

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

<p>*Weather Info*</p> <p>If it's raining, or feels like 30 or below we will post in the MyCoach GYIS VIP Community.</p>	<p>GYIS In-Person sessions</p> <p>M - W - F</p> <p>5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Noon-1pm 5:30 - 6:30 pm</p> <p>Virtual Sessions Mon.-Sat</p>	<p>*Four In-Person Weeks off (everyone will just do the 6 Virtual Sessions Offered those week) Thanksgiving, Christmas, CISD Spring Break, July 4th.</p> <p>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)</p> <p>Full-time Clients - Unlimited Offered In-Person sessions per week each month (average of 3-4 times a week)</p> <p>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!</p> <p>Brad@getyouinshape.com Kathyop@getyouinshape.com</p> <p>**Post your Accountability Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com</p>
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