

June Get You In Shape Accountability

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES	
3 Take Before Picture DAY OFF 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 24 Day Challenge 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 DAY OFF 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! Turn in Journals HALFWAY Measurements	16 O Boot Camp # 7 O 30-45 min. cardio O Eat 5-6 times O Vitamins! O Enough Water		
17 DAY OFF 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 DAY OFF 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 O LAST DAY #14 O Eat 5-6 times MEASUREMENTS Turn in Journals	30 Cardio Club 5k @ 8am O 30 min. cardio O Eat 5-6 times O Vitamins! O Enough Water		
*Weather info We will either be inside the Rec Center or under the pavilion if its raining.	June AM Times Classes M - W - F 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am July Camp July 2- 27	June PM Times M-W-F 12:00-1:00pm (need 8) Mon and Wed 6:00pm & 7:00pm Friday - 6:00pm only	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 NEW REFERRAL PROGRAM: All discounts apply to the following month of Boot Camp Class 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	