

FocusT25 *Gamma*

Start Date:

Finish Date:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Speed 3.0 Finished at ☐ Stamps made it ☐	Rip't Up Finished at ☐ Stamps made it ☐	Extreme Circuit Finished at ☐ Stamps made it ☐	The Pyramid Finished at ☐ Stamps made it ☐	Speed 3.0 Finished at ☐ Stamps made it ☐	How I feel: Plan for next week:	Stretch
WEEK 2	Rip't Up Finished at ☐ Stamps made it ☐	Extreme Circuit Finished at ☐ Stamps made it ☐	Speed 3.0 Finished at ☐ Stamps made it ☐	The Pyramid Finished at ☐ Stamps made it ☐	Rip't Up Finished at ☐ Stamps made it ☐	How I feel: Plan for next week:	Stretch
WEEK 3	The Pyramid Finished at ☐ Stamps made it ☐	Speed 3.0 Finished at ☐ Stamps made it ☐	Rip't Up Finished at ☐ Stamps made it ☐	Extreme Circuit Finished at ☐ Stamps made it ☐	The Pyramid Finished at ☐ Stamps made it ☐	How I feel: Plan for next week:	Stretch
WEEK 4	Extreme Circuit Finished at ☐ Stamps made it ☐	Rip't Up Finished at ☐ Stamps made it ☐	Speed 3.0 Finished at ☐ Stamps made it ☐	The Pyramid Finished at ☐ Stamps made it ☐	Extreme Circuit Finished at ☐ Stamps made it ☐	How I feel: Plan for next week:	Stretch

NOTES

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