## **JANUARY 2025 PERSONAL WORKOUT PLAN**



Name:			Trainer:			Date:			
Use this calendar to t	rack your workouts and s	et specific and measurable	e goals this month.			'			
Monthly Goals:				Fitness Tip of the Month:					
Manday	Tuesday	Wadnaaday	Thursday	Estates	Cotouday	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: Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
COR		1							

#### **FEBRUARY 2025 PERSONAL WORKOUT PLAN**



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

### **MARCH 2025 PERSONAL WORKOUT PLAN**



Name:			Trainer:	Date:					
Use this calendar to tr	ack your workouts and set	specific and measurable	goals this month.						
Monthly Goals:				Fitness Tip of the Month:					
Manday	Tuesday	Wednesday	Thomas	Fuldou	Cotumber	Consider	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:									
Calfe									

# **APRIL 2025 PERSONAL WORKOUT PLAN**



Name:			Trainer:			Date:	Date:		
Use this calendar to	track your workouts and s	et specific and measurabl	e goals this month.						
Monthly Goals:				Fitness Tip of the Month:					
Mandan	Total	Wadaaadaa	Th	Friday	Catandan	Constant	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:									
Calt						1			

## **MAY 2025 PERSONAL WORKOUT PLAN**



Name:			Trainer:	Date:					
Use this calendar to	track your workouts and s	et specific and measurabl	e goals this month.						
Monthly Goals:				Fitness Tip of the Month:					
Manday	Tuesday	Wednesday	Thursday	Fuidou	Catuuday	Cumdou	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:									
O alf									

## **JUNE 2025 PERSONAL WORKOUT PLAN**



Name:				Trainer:	Date:						
Use this cale	endar to track you	r workouts and set	specific and measurable	goals this month.							
Monthly Go	als:				Fitness Tip of the Month:						
M	den	Toronton.	We do as don	Th	Estan	Catanatan	Constant	Weekly Workouts			
Mon	iday	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:			1								
Abdomen:			1								
Hips:			1								
Calfu			-								

### **JULY 2025 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 Month:					
Manday	Mandau Tuandau Wadanadau Thumdau			Friday Caturday		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: Arm:						MONTHLY TOTAL:			
Chest:		-							
Abdomen:		_						<u> </u>	
Hips:		_							
Calf:									

### **AUGUST 2025 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:					
Mandov	Tuesday	Wednesday	Thursday	Fuideu	Cohundou	Cumdou	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:									
Calf									

### SEPTEMBER 2025 PERSONAL WORKOUT PLAN



			<u> </u>							
Name:				Trainer:			Date:			
Use this ca	lendar to trac	ck your workouts and se	t specific and measurable	goals this month.						
Monthly Go	oals:				Fitness Tip of the Month:					
Mo	ndov	Tuesday	Wadnaaday	Thursday	Friday Saturday		Cundov	Weekly Workouts		
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	24	25	26	27	28			
29		30								
Body Weight			Strength/Fitness:							
Body Fat:							MONTHLY TOTAL:			
Arm:							WONTHET TOTAL:			
Chest:										
Abdomen:										
Hips:										
Calf										

## **OCTOBER 2025 PERSONAL WORKOUT PLAN**



					<u> </u>					
Name:				Trainer:	Date:					
Use this ca	lendar to trac	ck your workouts and se	et specific and measurable	goals this month.						
Monthly G	oals:				Fitness Tip of the Month:					
D/I o	n dou	Tuesday	Madraaday	Thursday	Fuider Cohundon Comdon			Weekly Workouts		
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	24	25	26			
27		28	29	30	31					
Body Weight	t:		Strength/Fitness:							
Body Fat:							MONTHLY TOTAL:			
Arm:							MONTHE TOTAL			
Chest:										
Abdomen:										
Hips:										
0-16-										

#### NOVEMBER 2025 PERSONAL WORKOUT PLAN



110121111					•		_ ,,		
Name:			Trainer:	Trainer:			Date:		
Use this calendar to t	rack your workouts and se	t specific and measurable	goals this month.						
Monthly Goals:				Fitness Tip of the Mon					
Mondoy	Tuesday	Wadnaaday	Thursday	Friday	Cotundov	Cundou	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			
Body Weight:		Strength/Fitness:			•				
Body Fat:						MONTHLY TOTAL			
Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
Calf:									

#### **DECEMBER 2025 PERSONAL WORKOUT PLAN**



Name:			Trainer:	Date:			ate:		
Use this calendar to trac	ck your workouts and set	specific and measurable a	goals this month.						
Monthly Goals:				Fitness Tip of the Month:					
							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:	<u> </u>						
Body Fat:		-							
Arm:						MONTHLY TOTAL:			
Chest:									
Abdomen:									
Hips:									
Colfe		-							