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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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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