

GET YOU IN SHAPE November 2021 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Nov <input type="checkbox"/> Workout #1 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	2-Nov <input type="checkbox"/> Workout #2 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	3-Nov <input type="checkbox"/> Workout #3 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	4-Nov <input type="checkbox"/> Workout #4- Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Filled in MyFitnessPal*	5-Nov <input type="checkbox"/> Workout #5 <input type="checkbox"/> Got Weighed <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Filled in MyFitnessPal*	6-Nov <input type="checkbox"/> Workout #6 - 7am and 8am <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*
7-Nov DAY OFF ONE BAD MEAL (eat what you want with proper portion)	8-Nov <input type="checkbox"/> Workout #7 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	9-Nov <input type="checkbox"/> Workout #8 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	10-Nov <input type="checkbox"/> Workout #9 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	11-Nov <input type="checkbox"/> Workout #10- Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Filled in MyFitnessPal*	12-Nov <input type="checkbox"/> Workout #11 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Filled in MyFitnessPal*	13-Nov <input type="checkbox"/> Workout #12 - 7am and 8am <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*
14-Nov DAY OFF ONE BAD MEAL (eat what you want with proper portion)	15-Nov <input type="checkbox"/> Workout #13 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	16-Nov <input type="checkbox"/> Workout #14 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Filled in MyFitnessPal* <input type="checkbox"/> Foam Rolling Clinic 6pm	17-Nov <input type="checkbox"/> Workout #15 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	18-Nov <input type="checkbox"/> Workout #16 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Filled in MyFitnessPal* <input type="checkbox"/> Yoga in the Park 6pm	19-Nov <input type="checkbox"/> Workout #17 <input type="checkbox"/> Got Weighed <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Filled in MyFitnessPal*	20-Nov <input type="checkbox"/> Workout #18 - 5k 8am <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*
21-Nov DAY OFF ONE BAD MEAL (eat what you want with proper portion)	22-Nov <input type="checkbox"/> Workout #19 <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	23-Nov <input type="checkbox"/> Workout #20 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	24-Nov <input type="checkbox"/> Workout #21 Turkey Busting <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	25-Nov <input type="checkbox"/> Workout #22 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	26-Nov <input type="checkbox"/> Workout #23 - Virtual Only <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	27-Nov <input type="checkbox"/> Workout #24 - Turkey Busting Workout <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*
28-Nov DAY OFF ONE BAD MEAL (eat what you want with proper portion)	29-Nov <input type="checkbox"/> Workout #25 EOM Celebrate/GYIS Gear <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Filled in MyFitnessPal*	30-Nov <input type="checkbox"/> Workout #26 - Virtual Only <input type="checkbox"/> Turn in BINGO Cards <input type="checkbox"/> Eat 4-6 times <input type="checkbox"/> Sleep <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> 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 5:30 - 6:30 pm 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				