

FocusT25 *Alpha*

Start Date:

Finish Date:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
WEEK 1	Cardio Followed by: ☐ Sandy made it: ☐	Speed 1.0 Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	AB Intervals Followed by: ☐ Sandy made it: ☐	Cardio Followed by: ☐ Sandy made it: ☐	Lower Focus Followed by: ☐ Sandy made it: ☐	How I feel: Plan for next week:	Stretch
WEEK 2	Cardio Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	Speed 1.0 Followed by: ☐ Sandy made it: ☐	Cardio Followed by: ☐ Sandy made it: ☐	Lower Focus Followed by: ☐ Sandy made it: ☐	AB Intervals Followed by: ☐ Sandy made it: ☐	How I feel: Plan for next week:	Stretch
WEEK 3	Total Body Circuit Followed by: ☐ Sandy made it: ☐	Speed 1.0 Followed by: ☐ Sandy made it: ☐	Lower Focus Followed by: ☐ Sandy made it: ☐	Cardio Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	AB Intervals Followed by: ☐ Sandy made it: ☐	How I feel: Plan for next week:	Stretch
WEEK 4	Cardio Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	Lower Focus Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	AB Intervals Followed by: ☐ Sandy made it: ☐	Speed 1.0 Followed by: ☐ Sandy made it: ☐	How I feel: Plan for next week:	Stretch
WEEK 5	Total Body Circuit Followed by: ☐ Sandy made it: ☐	AB Intervals Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	Cardio Followed by: ☐ Sandy made it: ☐	Total Body Circuit Followed by: ☐ Sandy made it: ☐	Lower Focus Followed by: ☐ Sandy made it: ☐	How I feel: Plan for next week:	Stretch

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