

GET YOU IN SHAPE September 2022 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Sep O Workout #1 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	2-Sep O Workout #2 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	3-Sep O Workout #3 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
4-Sep DAY OFF ONE BAD MEAL (eat what you want with proper portion)	5-Sep O Workout #4 In Person 6:30 & 8:00 am Only O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	6-Sep O Workout #5 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	7-Sep O Workout #6 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	8-Sep O Workout #7- Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	9-Sep O Workout #8 O Got Weighed O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	10-Sep O Workout #9 - 7am and 8am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
11-Sep DAY OFF ONE BAD MEAL (eat what you want with proper portion)	12-Sep O Workout #10 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	13-Sep O Workout #11 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	14-Sep O Workout #12 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	15-Sep O Workout #13 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	16-Sep O Workout #14 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	17-Sep O Workout #15 - 7am and 8am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
18-Sep DAY OFF ONE BAD MEAL (eat what you want with proper portion)	19-Sep O Workout #16 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	20-Sep O Workout #17 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	21-Sep O Workout #18 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	22-Sep O Workout #19 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	23-Sep O Workout #20 O Got Weighed O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	24-Sep O Workout #21 - Community 5K - 8am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
25-Sep DAY OFF ONE BAD MEAL (eat what you want with proper portion)	26-Sep O Workout #22 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	27-Sep O Workout #23 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	28-Sep O Workout #24 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	29-Sep O Workout #25 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	30-Sep O Workout #26 EOM Celebrate/GYIS Gear O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	
Weather Info If it's raining, we will post on the GYIS VIP Group FB page and in MyCoach VIP Community.	GYIS In-Person sessions M - W - F 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Noon-1pm 5:30 - 6:30 pm Virtual Sessions Mon.-Sat	*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) 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! 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				