

Get Switched On Energy Schedule TM

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	1	1	1	1	1	1	1	1	1	2	2	2	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	0	1

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

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

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

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

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

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 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!