

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY WORKOUTS	
Prepare for the holiday season with these helpful tips in mind: <ul style="list-style-type: none"> • Get Prepared—Set yourself up for success: Establish a goal. Set a time-frame. Make it happen! • Be Good To Yourself—Missed a workout or a few? Its okay, you're busy. Get back in and work hard the next time. • Have Fun—Don't let monotony ruin your progress. Work out with a friend or try your regular routine in reverse. • Try Something New—Participate in a Group X® class or speak with a personal trainer for fun ways to mix up your workout. 			1	2	3	4	Goal	Actual
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! 24hourfitness.com/personaltraining								
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"/>	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"/>			