let numbers rule your progress. Relax and enjoy a treat or try your regular routine in a new place. Try Something New – Participate in a Group X-Class or speak with a personal trainer for fun ways to mix up your workout. 							Goal	Actual
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
Columbus Day								
22	23	24	25	26	27	28		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								
29	30	31						
Halloween								
							TOTAL	
							Goal	Actual

COMPLETE WITH TRAINER:	SEPTEMBER PLAN	SEPTEMBER ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	OCTOBER PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS	TOTAL
	Goal	Actual	Weight BF % Other	Goal	Actual		Goal
PT Sessions	<input type="text"/>	<input type="text"/>	<input type="text"/>	PT Sessions	<input type="text"/>		
Total Workouts	<input type="text"/>	<input type="text"/>	<input type="text"/>	Total Workouts	<input type="text"/>		