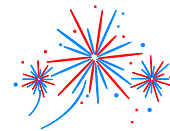


JULY WORKOUT CALENDAR



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	
Here are some helpful tips to keep your progress on track: <ul style="list-style-type: none"> • Define Your Goal—Use the SMART method (specific, measurable, attractive, realistic, time-bound) to narrow your focus. • Variety Matters—Keep your workouts fun, engaging and productive by trying new ways to stay active. 							Goal	Actual
							1	2
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
Running low on PT sessions? Re-sign online or via mobile before you run out! 24hourfitness.com/personaltraining								
27	28	29	30	31	<ul style="list-style-type: none"> • Plan Ahead—Schedule your workouts and meals within your daily - often hectic - routine to drive accountability and results. • Think Outside the Box—Try a new GX class and speak with a Personal Trainer today for fun ways to your routine. 			

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