

August Get You In Shape Accountability

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES
29 Take Before Picture DAY OFF ONE BAD MEAL (eat what you want with proper portions)	30 O Boot Camp #1 O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF	31 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF	1 O Boot Camp #2 O Eat 5-6 times O Vitamins! O Enough Water O Follow PDF	2 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF	3 O Boot Camp # 3 O Eat 5-6 times O Vitamins! O Enough Water GlowDallas 5k	4 O 30 min. cardio O Eat 5-6 times O Vitamins! O Enough Water	
5 DAY OFF ONE BAD MEAL (eat what you want with proper portions)	6 O Boot Camp # 4 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	7 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	8 O Boot Camp #5 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	9 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	10 O Boot Camp # 6 O Eat 5-6 times O Vitamins! Turn in Journals HALFWAY Measurements	11 O Boot Camp # 7 7am or 8am O Eat 5-6 times O Vitamins! O Enough Water	
12 DAY OFF ONE BAD MEAL (eat what you want with proper portions)	13 O Boot Camp #8 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! O Enough Water O Filled in Journal	15 O Boot Camp # 9 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	16 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	17 O Boot Camp # 10 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	18 O Boot Camp # 11 7am or 8am O Eat 5-6 times O Vitamins! O Enough Water	
19 DAY OFF ONE BAD MEAL (eat what you want with proper portions)	20 O Boot Camp # 12 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 #13 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	23 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal	24 O LAST DAY #14 O Eat 5-6 times MEASUREMENTS Turn in Journals O Filled in Journal	25 Cardio Club 5k @ 7am open to everyone 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.	August -M-W-F 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am 6:00pm-7:00pm 7:00pm-8:00pm Sept. Camp Aug 28th- Sept 23rd	New Member Orientation Dates This is where all new clients will need to come before a Free Week Aug 7th - 7:15pm Aug 12, 19, 26 @9am	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 Krisit@GetYouInShape.com JulieSmith@getyouinshape.com				
Use your Daily Exercise & Nutrition Log from GYIS Program							214-603-8287