

# OCTOBER PERSONAL WORKOUT PLAN



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

Use this calendar to track your workouts and set specific and measureable goals this month. In the box below, we have listed a few tips to get you started on the right path.

MONTHLY GOALS \_\_\_\_\_

\_\_\_\_\_

| LEGEND                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |                       |                      |        |           |        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------------|----------------------|--------|-----------|--------|
| <b>PT</b> Sessions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>C</b> Cardio  | <b>M</b> Measurements | ✓ Activity Completed |        |           |        |
| <b>GX</b> Group X Class                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>W</b> Weights | <b>F</b> Flexibility  |                      |        |           |        |
| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday          | Wednesday             | Thursday             | Friday | Saturday  | Sunday |
| <b>Prepare for the holiday season with these helpful tips in mind:</b> <ul style="list-style-type: none"> <li>• <b>Get Prepared</b>—Set yourself up for success: Establish a goal. Set a time-frame. Make it happen!</li> <li>• <b>Be Good To Yourself</b>—Missed a workout or a few? Its okay, you're busy. Get back in and work hard the next time.</li> <li>• <b>Have Fun</b>—Don't let monotony ruin your progress. Work out with a friend or try your regular routine in reverse.</li> <li>• <b>Try Something New</b>—Participate in a Group X® class or speak with a personal trainer for fun ways to mix up your workout.</li> </ul> |                  |                       | 1                    | 2      | 3         | 4      |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 6                | 7                     | 8                    | 9      | 10        | 11     |
| 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 13               | 14                    | 15                   | 16     | 17        | 18     |
| Columbus Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                  |                       |                      |        |           |        |
| 19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 20               | 21                    | 22                   | 23     | 24        | 25     |
| Running low on PT sessions? Re-sign online or via mobile before you run out! <a href="http://24hourfitness.com/personaltraining">24hourfitness.com/personaltraining</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                  |                       |                      |        |           |        |
| 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 27               | 28                    | 29                   | 30     | 31        |        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                  |                       |                      |        | Halloween |        |

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