JANUARY 2024 PERSONAL WORKOUT PLAN



<i></i>									
Name:			Trainer:		Date:				
Use this calendar to	track your workouts and se	t specific and measurable	goals this month.						
Monthly Goals:				Fitness Tip of the Month:					
Manday	Tuesday	Wednesday	Thomas	Friday	Catuudan	Condon	Weekly Workouts		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
1	2	3	4	5	6	7			
8	9	10	11	12	13	14			
15	16	17	18	19	20	21			
22	23	24	25	26	27	28			
29	30	31							
Body Weight:		Strength/Fitness:							
Body Fat:						MONTHLY TOTAL			
Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
0-16-									

FEBRUARY 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:			
Use this cale	endar to track your worko	uts and set specific and meas	surable goals this month.			'			
Monthly Goa	als:			Fitness Tip of the I	Wonth:				
Mare	dan Tura	Jan. Mada and	Thursday	Friday	Catuudan	Constan	Weekly Workouts		
Mon	day Tues	day Wednesd	ay Thursday	Friday	Saturday	Sunday	Goal	Actual	
			1	2	3	4			
5	6	7	8	9	10	11			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29						
Body Weight:	·	Strength/Fitness:	:	·	·				
Body Fat: Arm: Chest:						MONTHLY TOTAL:			
Abdomen:									
Hips:									
Calfe									

MARCH 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:			
Use this calen	dar to track your workouts and se	et specific and measurable	goals this month.			'			
Monthly Goals	s:			Fitness Tip of the Mon	nth:				
Mond	ou Tuesday	Madraaday	Thursday	Fuidou	Cohundou	Cumdou	Weekly Workouts		
Mond	ay Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			
Body Weight:		Strength/Fitness:							
Body Fat: Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
Calfe									

APRIL 2024 PERSONAL WORKOUT PLAN



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Name:				Trainer:			Date:			
Use this cale	ndar to track	your workouts and se	specific and measurable	goals this month.						
Monthly Goa	ıls:				Fitness Tip of the Mon	h:				
Man	dou	Tuesday	Wednesday	Thursday	Friday	Catuaday	Cundou	Weekly Workouts		
Mono	uay	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
1		2	3	4	5	6	7			
8	!	9	10	11	12	13	14			
15	1	16	17	18	19	20	21			
22	2	23	24	25	26	27	28			
29	3	30								
Body Weight:			Strength/Fitness:							
Body Fat:							BAONTHLY TOTAL			
Arm:							MONTHLY TOTAL:			
Chest:										
Abdomen:										
Hips:										
Calf:										

MAY 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:			
Use this calend	lar to track your workouts and s	et specific and measurabl	e goals this month.						
Monthly Goals:	:			Fitness Tip of the Mo	onth:				
Mondo	u. Turadau	Wadnaaday	Thomas	Friday	Catuuday	Constant	Weekly Workouts		
Monda	y Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
		1	2	3	4	5			
6	7	8	9	10	11	12			
13	14	15	16	17	18	19			
20	21	22	23	24	25	26			
27	28	29	30	31					
Body Weight:		Strength/Fitness:							
Body Fat: Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
0-16-									

JUNE 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:	Trainer:			Date:		
Use this calendar to tra	ack your workouts and set	specific and measurable	goals this month.						
Monthly Goals:				Fitness Tip of the Mont	th:				
Mondoy	Tuesday	Wadnaaday	Thursday	Friday	Coturdov	Cundov	Weekly Wor		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
Body Weight:		Strength/Fitness:							
Body Fat:						MONTHLY TOTAL:			
Arm:						WIGHTIEF TOTAL.			
Chest:									
Abdomen:									
Hips:									
Colfe									

JULY 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:			
Use this caler	dar to track your workouts	and set specific and measurabl	e goals this month.						
Monthly Goal	s:			Fitness Tip of the Month:					
Mond	au Tuanda	We do a a desc	Thomadau	Fuidou Cohundou		Constant	Weekly Workouts		
Mond	ay Tuesda	y Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
1	2	3	4	5	6	7			
8	9	10	11	12	13	14			
15	16	17	18	19	20	21			
22	23	24	25	26	27	28			
29	30	31							
Body Weight:		Strength/Fitness:							
Body Fat:						MONTHLY TOTAL			
Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
0-16-									

AUGUST 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:			
Use this calendar to tra	ack your workouts and set	specific and measurable	goals this month.						
Monthly Goals:				Fitness Tip of the Month:					
				F11	0.1.1	0.1	Weekly V	Weekly Workouts	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
			1	2	3	4			
5	6	7	8	9	10	11			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29	30	31				
Body Weight:		Strength/Fitness:							
Body Fat: Arm:		_				MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
Colfe									

SEPTEMBER 2024 PERSONAL WORKOUT PLAN



Name:				Trainer:		Date:			
Use this ca	lendar to trac	ck your workouts and set	specific and measurable	goals this month.					
Monthly Go	oals:				Fitness Tip of the Mont	th:			
Mo	ndov	Tuesday	Wednesday	Thursday	Friday	Cotundov	Sunday	Weekly V	Vorkouts
IVIO	nday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual
							1		
2		3	4	5	6	7	8		
9		10	11	12	13	14	15		
16		17	18	19	20	21	22		
23	30	24	25	26	27	28	29		
Body Weight	t:		Strength/Fitness:						
Body Fat:							MONTHLY TOTAL.		
Arm:							MONTHLY TOTAL:		
Chest:									
Abdomen:									
Hips:									
0-16-									

OCTOBER 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:		
Use this calendar t	to track your workouts and so	et specific and measurable	goals this month.					
Monthly Goals:				Fitness Tip of the Mon	th:			
Manday	Tuesday	Wadnaaday	Thursday	Friday	Cotouday	Constant	Weekly V	Vorkouts
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual
	1	2	3	4	5	6		
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30	31					
Body Weight:		Strength/Fitness:						
Body Fat: Arm:						MONTHLY TOTAL:		
Chest:								
Abdomen:								
Hips:								
1.0161		1				The state of the s		

NOVEMBER 2024 PERSONAL WORKOUT PLAN



Name:			Trainer:			Date:			
Use this calendar to	track your workouts and se	t specific and measurable	goals this month.						
Monthly Goals:				Fitness Tip of the Mon	th:				
Manday	Tuesday	Modernadov	Thursday	Eviden	Catuuday	Cundou	Weekly Work		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30				
Body Weight:		Strength/Fitness:							
Body Fat: Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
Calf									

DECEMBER 2024 PERSONAL WORKOUT PLAN



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Name:					Trainer:			Date:			
Use this ca	alendar to trac	ck your work	outs and set	specific and measurable	goals this month.						
Monthly G	oals:					Fitness Tip of the Mont	th:				
Ma	ndov	Tue	odov	Wednesday	Thursday	Friday	Coturdov	Cundov	Weekly V	Weekly Workouts	
IVIO	nday	lue	sday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual	
								1			
2		3		4	5	6	7	8			
9		10		11	12	13	14	15			
16		17		18	19	20	21	22			
23	30	24	31	25	26	27	28	29			
Body Weigh	t:			Strength/Fitness:	·		•				
Body Fat:								MONTHLY TOTAL			
Arm:								MONTHLY TOTAL:			
Chest:											
Abdomen:											
Hips:											
Calf											