

Goals are meant to be reached!

We want to help everyone find their starting point and build their path to success. With the Gold's Gym 30-day plan our Fitness Team can help build a plan that works for YOU. Let the 30 day plan serve as your initial roadmap to success, providing the accountability and direction you need to stay on track and build the right habits. Each plan is customized to your workout availability, preferences and fitness level. See the blank sample sheet below:

“Fail to Plan, Plan to Fail.”



WILL EXPERIENCE CHANGE IN 30 DAYS

OVERALL GOAL: _____ START DATE: _____ 30-DAY FOLLOW UP: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	CHECKLIST
WEEK 1 • ____ Cardio Days • ____ Strength Days • ____ Class Days								<input type="checkbox"/> Activate your Member Center online account
WEEK 2 • ____ Cardio Days • ____ Strength Days • ____ Class Days								<input type="checkbox"/> Download the Gold's Gym app
WEEK 3 • ____ Cardio Days • ____ Strength Days • ____ Class Days								<input type="checkbox"/> Download GOLD'S AMP™ and start your free trial
WEEK 4 • ____ Cardio Days • ____ Strength Days • ____ Class Days								<input type="checkbox"/> Take a Group Exercise Class
WEEK 5 • ____ Cardio Days • ____ Strength Days • ____ Class Days								<input type="checkbox"/> Schedule your 30-Day follow up
								<input type="checkbox"/> Bring a guest/find a workout buddy
								<input type="checkbox"/> For extra motivation, follow us on Facebook, Twitter and Instagram
								<input type="checkbox"/> _____
								<input type="checkbox"/> _____
								<input type="checkbox"/> _____

30-DAY GOAL: _____ MEMBER SIGNATURE: _____ TRAINER SIGNATURE: _____
TRAINER CONTACT INFO: _____