

July Get You In Shape Accountability

Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | NOTES | |
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| 1 Take Before Picture DAY OFF ONE BAD MEAL (eat what you want with proper portions) | 2 O Boot Camp #1 O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF | 3 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF | 4 NO Camp Today Come Walt the Coppel Parade with us. 8:30am @ St. Ann's | 5 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Read GYIS PDF | 6 O Boot Camp #2 O Eat 5-6 times O Vitamins! O Enough Water O Follow PDF | 7 O Boot Camp # 3 7am or 8am O Vitamins! O Enough Water O Filled in Journal | | |
| 8 DAY OFF ONE BAD MEAL (eat what you want with proper portions) | 9 O Boot Camp # 4 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 10 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 11 O Boot Camp #5 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 O Filled in Journal | 13 O Boot Camp # 6 O Eat 5-6 times O Vitamins! Turn in Journals HALFWAY Measurements | 14 O Boot Camp # 7 7am or 8am O Eat 5-6 times O Vitamins! O Enough Water | | |
| 15 DAY OFF ONE BAD MEAL (eat what you want with proper portions) | 16 O Boot Camp #8 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 17 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 18 O Boot Camp # 9 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 O Filled in Journal | 20 O Boot Camp # 10 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 21 O Boot Camp # 11 7am or 8am O Eat 5-6 times O Vitamins! O Enough Water | | |
| 22 DAY OFF ONE BAD MEAL (eat what you want with proper portions) | 23 O Boot Camp # 12 O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 24 O 30-60 min. cardio O Eat 5-6 times O Vitamins! O Enough Water O Filled in Journal | 25 O Boot Camp #13 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 O Filled in Journal | 27 O LAST DAY #14 O Eat 5-6 times MEASUREMENTS Turn in Journals | 28 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. | July AM Times Classes M - W - F 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Aug. Camp July 30- Aug.24 | July PM Times 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 | | | | Krisit@GetYouInShape.com JulieSmith@getyouinshape.com | |
| Use your Daily Exercise & Nutrition Log from GYIS Program | | | | | | | 214-603-8287 | |