

Get Switched On Energy Schedule™

I **MUST** workout a minimum of _____ days per month.

Signed _____ Date _____

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| Month _____ | | | | | | | | | Goal _____ | | | | Actual _____ | | | | Weight _____ | | | | | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|------------|----|----|----|--------------|----|----|----|--------------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

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Why make a lifetime commitment to "workout" consistently? How long do you want to live? **START DOING SOMETHING!** Place the **Get Switched On Workout Schedule** on your *mirror* in the bathroom. **Fill in the box for each day you "workout" and live up to your six-month commitment.**

A Streak Starts with One!

1. Start the day with an **INTERNAL SHOWER** – drink 12-16 oz. water - have water available in the car/desk
2. *Treat my body as a temple.* How long do I want to live? What quality of life do I want at 100? **Start now!**
3. Bring a **cooler** w/healthy food to work/car – cut out soda/ energy drinks, cut way down fast food/crap
4. Aim for **50%** of what passes your lips to be **fresh vegetables** and **fruits, 7-9 servings a day.**
 Eat a **BIG interesting** salad and a **SMALL** entrée more often. **Do NOT drink your calories!**

Drink the [Get Switched On Smoothie](#) at least 4 days a week!

5. **Oxygenate your system** – do 20 aerobic sessions a month of 30 minutes - in am if possible! Maintain my strength. Just 28 **sit-ups/push-ups a day = 10,000 a year!** *Also use a resistance band or small weights.*

Make a commitment to be one of the **3%** in America who lead a healthy lifestyle.
Be an example not a warning! Think "Health Span" not Life Span.