

Get Switched On Energy Schedule™

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

Signed _____ Date _____

Created by **Chip Eichelberger**, © 1993 All Rights Reserved, **865-300-2742**

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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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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. Begin your day with an "INTERNAL SHOWER" – drink 12-16 oz. room temp water with ½ to full lemon.
2. *Treat my body as a temple.* How long do I want to live? What quality of life do I want at 80? **Start now!**
3. Bring a **cooler** w/healthy food – cut out sugar drinks, cut way down fast food/crap Don't drink your calories!
 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. Nordic Naturals ProOmega 2000/Melatonin Gummies

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 invest your time and efforts NOW, or likely have to invest the time, energy, money, stress and pain to **REVERSE** a *disease* you could have avoided!