

JANUARY 2024 PERSONAL WORKOUT PLAN



THE ALASKA CLUB

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
							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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

FEBRUARY 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
							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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

MARCH 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:			Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.								
Monthly Goals:				Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts	
				1	2	3	Goal	Actual
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:				MONTHLY TOTAL:	
Body Fat:								
Arm:								
Chest:								
Abdomen:								
Hips:								
Calf:								

APRIL 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
							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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

MAY 2024 PERSONAL WORKOUT PLAN



THE ALASKA CLUB

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
		1	2	3	4	5	Goal	Actual	
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:				MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

JUNE 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
							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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

JULY 2024 PERSONAL WORKOUT PLAN



THE ALASKA CLUB

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
							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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

AUGUST 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
							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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

SEPTEMBER 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:			Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.								
Monthly Goals:				Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts	
							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:		Strength/Fitness:					MONTHLY TOTAL:	
Body Fat:								
Arm:								
Chest:								
Abdomen:								
Hips:								
Calf:								

OCTOBER 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
	1	2	3	4	5	6	Goal	Actual	
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:					MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

NOVEMBER 2024 PERSONAL WORKOUT PLAN

Name:			Trainer:				Date:		
Use this calendar to track your workouts and set specific and measurable goals this month.									
Monthly Goals:					Fitness Tip of the Month:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Workouts		
				1	2	3	Goal	Actual	
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:				MONTHLY TOTAL:		
Body Fat:									
Arm:									
Chest:									
Abdomen:									
Hips:									
Calf:									

DECEMBER 2024 PERSONAL WORKOUT PLAN



THE ALASKA CLUB

Name:			Trainer:				Date:										
Use this calendar to track your workouts and set specific and measurable goals this month.																	
Monthly Goals:					Fitness Tip of the Month:												
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Weekly Workouts			
												1		Goal	Actual		
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 Weight:																	
Body Fat:																	
Arm:																	
Chest:																	
Abdomen:																	
Hips:																	
Calf:																	
												MONTHLY TOTAL:					