

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-May	2-May	3-May	4-May	5-May	6-May	7-May
<b>DAY OFF</b>	O Workout #1	O Workout #2 - Virtual Only	O Workout #3	O Workout #4- Virtual Only	O Workout #5	O Workout #6 - Virtual Only
<b>ONE BAD MEAL</b> <small>(eat what you want with proper portion)</small>	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	<b>O Got Weighed</b>	O Eat 4-6 times
	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Eat 4-6 times    O Sleep	O Supplements    O Water
	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Sleep	O Supplements    O Water	O Got 7 Hours Sleep
	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*
8-May	9-May	10-May	11-May	12-May	13-May	14-May
<b>DAY OFF</b>	O Workout #7	O Workout #8 - Virtual Only	O Workout #9	O Workout #10- Virtual Only	O Workout #11	<b>O Workout #12 - 7am and 8am</b>
<b>ONE BAD MEAL</b> <small>(eat what you want with proper portion)</small>	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	Foam Rolling Clinic 6:00 pm	O Eat 4-6 times	O Eat 4-6 times
	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water
	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Eat 4-6 times    O Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep
	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*
15-May	16-May	17-May	18-May	19-May	20-May	21-May
<b>DAY OFF</b>	O Workout #13	O Workout #14 - Virtual Only	O Workout #15	O Workout #16 - Virtual Only	O Workout #17	<b>O Workout #18 - 7am and 8am</b>
<b>ONE BAD MEAL</b> <small>(eat what you want with proper portion)</small>	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	<b>O Got Weighed</b>	O Eat 4-6 times
	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Eat 4-6 times    O Sleep	O Supplements    O Water
	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Supplements    O Water	O Got 7 Hours Sleep
	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*
22-May	23-May	24-May	25-May	26-May	27-May	28-May
<b>DAY OFF</b>	O Workout #19	O Workout #20 - Virtual Only	O Workout #21	O Workout #22 - Virtual Only	O Workout #23	<b>O Workout #24 - 5k 8am</b>
<b>ONE BAD MEAL</b> <small>(eat what you want with proper portion)</small>	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	O Eat 4-6 times	<b>EOM Celebrate/GYIS Gear</b>	O Eat 4-6 times
	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Supplements    O Water	O Eat 4-6 times	O Supplements    O Water
	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Got 7 Hours Sleep	O Supplements    O Water	O Got 7 Hours Sleep
	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*	O Got 7 Hours Sleep	O Filled in MyFitnessPal*
					O Filled in MyFitnessPal*	
29-May	30-May	31-May				
<b>DAY OFF</b>	O Workout #25	O Workout #26 - Virtual Only				
<b>ONE BAD MEAL</b> <small>(eat what you want with proper portion)</small>	6:30 & 8:00 am only	O Eat 4-6 times				
	O Supplements    O Water	O Supplements    O Water				
	O Got 7 Hours Sleep	O Got 7 Hours Sleep				
	O Filled in MyFitnessPal*	O Filled in MyFitnessPal*				
<b>*Weather Info*</b>	<b>GYIS In-Person sessions</b>					
If it's raining, we will post on the GYIS VIP Group FB page and in MyCoach VIP Community.	<b>M - W - F</b> 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Noon-1pm 5:30 - 6:30 pm <b>Virtual Sessions Mon.-Sat</b>	*Four In-Person Weeks off (everyone will just do the 6 Virtual Sessions Offered those week) Thanksgiving, Christmas, CISD Spring Break, July 4th. Part-time Client - 2 In-person sessions per week throughout each month (can come to 3 one week and 1 the following week or 4 one week and zero the next week) Full-time Clients - Unlimited Offered In-Person sessions per week each month (average of 3-4 times a week) <b>Cash Referral Rewards Program - Get Paid \$ Cash \$ - Share GYIS with folks like you who need something like our program. Just ask us for the details!</b> Brad@getyouinshape.com   support@getyouinshape.com  *Use MyFitnessPal.com to log your nutrition and exercise. **Post your Accountability Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com				