

February Get You In Shape Accountability

Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES		
2	3	4	5	6	7	8			
January 3rd All times except the 6:15pm session	O Workout # 1 O Eat 5-6 times O Vitamins!	O 30-60 min. cardio GYIS Nutrition 101 Linder Home 7:30pm	O Workout # 2 O Eat 5-6 times O Vitamins!	O 30-60 min. cardio 24 Day Challenge Meeting @ 7:30pm	O Workout # 3 O Eat 5-6 times O Vitamins!	O 30 min. cardio O Eat 5-6 times O Vitamins!			
January 4th 7am and 8am	O Enough Water O Filled in Journal*	601 Loch Lane Coppell, TX Please RSVP if coming	O Enough Water O Filled in Journal*	601 Loch Lane Coppell, TX Please RSVP if coming	O Enough Water O Filled in Journal*	O Enough Water O Filled in Journal*			
Share the LOVE Valentines Week - Bring a Friend Week Feb 10-15th www.CoppellKickStart.com									
12	10	11	12	13	14	15			
DAY OFF ONE BAD MEAL (eat what you want with proper portions)	O Workout #4 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout # 5 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout # 6 O Eat 5-6 times O Got Measured O Vitamins/Water O Filled in Journal*	O Workout # 7 7am or 8am O Eat 5-6 times O Vitamins/Water O Filled in Journal*	No 6:15pm session Friday February 14th		
16	17	18	19	20	21	22			
DAY OFF ONE BAD MEAL (eat what you want with proper portions)	O Workout # 8 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout #9 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout #10 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout # 11 7am or 8am O Eat 5-6 times O Vitamins/Water O Filled in Journal*			
23	24	25	26	27	28	1			
DAY OFF ONE BAD MEAL (eat what you want with proper portions)	O Workout # 12 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout #13 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal*	O Workout #14 O Eat 5-6 times MEASUREMENTS Share Journal* O Filled in Journal	Monthly 5K @8am Come join us in our informal community 5k			
*Weather info All evening sessions are outside regardless of wether. Other times, we are either under the pavilion or inside the Coppell Aquatics and Rec Center.	*Weather info We will be inside most morning sessions when the temperature is below 38 degrees We go by weatherchannel.com	Classes M - W - F 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Noon-1pm 5:00 pm-600pm 6:15pm-7:15pm	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 <u>Cash Referal Rewards Program - Get Paid \$ Cash \$ -</u> Share GYIS with folks like you who need something like our program. Just ask us for the details! Brad@getyouinshape.com Cynthia@getyouinshape.com Julie@getyouinshape.com Chaney@getyouinshape.com Tarah@getyouinshape.com						
				*Use MyFitnessPal.com to log your nutrition and exercise		214-603-8287			