

# Motion Is Medicine Energy Schedule <sup>TM</sup>

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	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	3	3
										0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

Month _____										Goal _____					Actual _____					Weight _____									
1	2	3	4	5	6	7	8	9	10	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	
										0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

Month _____										Goal _____					Actual _____					Weight _____									
1	2	3	4	5	6	7	8	9	10	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	
										0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

Month _____										Goal _____					Actual _____					Weight _____									
1	2	3	4	5	6	7	8	9	10	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	
										0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

Month _____										Goal _____					Actual _____					Weight _____									
1	2	3	4	5	6	7	8	9	10	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	
										0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

Month _____										Goal _____					Actual _____					Weight _____									
1	2	3	4	5	6	7	8	9	10	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	
										0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

How long do I want to live? Make a lifetime commitment to MOVE/exercise consistently! Put this **Motion is Medicine ENERGY Schedule** on your mirror in the bathroom. Sweating consistently is CRUCIAL!  
**Fill in the box for each day - you are making a vote for the person you want to be.**

## My Goal – In shape, high-energy, disease and drug free.

1. **HYDRATE** - Start the day with an **INTERNAL SHOWER** – drink 12-16 oz. water/1/4 or 1/3 lemon
2. *Treat my body as a temple.* **EAT LIVE FOODS.** Every label = **WARNING LABEL!** Eat LESS > Love Longer!
3. Pack a **cooler** – keep healthy food close by cut out soda/energy drinks = **LIQUID DEATH**, cut down fast food meals, chip/French fries, cookies, ice cream, white bread/pasta. **Do NOT 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 more often. **Do NOT drink your calories!**  
 Drink the [\*Get Switched On Smoothie/Green Juice\*](#) 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. 28 **sit-ups/push-ups a day = 10,000 a year!** *Use a resistance bands or small weights.*

Make a commitment to invest your time and efforts **NOW** or pay the price later.