

GET YOU IN SHAPE December 2024 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Dec DAY OFF ONE BAD MEAL (eat what you want with proper portion)	2-Dec O Workout #1 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	3-Dec O Workout #2 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	4-Dec O Workout #3 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	5-Dec O Workout #4- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	6-Dec O Workout #5 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	7-Dec O Workout #6 - Virtual O Follow GYIS Nutrition 101 O Supplements O Water O Go 7 Hours Sleep
8-Dec DAY OFF ONE BAD MEAL (eat what you want with proper portion)	9-Dec O Workout #7 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	10-Dec O Workout #8 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	11-Dec O Workout #9 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	12-Dec O Workout #10- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	13-Dec O Workout #11 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	14-Dec O Workout #12 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
15-Dec DAY OFF ONE BAD MEAL (eat what you want with proper portion)	16-Dec O Workout #13 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	17-Dec O Workout #14 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	18-Dec O Workout #15 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	19-Dec O Workout #16 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	20-Dec O Workout #17 EOM Celebrate/GYIS Gear O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	21-Dec O Workout #18 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
22-Dec DAY OFF ONE BAD MEAL (eat what you want with proper portion)	23-Dec O Workout #19 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	24-Dec O Workout #20 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	25-Dec O Workout #21 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	26-Dec O Workout #22 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	27-Dec O Workout #23 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	28-Dec O Workout #24 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
OFF WEEK CHRISTMAS BREAK DEC 23-28 NO IN PERSON - VIRTUAL ONLY						
29-Dec DAY OFF ONE BAD MEAL (eat what you want with proper portion)	30-Dec O Workout #25 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	31-Dec O Workout #26 - 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 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				