



May 2024 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-May O Workout #1 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	2-May O Workout #2- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Sleep	3-May O Workout #3 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	4-May O Workout #4 - Virtual Only Client Appreciation Party 5:30 pm O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
5-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	6-May O Workout #5 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	7-May O Workout #6 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	8-May O Workout #7 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	9-May O Workout #8- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	10-May O Workout #9 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	11-May O Workout #10 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
12-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	13-May O Workout #11 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	14-May O Workout #12 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	15-May O Workout #13 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	16-May O Workout #14 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	17-May O Workout #15 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	18-May O Workout #16 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
19-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	20-May O Workout #17 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	21-May O Workout #18 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	22-May O Workout #19 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	23-May O Workout #20 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	24-May O Workout #21 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	25-May O Workout #22 - 5k 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
26-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	27-May O Workout #23 8:00 am only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	28-May O Workout #24 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	29-May O Workout #25 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	30-May O Workout #26 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	31-May O Workout #27 EOM Celebrate/GYIS Gear 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