



GET YOU IN SHAPE July 2020 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
No In-Person Sessions June 28th- July 4th Off for the Holiday						
DAY OFF ONE BAD MEAL (eat what you want with proper portion)	O Workout #1 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #2 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #3 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #4 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #5 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #6 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
DAY OFF ONE BAD MEAL (eat what you want with proper portion)	O Workout #7 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #8 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #9 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #10 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #11 O Got Weighed O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	O Workout #12 - 7am and 8am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
DAY OFF ONE BAD MEAL (eat what you want with proper portion)	O Workout #13 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #14 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #15 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #16 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #17 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #18 - 7am and 8am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
DAY OFF ONE BAD MEAL (eat what you want with proper portion)	O Workout #19 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #20 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #21 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #22 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #23 O Got Weighed O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	O Workout #24 - Community 5K O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	Post Calendar** 7/31/2020	1-Aug
DAY OFF ONE BAD MEAL (eat what you want with proper portion)	O Workout #25 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #26 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #27 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #28 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	O Workout #29 O EOM Celebrations O Eat 4-6 times O Sleep O Supplements O Water O MyFitnessPal*	O Workout #1 Aug - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
Weather Info If it's raining, we will post on the GYIS VIP Group FB page and the virtual session will be the workout.	GYIS In-Person sessions M - W - F 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Noon-1pm 5:30pm - 6:30pm Virtual Sessions Mon.-Sat	*Four In-Person Weeks off (everyone will just do the 6 Virtual Sessions Offered those week) Thanksgiving, Christmas, CISD Spring Break, July 4th. Part-time Client - 2 In-person sessions per week throughout each month (can come to 3 one week and 1 the following week or 4 one week and zero the next) Full-time Clients -Unlimited Offered In-Person sessions per week each month (average of 3-4 times a week) Cash Referral Rewards Program - Get Paid \$ Cash \$ - Share GYIS with folks like you who need something like our program. Just ask us for the details! Brad@getyouinshape.com Kathyop@getyouinshape.com *Use MyFitnessPal.com to log your nutrition and exercise. **Post your Accountvility Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com				