

Motion Is Medicine Energy Schedule TM

I **MUST** move/exercise 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	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	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	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	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	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	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

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.

- HYDRATE** - Start the day with an **INTERNAL SHOWER** – drink 8 – 12+ oz. water with 1/4 or 1/3 lemon
- Treat my body as a temple. Eat **LIVE** foods. **Every label = WARNING LABEL! EAT LESS > live longer!**
- Pack a **cooler** - keep healthy food close by – cut out soda/energy drinks/juices, cut down fast food meals, chips, French fries, cookies, ice cream, candy bars, white bread and pasta. **Do NOT drink your calories!**
- Aim for **50%** of what passes your lips to be **ORGANIC fresh vegetables** and **fruits, 7-9 servings a day.**
 Eat a **BIG interesting** salad and a **SMALL** entrée more often.

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

- Oxygenate your system** – do 20 aerobic sessions a month of 30 minutes - in AM if possible! Maintain my strength. **28 push-ups a day = 10,000 a year!** **Get STRONG** - use resistance band or weights.

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