

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



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 muscular man is shown in a side plank position on a black bench. He is shirtless, wearing black shorts and grey sneakers. His right arm is extended forward, and his left hand is on the bench. A tattoo on his right forearm reads "CONQUER YOUR MIND". The entire image has a strong green tint.

COMMIT

CHAPTER 1 WEEKS 1-2

CHAPTER 1 WEEK 1

DAY 1 DATE: _____

TODAY'S WORKOUT: Burn



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

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:

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:

HOW DID I CONQUER THEM?

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:

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?

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

CHAPTER 1 WEEK 1

DAY 5 DATE: _____

TODAY'S WORKOUT: Cvt



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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

DAY 6 DATE: _____

TODAY'S WORKOUT: Balanced



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

- 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:

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:

HOW DID I CONQUER THEM?

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

DAY 8 DATE: _____

TODAY'S WORKOUT: Burn



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:


HOW DID I CONQUER THEM?

SHAUN-FIRMATION: You've got to burn before you build.

CHAPTER 1 WEEK 2

DAY 9 **DATE:** _____ **TODAY'S WORKOUT:** Faster 

MY WEIGHT: _____ **BONUS WORKOUT:** _____ 

TRANSFORMERS:
 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: _____ **COFFEE/TEA:** _____
OZ/ GLASSES  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: *Think fast and you'll move faster.*

DAY 10 DATE: _____

TODAY'S WORKOUT: Stronger



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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?

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

CHAPTER 1 WEEK 2

DAY 11 DATE: _____ TODAY'S WORKOUT: Powerful 

MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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: *Progress is powerful.*

DAY 12 DATE: _____

TODAY'S WORKOUT: Cvt



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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:
 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: _____ COFFEE/TEA: _____
OZ/ GLASSES  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: *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:

HOW DID I CONQUER THEM?

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



CLIMB

CHAPTER 2 WEEKS 3-4

CHAPTER 2 WEEK 3

DAY 15 DATE: _____ TODAY'S WORKOUT: Burn 

MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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:

HOW DID I CONQUER THEM?

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

DAY 16 DATE: _____

TODAY'S WORKOUT: Faster



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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:

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?

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

DAY 18 DATE: _____

TODAY'S WORKOUT: Powerful



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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: Find your power and show the world.

CHAPTER 2 WEEK 3

DAY 19 DATE: _____

TODAY'S WORKOUT: Cvt



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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

DAY 20 DATE: _____

TODAY'S WORKOUT: Balanced



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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:

HOW DID I CONQUER THEM?

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

DAY 22 DATE: _____

TODAY'S WORKOUT: Burn



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:


HOW DID I CONQUER THEM?

SHAUN-FIRMATION: Earn the burn.

CHAPTER 2 WEEK 4

DAY 23 DATE: _____ TODAY'S WORKOUT: Faster 


MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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:

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:

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?

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

DAY 26 DATE: _____

TODAY'S WORKOUT: Cvt



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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:

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:

HOW DID I CONQUER THEM?

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:

HOW DID I CONQUER THEM?

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


A man in a starting crouch on a step aerobics platform, overlaid with a blue tint. The man is shirtless and wearing shorts, leaning forward with his hands on the platform. The background is a blurred indoor setting.

CONQUER

CHAPTER 3 **WEEKS 5-6**

CHAPTER 3 WEEK 5

DAY 29 DATE: _____ TODAY'S WORKOUT: Burn 

MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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: _____ COFFEE/TEA: _____
OZ/ GLASSES  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: *A little more effort is worth a LOT.*

DAY 30 DATE: _____

TODAY'S WORKOUT: Faster



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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

CHAPTER 3 WEEK 5

DAY 31 DATE: _____

TODAY'S WORKOUT: Stronger



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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?

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:
 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: You are free to be you.

CHAPTER 3 WEEK 5

DAY 33 DATE: _____

TODAY'S WORKOUT: Cvt



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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

DAY 34 DATE: _____ TODAY'S WORKOUT: Balanced 

MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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:

HOW DID I CONQUER THEM?

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

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:

HOW DID I CONQUER THEM?

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

DAY 36 DATE: _____ TODAY'S WORKOUT: Burn 


MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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:

HOW DID I CONQUER THEM?

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

CHAPTER 3 WEEK 6

DAY 37 DATE: _____ TODAY'S WORKOUT: Faster 

MY WEIGHT: _____ BONUS WORKOUT: _____ 

TRANSFORMERS:
 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:

HOW DID I CONQUER THEM?

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:

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?

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:
 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: *Motivate yourself and you'll motivate others.*

DAY 40 DATE: _____

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



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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

CHAPTER 3 WEEK 6

DAY 41 DATE: _____

TODAY'S WORKOUT: Balanced



MY WEIGHT: _____

BONUS WORKOUT: _____



TRANSFORMERS:

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:

HOW DID I CONQUER THEM?

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