



# February 2023 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Feb O Workout #1 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	2-Feb O Workout #2- Virtual Only O Eat 4-6 times O Supplements O Water O Eat 4-6 times O Sleep O Filled in MyFitnessPal*	3-Feb O Workout #3 <b>O Got Weighed</b> O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	4-Feb <b>O Workout #4 - Virtual only</b> O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
5-Feb <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	6-Feb O Workout #5 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	7-Feb O Workout #6 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	8-Feb O Workout #7 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	9-Feb O Workout #8- Virtual Only O Eat 4-6 times O Supplements O Water O Eat 4-6 times O Sleep O Filled in MyFitnessPal*	10-Feb O Workout #9 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	11-Feb <b>O Workout #10 - 7am and 8am</b> O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
12-Feb <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	13-Feb O Workout #11 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	14-Feb O Workout #12 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	15-Feb O Workout #13 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	16-Feb O Workout #14 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	17-Feb O Workout #15 <b>O Got Weighed</b> O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	18-Feb <b>O Workout #16 - 7am and 8am</b> O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
19-Feb <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	20-Feb O Workout #17 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	21-Feb O Workout #18 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	22-Feb O Workout #19 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	23-Feb O Workout #20 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	24-Feb O Workout #21 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	25-Feb <b>O Workout #22 - 5k 8am</b> O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
26-Feb <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	27-Feb O Workout #23 <b>EOM Celebrate/GYIS Gear</b> O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	28-Feb O Workout #24 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*				
<b>*Weather Info*</b>  If it's raining, we will post on the GYIS VIP Group FB page and the virtual session will be the workout.	<b>GYIS In-Person sessions</b> <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   Kathyop@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				