

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Apr O Workout #1 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	2-Apr O Workout #2 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	3-Apr O Workout #3 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	4-Apr O Workout #4- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	5-Apr O Workout #5 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	6-Apr O Workout #6 - Virtual or Charity WO O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
7-Apr DAY OFF ONE BAD MEAL (eat what you want with proper portion)	8-Apr O Workout #7 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	9-Apr O Workout #8 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	10-Apr O Workout #9 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	11-Apr O Workout #10 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	12-Apr O Workout #11 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	13-Apr O Workout #12 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
14-Apr DAY OFF ONE BAD MEAL (eat what you want with proper portion)	15-Apr O Workout #13 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	16-Apr O Workout #14 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	17-Apr O Workout #15 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	18-Apr O Workout #16 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	19-Apr O Workout #17 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	20-Apr O Workout #18 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
21-Apr DAY OFF ONE BAD MEAL (eat what you want with proper portion)	22-Apr O Workout #19 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	23-Apr O Workout #20 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	24-Apr O Workout #21 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	25-Apr O Workout #22 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	26-Apr O Workout #23 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	27-Apr O Workout #24 - 5k 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
28-Apr DAY OFF ONE BAD MEAL (eat what you want with proper portion)	29-Apr O Workout #25 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	30-Apr O Workout #26 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep				

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