

Focus T25 ALPHA

| Progress | | | Monday | Tuesday | Wednesday | Thursday | Friday | | Sunday |
|-----------------|-----------------|---------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------|------------------|
| Weight _____ | Waist _____ | Week1 | Cardio □ | Speed1.0 □ | Total Body Circuit □ | AB Intervals □ | Cardio □ | Lower Focus □ | Stretch □ |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | Week 2 | Cardio □ | Total Body Circuit □ | Speed 1.0 □ | Cardio □ | Lower Focus □ | AB Intervals □ | Stretch □ |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | Week 3 | Total Body Circuit □ | Speed 1.0 □ | Lower Focus □ | Cardio □ | Total Body Circuit □ | AB Intervals □ | Stretch □ |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | Week 4 | Cardio □ | Total Body Circuit □ | Lower Focus □ | Total Body Circuit □ | AB Intervals □ | Speed 1.0 □ | Stretch □ |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |
| Weight _____ | Waist _____ | Week5 | Total Body Circuit □ | AB Intervals □ | Total Body Circuit □ | Cardio □ | Total Body Circuit □ | Lower Focus □ | Stretch □ |
| Chest _____ | Thighs _____ | | | | | | | | |
| Arms _____ | | | | | | | | | |