

JANUARY 2025 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:									

FEBRUARY 2025 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	Goal	Actual
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				
Body Weight:			Strength/Fitness:				MONTHLY TOTAL:	
Body Fat:								
Arm:								
Chest:								
Abdomen:								
Hips:								
Calf:								

MARCH 2025 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	Goal	Actual
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:								

APRIL 2025 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:									

MAY 2025 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	Goal	Actual	
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:									

JUNE 2025 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 2025 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:								

AUGUST 2025 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:								

SEPTEMBER 2025 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:								

OCTOBER 2025 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	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:									

NOVEMBER 2025 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:									

DECEMBER 2025 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:									