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| --- |
| February |
| 2015 |
| Focus T25 Alpha  | No Excuses  |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | **Cardio****Nailed it** **Barely made it** | **Cardio****Nailed it** **Barely made it** | **Ab interval** **Nailed it** **Barely made it** | **Total BodyCircuit****Nailed it** **Barely made it** | **Total BodyCircuit****Nailed it** **Barely made it** | **Ab interval** **Nailed it** **Barely made it**Take pictures |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| **Stretch** ***Check Stats*****Weight\_\_\_\_\_\_****Waist\_\_\_\_\_\_\_\_****Arm\_\_\_\_\_\_\_\_****Thigh\_\_\_\_\_\_\_\_** | No School Stretch | **Speed 1.0****Nailed it** **Barely****made it** | **Speed 1.0****Nailed it** **Barely****made it** | **Ab Interval** **Nailed it** **Barely made it** | **Ab Interval** **Nailed it** **Barely made it** | **Total Body Circuit****Nailed it** **Barely****made it****Take pictures** |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| **Stretch** ***Check Stats*****Weight\_\_\_\_\_\_****Waist\_\_\_\_\_\_\_\_****Arm\_\_\_\_\_\_\_\_****Thigh\_\_\_\_\_\_\_\_****HW: Effects of TV on** | **Lower body** **Nailed it** **Barely****made it** | **Lower body** **Nailed it** **Barely****made it** | **Total Body Circuit****Nailed it** **Barely****made it** | **Speed 1.0****Nailed it** **Barely****made it** | **Speed 1.0****Nailed it** **Barely****made it** | **Lower body** **Nailed it** **Barely****made it****Take picutes**  |
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