



Aug 2020 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1-Aug O Workout #1 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
2-Aug DAY OFF ONE BAD MEAL (eat what you want with proper portion)	3-Aug O Workout #2 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	4-Aug O Workout #3 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	5-Aug O Workout #4 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	6-Aug O Workout #5 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	7-Aug O Workout #6 O Got Weighed O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	8-Aug O Workout #7 - 6:30am and 7:30am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
9-Aug DAY OFF ONE BAD MEAL (eat what you want with proper portion)	10-Aug O Workout #8 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	11-Aug O Workout #9 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	12-Aug O Workout #10 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	13-Aug O Workout #11 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	14-Aug O Workout #12 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	15-Aug O Workout #13 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
16-Aug DAY OFF ONE BAD MEAL (eat what you want with proper portion)	17-Aug O Workout #14 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	18-Aug O Workout #15 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	19-Aug O Workout #16 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	20-Aug O Workout #17 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	21-Aug O Workout #18 O Got Weighed O Eat 4-6 times O Sleep O Supplements O Water O Filled in MyFitnessPal*	22-Aug O Workout #19 - 6:30am and 7:30am O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
23-Aug DAY OFF ONE BAD MEAL (eat what you want with proper portion)	24-Aug O Workout #20 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	25-Aug O Workout #21 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	26-Aug O Workout #22 O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	27-Aug O Workout #23 - Virtual Only O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*	28-Aug O Workout #24 O EOM Celebrations O Eat 4-6 times O Sleep O Supplements O Water O MyFitnessPal*	29-Aug O Workout #25 - Community 5K O Eat 4-6 times O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
30-Aug DAY OFF ONE BAD MEAL (eat what you want with proper portion)	O Post Calendar** 31 Aug O Workout #26 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 week)
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 Accountability Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com