

# June Get You In Shape Accountability

# Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES	
3 <b>Take Before Picture</b> <b>DAY OFF</b> ONE BAD MEAL (eat what you want with proper portions)	4 O Boot Camp #1 O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF	5 O 30-60 min. cardio <b>24 Day Challenge</b> 7:00pm-8:30pm 601 Loch Lane Coppell, TX 75019	6 O Boot Camp #2 O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF	7 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF	8 O Boot Camp #3 O Eat 5-6 times O Vitamins! O Enough Water O Follow PDF	9 O 30-45 min. cardio O Vitamins! O Enough Water O Filled in Journal		
10 <b>DAY OFF</b> ONE BAD MEAL (eat what you want with proper portions)	11 O Boot Camp # 4 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	12 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water 24 Day Follow Up 7:00pm	13 O Boot Camp #5 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	14 O 30-60 min. cardio O Eat 5-6 times O Vitamins!	15 O Boot Camp # 6 O Eat 5-6 times O Vitamins! <b>Turn in Journals</b> HALFWAY Measurements	16 O Boot Camp # 7 O 30-45 min. cardio O Eat 5-6 times O Vitamins! O Enough Water		
17 <b>DAY OFF</b> ONE BAD MEAL (eat what you want with proper portions)	18 O Boot Camp #8 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	19 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water 24 Day Follow Up 7:00pm	20 O Boot Camp # 9 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	21 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	22 O Boot Camp # 10 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	23 O Boot Camp # 11 O 30-45 min. cardio O Eat 5-6 times O Vitamins! O Enough Water		
24 <b>DAY OFF</b> ONE BAD MEAL (eat what you want with proper portions)	25 O Boot Camp # 12 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	26 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water 24 Day Follow Up 7:00pm	27 O Boot Camp #13 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	28 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	29 <b>O LAST DAY #14</b> O Eat 5-6 times <b>MEASUREMENTS</b> <b>Turn in Journals</b>	30 Cardio Club 5k @ 8am O 30 min. cardio O Eat 5-6 times O Vitamins! O Enough Water		
<b>*Weather info</b> We will either be inside the Rec Center or under the pavilion if its raining.	<b>July Camp</b> July 2- 27	<b>June</b> <b>Classes M - W - F</b> 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am 12:00-1:00pm 5:00pm - 6:00pm 6:00pm - 7:00pm*	You can come to any class time no matter what time you are signed up for. You may attend up to 14 sessions. If you miss you can come 2 times in one day <b>NEW REFERRAL PROGRAM: All discounts apply to the following month of Boot Camp Class</b> 1 Referral = 25% off; 2 Referrals = 50% off; 3+ Referrals = FREE MONTH! brad@getyouinshape.com   Cynthia@getyouinshape.com Julie@getyouinshape.com   Chaney@getyouinshape.com				JulieSmith@getyouinshape.com	
Use your Daily Exercise & Nutrition Log from GYIS Program						214-603-8287		