FEBRUARY PERSONAL WORKOUT PLAN

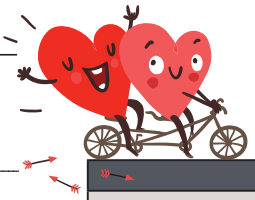
NAME _____ TODAY'S DATE _____

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	✔	Activity Completed
GX	GX24™ Class	**S**	Strength	**F**	Flexibility		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20 Presidents' Day	21	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**

Get more from your 24:

- ***Create a Plan***—*Establish realistic goals and set a timeframe to achieve them. Make fitness a priority!*
- ***Win Daily***—*Use a fitness tracker to record daily accomplishments. Use them to set longer-term goals.*
- ***Pump Up Your Playlist***—*Pick music that moves you and tune out distractions. Make your workouts all about you.*
- ***Raise Your Bar***—*Ask a personal trainer how they can help you take your fitness to the next level.*

WEEKLY WORKOUTS	
Goal	Actual

TOTAL	
Goal	Actual

COMPLETE WITH TRAINER:

JANUARY PLAN	JANUARY ACTUALS	BEGINNING-OF-MONTH MEASUREMENTS	FEBRUARY PLAN	END-OF-MONTH MEASUREMENTS	NUTRITIONAL PRODUCTS
PT Sessions	PT Sessions	Weight	PT Sessions	Weight	
Total Workouts	Total Workouts	BF %	Total Workouts	BF %	
		Other		Other	