



July 2024 Get You In Shape Accountability Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|---|
| | 1-Jul | 2-Jul | 3-Jul | 4-Jul | 5-Jul | 6-Jul |
| *No In-Person Sessions July 1st-5th Off for the Holiday* | | | | | | |
| | <input type="checkbox"/> Workout #1 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #2 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #3 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #4- Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #5 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #6 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep |
| 7-Jul | 8-Jul | 9-Jul | 10-Jul | 11-Jul | 12-Jul | 13-Jul |
| DAY OFF ONE BAD MEAL (eat what you want with proper portion) | <input type="checkbox"/> Workout #7 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #8 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #9 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #10 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #11 O Got Weighed <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | O Workout #12 - 8am and 9am <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep |
| 14-Jul | 15-Jul | 16-Jul | 17-Jul | 18-Jul | 19-Jul | 20-Jul |
| DAY OFF ONE BAD MEAL (eat what you want with proper portion) | <input type="checkbox"/> Workout #13 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #14 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #15 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #16 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #17 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | O Workout #18 - 7am and 8am <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep |
| 21-Jul | 22-Jul | 23-Jul | 24-Jul | 25-Jul | 26-Jul | 27-Jul |
| DAY OFF ONE BAD MEAL (eat what you want with proper portion) | <input type="checkbox"/> Workout #19 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #20 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #21 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #22 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #23 O Got Weighed <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | O Workout #24 - Community Cardio - 7am <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep |
| 28-Jul | 29-Jul | 30-Jul | 31-Jul | | | |
| DAY OFF ONE BAD MEAL (eat what you want with proper portion) | <input type="checkbox"/> Workout #25 <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Got 7 Hours Sleep <input type="checkbox"/> Supplements <input type="checkbox"/> Water | <input type="checkbox"/> Workout #26 - Virtual Only <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | <input type="checkbox"/> Workout #27 EOM Celebrate/GYIS Gear <input type="checkbox"/> Follow GYIS Nutrition 101 <input type="checkbox"/> Supplements <input type="checkbox"/> Water <input type="checkbox"/> Got 7 Hours Sleep | | | |
| *Weather Info* If it's raining, we will post on the GYIS VIP Group FB page and in MyCoach VIP Community. | 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 support@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 | | | | |