



# April 2025 Get You In Shape Accountability Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Apr O Workout #1 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	2-Apr O Workout #2 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	3-Apr O Workout #3- Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Eat 4-6 times O Sleep	4-Apr O Workout #4 <b>O Got Weighed</b> O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	5-Apr O Workout #5 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
6-Apr <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	7-Apr O Workout #6 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	8-Apr O Workout #7 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	9-Apr O Workout #8 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	10-Apr O Workout #9 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	11-Apr O Workout #10 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	12-Apr <b>O Workout #11 - 7am and 8am</b> O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
13-Apr <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	14-Apr O Workout #12 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	15-Apr O Workout #13 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	16-Apr O Workout #14 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	17-Apr O Workout #15 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	18-Apr O Workout #16 <b>O Got Weighed</b> O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	19-Apr <b>O Workout #17 - 7am and 8am</b> O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
20-Apr <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	21-Apr O Workout #18 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	22-Apr O Workout #19 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	23-Apr O Workout #20 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	24-Apr O Workout #21 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	25-Apr O Workout #22 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	26-Apr <b>O Workout #23 - Charity Workout 8am</b> O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep
27-Apr <b>DAY OFF</b>  ONE BAD MEAL (eat what you want with proper portion)	28-Apr O Workout #24 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	29-Apr O Workout #25 - Virtual Only O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep	30-Apr O Workout #26 O Follow GYIS Nutrition 101 O Supplements O Water O Got 7 Hours Sleep			
<b>*Weather Info*</b>  If it's raining, or feels like 30 or below we will post in the MyCoach GYIS VIP Community.	<b>GYIS In-Person sessions</b> <b>M - W - F</b> 5:30am - 6:30am 6:30am - 7:30am 8:00am - 9:00am Noon-1pm 5:30 - 6:30 pm <b>Virtual Sessions Mon.-Sat</b>		*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) <b>Cash Referral Rewards Program - Get Paid \$ Cash \$</b> - Share GYIS with folks like you who need something like our program. Just ask us for the details! Brad@getyouinshape.com   Kathyop@getyouinshape.com  **Post your Accountability Calendar on the GYIS VIP Page or email it to brad@getyouinshape.com			