



May 2025 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-May O Workout #1- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Sleep	2-May O Workout #2 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	3-May O Workout #3 - Virtual Only Client Appreciation Party 5:30 pm O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
4-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	5-May O Workout #4 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	6-May O Workout #5 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	7-May O Workout #6 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	8-May O Workout #7- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	9-May O Workout #8 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	10-May O Workout #9 - 7:30am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
11-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	12-May O Workout #10 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	13-May O Workout #11 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	14-May O Workout #12 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	15-May O Workout #13 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	16-May O Workout #14 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	17-May O Workout #15 - 7:30am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
18-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	19-May O Workout #16 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	20-May O Workout #17 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	21-May O Workout #18 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	22-May O Workout #19 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	23-May O Workout #20 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	24-May O Workout #21 - 7:30am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
25-May DAY OFF ONE BAD MEAL (eat what you want with proper portion)	26-May O Workout #22 8:00 am only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	27-May O Workout #23 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	28-May O Workout #24 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 EOM Celebrate/GYIS Gear O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	31-May O Workout #27 - 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 **Post your Accountability Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com				