



February 2025 Get You In Shape Accountability Calendar

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