

Accountability Calendar - Varidesk February Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-3 Days Prior to Day #1 O Starting Measurements O Starting Weight O Before Pictures O Updated MyFitnessPal*		Day #1 Starting measurements and weigh in options will be January 31st and/or Feb 2nd from 1:00-2:15pm (come when you can)	Day #2 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #3 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #4 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #5 O 30-60 min Interval Cardio O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*
Day #5 DAY OFF O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #6 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #7 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #8 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #9 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #10 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Vitamins/Water O Filled in MyFitnessPal*	Day #11 O 30-60 min Interval Cardio O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*
Day #12 DAY OFF O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #13 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #14 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #15 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #16 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #17 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #18 O 30-60 min Interval Cardio O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*
Day #19 DAY OFF O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #20 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #21 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #22 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #23 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #25 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #5 O 30-60 min Interval Cardio O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*
Day #26 DAY OFF O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #27 O 30-60 Min. workout O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Day #28 O GYIS Workout @Varidesk O Eat 3 meals & 2-3 small snacks O FTDI** GYIS Nutrition 101 O Enough Water O Filled in MyFitnessPal*	Ending measurements and weigh in options will be Feb. 28th or Mar. 2nd from 1:00-2:15pm (come when you can)	Click Here for GYIS Nutrition 101 - Pages 16-20 in PDF here **FTDI is following Nutrition 101 guidelines on Pages 16-20 Information at www.GetYouInShape.com/Varidesk Questions? Email brad@getyouinshape.com Information at www.GetYouInShape.com/Varidesk *MyFitnessPal - Click Here for information and training		