































4 WEEKS OF FOCUS™

GET STRONG. GET FIT. GET FOCUSED.

FOLLOW THE CALENDAR AND FILL IN THE WEIGHTS YOU USE EACH DAY FOR GREAT RESULTS IN 4 WEEKS.

M	T	W	TH	F	SAT	SU
01 <input type="checkbox"/> TOTAL BODY STRENGTH 1  	02 <input type="checkbox"/> METABOLIC SWEAT 1 	03 <input type="checkbox"/> HIGH INTENSITY POWER 2  	04 <input type="checkbox"/> TOTAL BODY STRENGTH 2  	05 <input type="checkbox"/> METABOLIC SWEAT 2 	06 <input type="checkbox"/> REST	07 <input type="checkbox"/> REST
08 <input type="checkbox"/> METABOLIC SWEAT 3 	09 <input type="checkbox"/> METABOLIC SWEAT 3 	10 <input type="checkbox"/> HIGH INTENSITY POWER 2  	11 <input type="checkbox"/> UPPER BODY STRENGTH 1  	12 <input type="checkbox"/> METABOLIC SWEAT 4 	13 <input type="checkbox"/> REST	14 <input type="checkbox"/> REST
15 <input type="checkbox"/> TOTAL BODY STRENGTH 3  	16 <input type="checkbox"/> METABOLIC SWEAT 5 	17 <input type="checkbox"/> HIGH INTENSITY POWER 3 	18 <input type="checkbox"/> TOTAL BODY STRENGTH 4  	19 <input type="checkbox"/> METABOLIC SWEAT 6 	20 <input type="checkbox"/> REST	21 <input type="checkbox"/> REST
22 <input type="checkbox"/> TOTAL BODY STRENGTH 3  	23 <input type="checkbox"/> METABOLIC SWEAT 7 	24 <input type="checkbox"/> HIGH INTENSITY POWER 4  	25 <input type="checkbox"/> UPPER BODY STRENGTH 2  	26 <input type="checkbox"/> METABOLIC SWEAT 8 	27 <input type="checkbox"/> REST	28 <input type="checkbox"/> REST

Stay Focused on rest days and explore the app for Yoga, Stretching, Walking, and Meditation.
 Share your selfies and tag the squad @thedailykesley, @shaymitchell, @steph_shep, and @myopenfit.
 Use #4weeksoffocus to track your progress and be part of the community!

openfit.