Introduction to FOCUS T25

A message from Shaun T:

First off, welcome to FOCUS T25 and congratulations!

You made the smart decision and took a key step in improving your fitness and your health. By committing to your Challenge Group and to FOCUS T25 - you will be getting healthy and achieving your fitness goals with intense 25 minute workouts that deliver an hour’s worth of results.

I 100% commit to you to show up every day, motivate you, and give you the fitness tools to succeed. That's my promise. In return, I need that level of commitment from you. The road to success will be challenging, but if you Push Play every day and follow the nutrition plan, you will definitely see results in just 10 weeks.

Now, I know I mentioned the road will be challenging, but it will be fun too. I am excited that we are going to spend the next 10 weeks together because in that time, many things will change for you … not just your body. This program and the friends you will make in it will be a very special experience. You will build a support system that will last well beyond the 10 weeks, and the more you put into that system, the more you will get out. Never lose sight that this program and this Challenge Group are all about getting YOU results. Now go GET IT DONE!

WHAT IS THE COMMITMENT FOR A FOCUS T25 CHALLENGE GROUP?

- **Alpha Phase**: 5 days a week - 1 workout a day Monday-Thursday, 2 workouts on Double Day Friday
- **Beta Phase**: 5 days a week - 1 workout a day Monday-Thursday, 2 workouts on Double Day Friday
- Don’t have time to get in 2 workouts on Friday? No problem, just get the second workout in on Saturday.
- **Total**: 10 weeks
- Drink Shakeology® daily.
- Follow the Get It Done Nutrition Guide to fuel your body with the RIGHT foods.
- Take photos before Week 1, after Week 5 and after Week 10. Take your measurements weekly and record your results in the STATurday column of your T25 Wall Calendar.
- Track your workouts and Shakeology intake and interact with your Coach and group through the My Challenge Tracker App or through a private Facebook® group – whichever platform your Coach designates.
- Recommended Equipment needs: B-line resistance bands, miniMAT