



October 2024 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Oct O Workout #1 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	2-Oct O Workout #2 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	3-Oct O Workout #3 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	4-Oct O Workout #4 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	5-Oct O Workout #5 - 17 Year Anniversary Workout O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep O Filled in MyFitnessPal*
6-Oct DAY OFF ONE BAD MEAL (eat what you want with proper portion)	7-Oct O Workout #6 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	8-Oct O Workout #7 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	9-Oct O Workout #8 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	10-Oct O Workout #9- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	11-Oct O Workout #10 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	12-Oct O Workout #11 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
13-Oct DAY OFF ONE BAD MEAL (eat what you want with proper portion)	14-Oct O Workout #12 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	15-Oct O Workout #13 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	16-Oct O Workout #14 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	17-Oct O Workout #15 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	18-Oct O Workout #16 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	19-Oct O Workout #17 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
20-Oct DAY OFF ONE BAD MEAL (eat what you want with proper portion)	21-Oct O Workout #18 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	22-Oct O Workout #19 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	23-Oct O Workout #20 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	24-Oct O Workout #21 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	25-Oct O Workout #22 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	26-Oct O Workout #23 - Community 5K - 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
27-Oct DAY OFF ONE BAD MEAL (eat what you want with proper portion)	28-Oct O Workout #24 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	29-Oct O Workout #25 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	30-Oct O Workout #26 EOM Celebrate/GYIS Gear O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	31-Oct O Workout #27 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O 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				