

POWER 90

1. Log on to TeamiBeachbody.com for extra motivation and to find the Power 90 group starting on the same day as you! 2. Take your supplements and drink plenty of water. 3. Make the grade! Score yourself each day on your workout intensity and how closely you stick to your diet goals on a scale of 1-10. 4. Don't quit—Keep Pushing Play. ■

Track Your Workouts!

For each day, write the name of the workout completed.

Prep Week			1	2	3	4	5	6	7
TAKE "BEFORE" PHOTO!	☐ Not	☐ Intensity							
	Score (1-10)	Score (1-10)							
			8	9	10	11	12	13	14
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			15	16	17	18	19	20	21
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			22	23	24	25	26	27	28
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			29	30	31	32	33	34	35
TAKE "AFTER" PHOTO!	☐ Not	☐ Intensity							
	Score (1-10)	Score (1-10)							
			36	37	38	39	40	41	42
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			43	44	45	46	47	48	49
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			50	51	52	53	54	55	56
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			57	58	59	60	61	62	63
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			64	65	66	67	68	69	70
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			71	72	73	74	75	76	77
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			78	79	80	81	82	83	84
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)
			85	86	87	88	89	90	
☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity	☐ Not	☐ Intensity
Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)	Score (1-10)

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