

Winner's Workout Schedule™

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

Signed _____ Date _____

Created by **Chip Eichelberger**, 1993 All Rights Reserved, **866-224-1393**
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Month _____									Goal _____						Actual _____															
1	2	3	4	5	6	7	8	9	1	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 _____															
1	2	3	4	5	6	7	8	9	1	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 _____															
1	2	3	4	5	6	7	8	9	1	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 _____															
1	2	3	4	5	6	7	8	9	1	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 _____															
1	2	3	4	5	6	7	8	9	1	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 _____															
1	2	3	4	5	6	7	8	9	1	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 six-month commitment to "workout" consistently? How long do you want to live? **START DOING SOMETHING!** Place the **Winner's 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.

Chip's Tips for High Energy, Health and Vitality!

1. Drink 12 ounces of room temp **water** the first 30 minutes of the day - have water available in the car/desk
2. *Treat my body a temple.* How long do you want to live? What quality of life do I want at 80? **Start now!**
3. Bring a **cooler** w/healthy food to work/car – cut out soda/ energy drinks, cut way down fast food/junk
4. Aim for **50%** of what passes your lips to be **fresh vegetables** and **fruits, 7-9 servings a day**. Eat a **BIG** salad w/a wide variety of vegetables and a **SMALL** entrée, more pasta, fish > less meat and white foods

Have **one meal a day** that is just fresh veggies and/or fruits!

5. **Oxygenate your system** – do 20 aerobic sessions a month of 30 minutes - in am if possible! Maintain my strength/5 minutes of **sit-ups/push-ups 2x a day** – use a *resistance band or small weights*

Go To 3PercentChoice.com - Make a commitment to be one of the **3%** in America who lead a healthy lifestyle – share your story.