

FOCUS T25™

Purpose: This sheet was designed to keep track of your progress for FOCUS T25. The instructions are below.

Day 0:
Day 70:

07-Jan-2014
14-Jun-2014

See Below Sheet Date: None!

LOG: STATS

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
ALPHA THE FOUNDATION	27-Jul	CARDIO	28-Jul	SPEED 0.5	29-Jul	TOTAL BODY CARDIO	30-Jul	AB WORKOUT 0.5	31-Jul	LOWER BODY CARDIO	1-Aug	STAT FUNDAS	2-Aug	STAT FUNDAS
	3-Aug	CARDIO	4-Aug	TOTAL BODY CARDIO	5-Aug	SPEED 1.0	6-Aug	CARDIO	7-Aug	LOWER BODY AB WORKOUT 0.5	8-Aug	STAT FUNDAS	9-Aug	STAT FUNDAS
	10-Aug	TOTAL BODY CARDIO	11-Aug	SPEED 0.5	12-Aug	LOWER BODY CARDIO	13-Aug	CARDIO	14-Aug	UPPER BODY CARDIO	15-Aug	STAT FUNDAS	16-Aug	STAT FUNDAS
	17-Aug	CARDIO	18-Aug	TOTAL BODY CARDIO	19-Aug	LOWER BODY CARDIO	20-Aug	TOTAL BODY CARDIO	21-Aug	AB WORKOUT 0.5 SPEED 1.0	22-Aug	STAT FUNDAS	23-Aug	STAT FUNDAS
BETA THE CORE	24-Aug	TOTAL BODY CARDIO	25-Aug	AB WORKOUT 0.5	26-Aug	TOTAL BODY CARDIO	27-Aug	CARDIO	28-Aug	TOTAL BODY CARDIO	29-Aug	STAT FUNDAS	30-Aug	STAT FUNDAS
	31-Aug	CARDIO	1-Sep	SPEED 0.5	2-Sep	UPPER BODY CARDIO	3-Sep	LOWER BODY CARDIO	4-Sep	LOWER BODY CARDIO	5-Sep	STAT FUNDAS	6-Sep	STAT FUNDAS
	7-Sep	UPPER BODY CARDIO	8-Sep	CARDIO	9-Sep	UPPER BODY CARDIO	10-Sep	LOWER BODY CARDIO	11-Sep	UPPER BODY SPEED 0.5	12-Sep	STAT FUNDAS	13-Sep	STAT FUNDAS
	14-Sep	CARDIO	15-Sep	LOWER BODY CARDIO	16-Sep	SPEED 0.5	17-Sep	UPPER BODY CARDIO	18-Sep	UPPER BODY SPEED 0.5	19-Sep	STAT FUNDAS	20-Sep	STAT FUNDAS
	21-Sep	UPPER BODY CARDIO	22-Sep	UPPER BODY CARDIO	23-Sep	CARDIO	24-Sep	UPPER BODY CARDIO	25-Sep	SPEED 0.5 LOWER BODY CARDIO	26-Sep	STAT FUNDAS	27-Sep	STAT FUNDAS
	28-Sep	UPPER BODY CARDIO	29-Sep	CARDIO	30-Sep	UPPER BODY CARDIO	1-Oct	UPPER BODY CARDIO	2-Oct	UPPER BODY CARDIO	3-Oct	STAT FUNDAS	4-Oct	STAT FUNDAS

Instructions: To begin using this sheet, follow these instructions:

- Start by entering the date that you plan on starting FOCUS T25 in the box that says Day 0: above.
 - The rest of the calendar will be automatically filled in for you.
 - The sheet will now determine the Day of the Week based on the start date. This way, if you start on Saturday or Day 1, the sheet will show SATURDAY as the Day of the Week.
 - The number of the day that you are on will be reflected on the calendar.
- PUSH PLAY! And begin recording your progress.
 - If you want to make a note on a particular exercise, just add a comment to the cell. (See Microsoft's help feature if you don't know how. It's easy. Just right-click the cell and select "Insert Comment".)
- When you have completed a workout, click the name of the workout.
 - You will be taken to the "Workouts" or "Fit Test" sheet.
- Once you have completed your workout, place an X in the COMPLETED workout cell that correlates with your workout day.
 - Placing an "X" in the COMPLETED workout row will automatically update your progress on the "Fit Routine" sheet.
- Click the link at the bottom of the "Workouts" or "Fit Test" sheet to take you back to the "Fit Routine" sheet.
 - Insert notes here that Day 1 ("I love to learn X...") you have officially X'd your workout for the day!
- Do your 5 (or 10) minute cardio!
- Repeat the above steps each day until Day 70.



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Measurements	ALPHA RESULTS		BETA RESULTS	
	Day 1	Day 35	Day 70	
Weight				
Chest				
Waist				
Right Arm				
Left Arm				
Right Thigh				
Left Thigh				

WEEK 1 Saturday	
Weight	
Chest	
Waist	
Right Arm	
Left Arm	
Right Thigh	
Left Thigh	

WEEK 2 Saturday	
Weight	
Chest	
Waist	
Right Arm	
Left Arm	
Right Thigh	
Left Thigh	

WEEK 3 Saturday	
Weight	
Chest	
Waist	
Right Arm	
Left Arm	
Right Thigh	
Left Thigh	

WEEK 6 Saturday	
Weight	
Chest	
Waist	
Right Arm	
Left Arm	
Right Thigh	
Left Thigh	

WEEK 7 Saturday	
Weight	
Chest	
Waist	
Right Arm	
Left Arm	
Right Thigh	
Left Thigh	

WEEK 8 Saturday	
Weight	
Chest	
Waist	
Right Arm	
Left Arm	
Right Thigh	
Left Thigh	

FOCUS T25™

DON'T FORGET YOUR BEFORE PHOTOS

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T25 Start Up Guide

S Marginson



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