



March 2025 Get You In Shape Accountability Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|--|
| | | | | | | 1-Mar O Workout #1 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep |
| 2-Mar DAY OFF ONE BAD MEAL (eat what you want with proper portion) | 3-Mar O Workout #2 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 4-Mar O Workout #3 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 5-Mar O Workout #4 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 6-Mar O Workout #5 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 7-Mar O Workout #6 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 8-Mar O Workout #7 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep |
| 9-Mar DAY OFF ONE BAD MEAL (eat what you want with proper portion) | 10-Mar O Workout #8 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 11-Mar O Workout #9 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 12-Mar O Workout #10 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 13-Mar O Workout #11 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 14-Mar O Workout #12 O Got Weighed O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 15-Mar O Workout #13 - 7am and 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep |
| 16-Mar DAY OFF ONE BAD MEAL (eat what you want with proper portion) | 17-Mar O Workout #14 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 18-Mar O Workout #15 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 19-Mar O Workout #16 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 20-Mar O Workout #17 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 21-Mar O Workout #18 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 22-Mar O Workout #19 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep |
| OFF WEEK SPRING BREAK MAR 17-22 NO IN PERSON - VIRTUAL ONLY | | | | | | |
| 23-Mar DAY OFF ONE BAD MEAL (eat what you want with proper portion) | 24-Mar O Workout #20 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 25-Mar O Workout #21 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 26-Mar O Workout #22 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 27-Mar O Workout #23 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 28-Mar O Workout #24 EOM Celebrate/GYIS Gear O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | 29-Mar O Workout #25 - Community Cardio 8am O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep |
| 30-Mar DAY OFF ONE BAD MEAL (eat what you want with proper portion) | 31-Mar O Workout #26 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep | *Weather Info* If it's raining, or feels like 30 or below we will post in the MyCoach GYIS VIP Community. *Four In-Person Weeks off (everyone will just do the 6 Virtual Sessions Offered those week) Thanksgiving, Christmas, CISD Spring Break, July 4th. | | GYIS In-Person sessions M-W-F (1 Hour) 5:30am, 6:30am, 8:00am Noon, 5:30pm | 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/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! **Post your Accountability Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com | |