

# TRANSFORM:20™

6-WEEK TRANSFORMATION TRACKER



## THE NEXT 6 WEEKS ARE GOING TO BE AMAZING.

I love challenging people to work hard physically, but this time it's not just about the "after" photos. I'm going to help you find the motivation, determination, and confidence to overcome the obstacles in your life. You'll discover what moving and sweating does to your overall being. I want you to feel strong inside and out, so you can be the best you can be.

## TIME TO STEP UP

YOU AND ME. LET'S WORK.

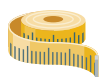
*Shaun T*



# LET'S GET TO WORK

Change doesn't happen overnight. It takes progress, every day. Over the next 6 weeks, you'll transform your body and your mind in just 20 minutes a day—without lifting a single weight. You'll get stronger, fitter, and leaner, while you work everything—legs, upper body, glutes, and core. This book will help you track your goals and your progress with Transform :20™. The more detail you put in, the more helpful it will be to keep you motivated and ready to finish strong.

## YOUR TOOLS IN THIS TRACKER INCLUDE:



### MEASUREMENT TRACKER

We recommend that you take your photos and measurements before your first workout, and again when you finish. The harder you push, the better your results.



### COMMIT TO TRANSFORM

Setting goals is important. Sticking to them is even more important. Shaun T is asking for you to bring everything you've got for the next 6 weeks. Mind and body.



### DAILY TRACKER

Your daily task is to write down your workouts, mood, meals, Shakeology®, and Beachbody Performance™ supplements—all the important things for a true transformation.



### TRANSFORMERS

There are 3 daily Transformers that will challenge you to do your best. You'll want to track your progress to see how you do, week after week.



### SHAUN-FIRMATIONS

Shaun T is giving you a daily dose of motivation to keep your head in the game and keep you focused on what matters most—you.

# MEASUREMENT TRACKER

The best way to see how much your body is transforming is to take progress photos and keep track of your measurements.

For information on how to get the best results when taking your **BEFORE** and **AFTER** photos, please visit [BeachbodyChallengePhotos.com](http://BeachbodyChallengePhotos.com)



MEASUREMENTS	WEEK 1	WEEK 6
CHEST		
R. ARM		
L. ARM		
WAIST		
HIPS		
R. THIGH		
L. THIGH		
TOTAL INCHES		
WEIGHT		



**SHARE YOUR PHOTOS AND VIDEOS WITH US**

 [f/Transform20](https://www.facebook.com/Transform20)

 [@transform\\_20](https://www.instagram.com/transform_20)

[#transform20](https://www.instagram.com/transform_20)

**TRANSFORM:20™**



# COMMIT TO TRANSFORM

I **COMMIT** to TRANSFORM everything. My body, my life, my mind.

I am willing to work. I know it starts with my mind, but I'm also ready to **CLIMB** farther and push my body.

I am ready to keep going long after these 6 weeks are over and **CONQUER** what's next.

MY NAME IS:

TODAY'S DATE IS:

MY PHYSICAL GOAL: \_\_\_\_\_

MY EMOTIONAL GOAL: \_\_\_\_\_

MY PROFESSIONAL GOAL: \_\_\_\_\_

MY PERSONAL GOAL: \_\_\_\_\_

MY SIGNATURE:

A man is performing a side plank exercise on a black step. He is shirtless, wearing black shorts and grey sneakers. His right arm is extended forward, and his left arm is bent with the hand resting on the step. A tattoo on his left forearm reads "Conquer YOUR MIND". The entire image has a green tint overlay.


# COMMIT

CHAPTER 1 WEEKS 1-2

# CHAPTER 1 WEEK 1

**DAY 1** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Burn 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Rapid Taps      \_\_\_\_\_ T2: Twist OBL Kicks      \_\_\_\_\_ T3: Rocketman 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
 \_\_\_\_\_



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_  
 OZ/  
 GLASSES 

COFFEE/TEA:

\_\_\_\_\_  
 CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

**SHAUN-FIRMATION:** Believe in yourself. If you don't, no one will.



**DAY 2** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Faster



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Top, X Jack

\_\_\_\_ T2: L Reach

\_\_\_\_ T3: Ski Abs, In/Out



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *Make time for yourself. You are worth it.*

# CHAPTER 1 WEEK 1

**DAY 3** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Stronger 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: 90° Ab Trapper    \_\_\_\_ T2: Hover Ab Kicks    \_\_\_\_ T3: Burpee Hop



I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *Commit to be the best you can be.*

## DAY 4

## TODAY'S WORKOUT:



**MY WEIGHT:**

### BONUS WORKOUT:



TRANSFORMERS (enter number of reps in space):

\_\_\_\_\_ T1: Parkour

## T2: TS Squat Reach

### T3: Lunge Punch



**I FEEL:**

## HERE'S WHAT I ATE...

BREAKFAST:



LUNCH:



DINNER:



SNACK(S):



**PORTION TALLY:**

**SHAKEOLOGY:** ☐ Y ☐ N

FLAVOR/INGREDIENTS:



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



**WATER:**

OZ/  
GLASSES

**COFFEE/TEA:**

CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS

### DAILY CHALLENGES:

## HOW DID I CONQUER THEM?


**SHAUN-FIRMATION:** Make every minute count.



# CHAPTER 1 WEEK 1

**DAY 5** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Cvt 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Over Step Jump    \_\_\_\_\_ T2: Hand Rel Push-Up    \_\_\_\_\_ T3: Triangle 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
 \_\_\_\_\_



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_  
 OZ/  
 GLASSES 

COFFEE/TEA:

\_\_\_\_\_  
 CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Transform your life. Inside and out.

**DAY 6** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Balanced 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Climb Push-Ups    \_\_\_\_\_ T2: Plank, OBL Trap    \_\_\_\_\_ T3: Balanced Dips 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R

WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

**SHAUN-FIRMATION:** *Commit to make today an awesome day.*

# CHAPTER 1 WEEK 1

**DAY 7** DATE: \_\_\_\_\_

WATCHED *TRANSFORM YOUR LIFE WITH SHAUN T* ☐



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** The stronger you get, the better you feel.






# CHAPTER 1 WEEK 2

**DAY 9** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Faster 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Over Top, X Jack    \_\_\_\_\_ T2: L Reach    \_\_\_\_\_ T3: Ski Abs, In/Out 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Think fast and you'll move faster.

**DAY 10** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Stronger



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: 90° Ab Trapper

\_\_\_\_ T2: Hover Ab Kicks

\_\_\_\_ T3: Burpee Hop



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *Learn your ABCs. Always Be Committing.*



# CHAPTER 1 WEEK 2

**DAY 11** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Powerful 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Parkour      \_\_\_\_\_ T2: TS Squat Reach      \_\_\_\_\_ T3: Lunge Punch 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *Progress is powerful.*

**DAY 12** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Cvt



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Step Jump    \_\_\_\_ T2: Hand Rel Push-Up    \_\_\_\_ T3: Triangle



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *There's no time like go time.*

# CHAPTER 1 WEEK 2

**DAY 13** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Balanced 


MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Climb Push-Ups \_\_\_\_ T2: Plank, OBL Trap \_\_\_\_ T3: Balanced Dips 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

**SHAUN-FIRMATION:** Being balanced is contagious. Spread it.

**DAY 14** DATE: \_\_\_\_\_

WATCHED *TRANSFORM YOUR LIFE WITH SHAUN T* ☐



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY: \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Don't just exist. Live!

A full-page background image featuring a muscular man in a starting crouch on a plyometric box. The image is overlaid with a solid green color. The man has a tattoo on his right forearm that reads "Transform YOUR LIFE".

# CLIMB

CHAPTER 2 **WEEKS 3-4**

## CHAPTER 2 WEEK 3

**DAY 15**    **DATE:** \_\_\_\_\_

TODAY'S WORKOUT: Burn



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_\_ T1: Rapid Taps

\_\_\_\_\_ T2: Twist OBL Kicks

\_\_\_\_\_ T3: Rocketman



**I FEEL:** \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:       

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



**WATER:**

OZ/  
GLASSES

**COFFEE/TEA:**

CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW

## SLEEP

☐ 0-6 HRS   ☐ 6-8 HRS   ☐ 8+HRS

### DAILY CHALLENGES:

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## HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Find yourself and you'll find your life.

**DAY 16** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Faster



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Top, X Jack

\_\_\_\_ T2: L Reach

\_\_\_\_ T3: Ski Abs, In/Out



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_  
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\_\_\_\_\_

HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Be the key that unlocks your potential.

# CHAPTER 2 WEEK 3

**DAY 17** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Stronger



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: 90° Ab Trapper    \_\_\_\_ T2: Hover Ab Kicks    \_\_\_\_ T3: Burpee Hop



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_  
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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Trust and believe in your power to succeed.



**DAY 18** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Powerful



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Parkour      \_\_\_\_ T2: TS Squat Reach      \_\_\_\_ T3: Lunge Punch



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY: \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES

COFFEE/TEA:

\_\_\_\_ CUPS

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Find your power and show the world.

# CHAPTER 2 WEEK 3

**DAY 19** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Cvt 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Step Jump    \_\_\_\_ T2: Hand Rel Push-Up    \_\_\_\_ T3: Triangle



I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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\_\_\_\_\_

**SHAUN-FIRMATION:** *One body. One mind. One life.*

**DAY 20** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Balanced



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Climb Push-Ups    \_\_\_\_ T2: Plank, OBL Trap    \_\_\_\_ T3: Balanced Dips



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *You are not perfect. But you are perfectly you.*

# CHAPTER 2 WEEK 3

**DAY 21** DATE: \_\_\_\_\_

WATCHED *TRANSFORM YOUR LIFE WITH SHAUN T* ☐



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY: \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** See yourself before you can be yourself.

**DAY 22** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Burn



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Rapid Taps

\_\_\_\_ T2: Twist OBL Kicks

\_\_\_\_ T3: Rocketman



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?


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**SHAUN-FIRMATION:** Earn the burn.

# CHAPTER 2 WEEK 4

**DAY 23** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Faster 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Over Top, X Jack    \_\_\_\_\_ T2: L Reach    \_\_\_\_\_ T3: Ski Abs, In/Out 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

**SHAUN-FIRMATION:** *Think change is hard? Think again.*

**DAY 24** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Stronger



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: 90° Ab Trapper

\_\_\_\_ T2: Hover Ab Kicks

\_\_\_\_ T3: Burpee Hop



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_  
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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *You've got to dig to go higher.*

# CHAPTER 2 WEEK 4

**DAY 25** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Powerful



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Parkour

\_\_\_\_ T2: TS Squat Reach

\_\_\_\_ T3: Lunge Punch



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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\_\_\_\_\_

**SHAUN-FIRMATION:** *If you don't try, you can't fly.*



**DAY 26** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Cvt



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Step Jump    \_\_\_\_ T2: Hand Rel Push-Up    \_\_\_\_ T3: Triangle



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
\_\_\_\_ GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

\_\_\_\_\_  
\_\_\_\_\_  
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HOW DID I CONQUER THEM?

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\_\_\_\_\_

**SHAUN-FIRMATION:** No one can pull you along if you won't push yourself.

## CHAPTER 2 WEEK 4

**DAY 27**    **DATE:** \_\_\_\_\_

TODAY'S WORKOUT: Balanced



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_\_ T1: Climb Push-Ups      \_\_\_\_\_ T2: Plank, OBL Trap      \_\_\_\_\_ T3: Balanced Dips



**I FEEL:** \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:       

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:



## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



**WATER:**

OZ/  
GLASSES

**COFFEE/TEA:**

CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW

## SLEEP

☐ 0-6 HRS   ☐ 6-8 HRS   ☐ 8+HRS

### DAILY CHALLENGES:

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## HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** You've got to give it everything before you get anything.

**DAY 28** DATE: \_\_\_\_\_

WATCHED *TRANSFORM YOUR LIFE WITH SHAUN T* ☐



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_

HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** Get out of your head and get into the work.



# CONQUER

CHAPTER 3 **WEEKS 5-6**

# CONQUER

## CHAPTER 3 WEEK 5

**DAY 29** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Burn 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Rapid Taps      \_\_\_\_ T2: Twist OBL Kicks      \_\_\_\_ T3: Rocketman



I FEEL: \_\_\_\_\_

### HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



### BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



### SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



### DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** A little more effort is worth a LOT.

**DAY 30** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Faster 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Over Top, X Jack    \_\_\_\_\_ T2: L Reach    \_\_\_\_\_ T3: Ski Abs, In/Out 

I FEEL: \_\_\_\_\_

### HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

### BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



### SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



### DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *Patience is the greatest gift you can give yourself.*

# CONQUER

## CHAPTER 3 WEEK 5

**DAY 31** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Stronger



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: 90° Ab Trapper    \_\_\_\_ T2: Hover Ab Kicks    \_\_\_\_ T3: Burpee Hop



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_


HOW DID I CONQUER THEM?

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\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SHAUN-FIRMATION:** Don't celebrate the goal. Celebrate the work you put in to get there.

**DAY 32** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Powerful 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Parkour      \_\_\_\_\_ T2: TS Squat Reach      \_\_\_\_\_ T3: Lunge Punch 

I FEEL: \_\_\_\_\_

### HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

### BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



### SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



### DAILY CHALLENGES:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

HOW DID I CONQUER THEM?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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 \_\_\_\_\_

**SHAUN-FIRMATION:** You are free to be you.



# CONQUER

## CHAPTER 3 WEEK 5

**DAY 33** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Cvt 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Step Jump    \_\_\_\_ T2: Hand Rel Push-Up    \_\_\_\_ T3: Triangle



I FEEL: \_\_\_\_\_

### HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



### BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



### SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



### DAILY CHALLENGES:

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\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

HOW DID I CONQUER THEM?


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\_\_\_\_\_

**SHAUN-FIRMATION:** Step up to the next level. The view is better.

**DAY 34** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Balanced 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Climb Push-Ups \_\_\_\_ T2: Plank, OBL Trap \_\_\_\_ T3: Balanced Dips 

I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_  
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\_\_\_\_\_

HOW DID I CONQUER THEM?

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\_\_\_\_\_

**SHAUN-FIRMATION:** Clear your mind. Work your body. Be free.

# CONQUER

## CHAPTER 3 WEEK 5

**DAY 35** DATE: \_\_\_\_\_

WATCHED *TRANSFORM YOUR LIFE WITH SHAUN T* ☐



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY: \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_  
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\_\_\_\_\_

HOW DID I CONQUER THEM?

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\_\_\_\_\_

**SHAUN-FIRMATION:** Speak your truth. Live your truth.

**DAY 36** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Burn



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Rapid Taps

\_\_\_\_ T2: Twist OBL Kicks

\_\_\_\_ T3: Rocketman



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

\_\_\_\_\_  
\_\_\_\_\_  
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HOW DID I CONQUER THEM?

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\_\_\_\_\_

**SHAUN-FIRMATION:** Do it now while it's still now.

# CONQUER

## CHAPTER 3 WEEK 6

**DAY 37** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Faster 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: Over Top, X Jack    \_\_\_\_ T2: L Reach    \_\_\_\_ T3: Ski Abs, In/Out



I FEEL: \_\_\_\_\_

### HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



### BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
\_\_\_\_ GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



### SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



### DAILY CHALLENGES:

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\_\_\_\_\_  
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\_\_\_\_\_

HOW DID I CONQUER THEM?

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\_\_\_\_\_  
\_\_\_\_\_

**SHAUN-FIRMATION:** No one else has your potential. Because no one else is you.

**DAY 38** DATE: \_\_\_\_\_

TODAY'S WORKOUT: Stronger



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



TRANSFORMERS (enter number of reps in space):

\_\_\_\_ T1: 90° Ab Trapper    \_\_\_\_ T2: Hover Ab Kicks    \_\_\_\_ T3: Burpee Hop



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY: \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES

COFFEE/TEA:

\_\_\_\_ CUPS



I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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\_\_\_\_\_  
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\_\_\_\_\_  
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HOW DID I CONQUER THEM?


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\_\_\_\_\_

**SHAUN-FIRMATION:** *Your best transformation begins on the inside.*

# CHAPTER 3 WEEK 6

**DAY 39** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Powerful 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):  
 \_\_\_\_\_ T1: Parkour    \_\_\_\_\_ T2: TS Squat Reach    \_\_\_\_\_ T3: Lunge Punch 

I FEEL: \_\_\_\_\_

## HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

## BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



## SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



## DAILY CHALLENGES:

\_\_\_\_\_  
 \_\_\_\_\_  
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HOW DID I CONQUER THEM?

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 \_\_\_\_\_  
 \_\_\_\_\_

**SHAUN-FIRMATION:** *Motivate yourself and you'll motivate others.*

**DAY 40** DATE: \_\_\_\_\_

**TODAY'S WORKOUT:** *Cvt & Shawn-A-Thon*



**MY WEIGHT:** \_\_\_\_\_

**BONUS WORKOUT:** \_\_\_\_\_



**TRANSFORMERS** (enter number of reps in space):

\_\_\_ T1: Over Step Jump

\_\_\_ T4: Rapid Taps

\_\_\_ T7: Parkour

\_\_\_ T2: Hand Rel Push-Up

\_\_\_ T5: Twist OBL Kicks

\_\_\_ T8: TS Squat Reach

\_\_\_ T3: Triangle

\_\_\_ T6: Rocketman

\_\_\_ T9: Lunge Punch



**I FEEL:** \_\_\_\_\_

**HERE'S WHAT I ATE...**

**BREAKFAST:** \_\_\_\_\_



**LUNCH:** \_\_\_\_\_



**DINNER:** \_\_\_\_\_



**SNACK(S):** \_\_\_\_\_



**PORTION TALLY:**  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

**SHAKEOLOGY:** ☐ Y ☐ N

**FLAVOR/INGREDIENTS:**

\_\_\_\_\_  
\_\_\_\_\_



**BEACHBODY PERFORMANCE**

☐ E ☐ H ☐ R ☐ R



**WATER:**

\_\_\_ OZ/  
\_\_\_ GLASSES 

**COFFEE/TEA:**

\_\_\_ CUPS 

**I LAUGHED** ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



**SLEEP**

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



**DAILY CHALLENGES:**

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

**HOW DID I CONQUER THEM?**

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\_\_\_\_\_  
\_\_\_\_\_

**SHAUN-FIRMATION:** *You did it! Almost done. You amaze you.*



# CONQUER

## CHAPTER 3 WEEK 6

**DAY 41** DATE: \_\_\_\_\_ TODAY'S WORKOUT: Balanced 

MY WEIGHT: \_\_\_\_\_ BONUS WORKOUT: \_\_\_\_\_ 

TRANSFORMERS (enter number of reps in space):


\_\_\_\_ T1: Climb Push-Ups \_\_\_\_ T2: Plank, OBL Trap \_\_\_\_ T3: Balanced Dips 

I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_ 

LUNCH: \_\_\_\_\_ 

DINNER: \_\_\_\_\_ 

SNACK(S): \_\_\_\_\_ 

PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_ 

BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_ OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_ CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

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HOW DID I CONQUER THEM?

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**SHAUN-FIRMATION:** *You committed. You climbed. And now you conquered.*

**DAY 42** DATE: \_\_\_\_\_

TAKE WEEK 6 PHOTOS  
AND MEASUREMENTS ☐



MY WEIGHT: \_\_\_\_\_

BONUS WORKOUT: \_\_\_\_\_



I FEEL: \_\_\_\_\_

HERE'S WHAT I ATE...

BREAKFAST: \_\_\_\_\_



LUNCH: \_\_\_\_\_



DINNER: \_\_\_\_\_



SNACK(S): \_\_\_\_\_



PORTION TALLY:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

SHAKEOLOGY: ☐ Y ☐ N

FLAVOR/INGREDIENTS:

\_\_\_\_\_  
\_\_\_\_\_



BEACHBODY PERFORMANCE

☐ E ☐ H ☐ R ☐ R



WATER:

\_\_\_\_\_  
OZ/  
GLASSES 

COFFEE/TEA:

\_\_\_\_\_  
CUPS 

I LAUGHED ☐ A LOT ☐ A LITTLE

☐ I'LL LAUGH MORE TOMORROW



SLEEP

☐ 0-6 HRS ☐ 6-8 HRS ☐ 8+HRS



DAILY CHALLENGES:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IN 6 WEEKS I TRANSFORMED:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SHAUN-FIRMATION:** Be proud. Stand tall. Take a minute to reflect on your transformation.

**THE WORK IS DONE.  
BUT IT'S NEVER OVER.**



SECURE HAPPY FOCUS GRATEFUL LEADERSHIP SUCCESS  
CONFIDENT HEALTHY  
GROWTH BALANCED  
CUT FAMILY TRANSFORM YOUR LIFE FOCUS RELATIONSHIP SCULPTED  
MOTIVATED STRONGER  
BE PRESENT CONFIDENT FAMILY  
HEALTHY GRATEFUL FASTER GROWTH  
BALANCED CUT SELF-LOVE LEADERSHIP  
POWERFUL SELF-LOVE FASTER SUCCESS CUT SELF-LOVE LEADERSHIP  
POWERFUL SECURE BE PRESENT  
HAPPY RELATIONSHIP

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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