

**FOCUS**  
**T25**<sup>®</sup>

**FITNESS JOURNAL**

■ **DAY 1** “Today is Day 1 of the new you. Make every second count.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

REMINDER: Take your “before” photo and enter your stats on the measurement chart located in the Quick-Start Guide or on p. 12 of this journal.

■ **DAY 2** “It’s 25 minutes to change your life, so just push through.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “Today is about progress, not perfection.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “It ain’t easy, but it’s worth it.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “First Double Day! Do your best and don’t quit!”

Today's Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 1 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “Weekend is over, now it’s T-time. Let’s get into it.”

Today’s Workout: \_\_\_\_\_



Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

■ **DAY 2** “Make every minute count.”

Today’s Workout: \_\_\_\_\_



Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

■ **DAY 3** “Don’t let yourself make an excuse. Just Push Play.”

Today’s Workout: \_\_\_\_\_



Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

■ **DAY 4** “What happens if you don’t Push Play? Nothing. So let’s Get It Done!”

Today’s Workout: \_\_\_\_\_



Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

■ **DAY 5** “Double Day ROUND 2. How many breaks will you take this time?”

Today’s Workouts: \_\_\_\_\_



Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

NAILED IT

BARELY MADE IT

**WEEK 2 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “You ready to NAIL this workout?”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “Today is the day for no rest. 25 minutes start to finish.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “Just remember, don't rest, just modify.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “Still think you can't get a workout in 25 minutes?”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “Double Day means double the results. Let's get into it!”

Today's Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 3 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “It’s only 25 minutes of your life. Get It Done!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “3,2,1—your Focus begins NOW!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “Today, I want you to give me everything you got.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “It’s 25 minutes of work. HARD WORK.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “Double Day. That’s right. You ready for it?”

Today’s Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 4 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “5 days till BETA. It’s time to focus and Get It Done.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “4 days to go. Can you handle it?”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “3 more days! You sure you’re ready?”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “2 days. Let’s do this!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “Last ALPHA Double Day! You better give it 110%.”

Today’s Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 5 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “Survived ALPHA huh? Good luck with BETA...you’re gonna need it!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “It ain’t easy. But you better push through, this is BETA.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “You better be ready to step it up. It’s worth it.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “It’s only 25 minutes of your life. Make every second count.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “No Rest. 100% Results.”

Today’s Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 6 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “Ready for Week Seven?”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “Make every second count. Why? ‘Cause I said so.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “25 minutes. Get It Done. No excuses.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “Today, when you want to quit, just remember—it's only 25 minutes!”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “You better bring it!”

Today's Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 7 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			



■ **DAY 1** “Mondays are tough. But let’s NAIL this workout!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “It ain’t easy, but it IS worth it. Let’s go!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “You’re almost there, just keep pushin’ through.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “It’s simple, either you do it or you don’t. So let’s do it!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “You know it! Double Day! It’s getting easier...right?”

Today’s Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 8 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “Playtime is over. Let’s get into it.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “No Rest. Pure Focus. 100% Results.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “You only get what you work for. So let’s go to work!”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “Don’t stop when you’re tired, stop when you’re done.”

Today’s Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “You’re almost there! Go hard and be proud.”

Today’s Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

NAILED IT

BARELY MADE IT

**WEEK 9 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

■ **DAY 1** “This is your last week. Make it count.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 2** “I’m not messin’ around today. Let’s go to work!”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 3** “3 days to go! I know you have it in you.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 4** “Just 2 more days. Give me everything you got.”

Today's Workout: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

■ **DAY 5** “This is it! Make every minute count.”

Today's Workouts: \_\_\_\_\_

NAILED IT

BARELY MADE IT

Notes: \_\_\_\_\_

**REMINDER:** Take your “after” photo and enter your stats on the measurement chart located in the Quick-Start Guide or on p. 12 of this journal.

NAILED IT

BARELY MADE IT

**WEEK 10 • SATURDAY**

Weight		Waist		Thigh	
Chest		Arm			

# TAKE YOUR “BEFORE” & “AFTER” PHOTOS, WEIGHT, AND MEASUREMENTS.

## MEASUREMENTS

	DAY 1	ALPHA RESULTS	BETA RESULTS
WEIGHT			
CHEST			
WAIST			
ARMS (R/L)			
THIGHS (R/L)			

## TAKE YOUR PICTURES

**BEFORE**



**AFTER**



Share your “before” and “after” photos with us and you’ll get a FREE T-shirt.

Visit [FreeT25Tshirt.com](http://FreeT25Tshirt.com) to learn how to get your **FREE T-shirt**.

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

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