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Weightloss PCOS
Focust T25 5 Day
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to eat?~~Focus T25
nutrition guide
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1. FOCUS

T25®Challenge

Group Guide.

Instructions

-How to Use This

Guide. In this

guide, you will

find shareable

social media

posts, including

tips, recipes,

videos*, and

more, that

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correspond to each week of your FOCUS T25 Challenge Group. These are suggested posts to help you manage your group, but feel free to mix them up to suit the needs of your team.

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~~Instructions How
to Use This
Guide~~

Page 6 The
SURFboard T25 is
a combination
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telephony cable
modem with two
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lines. It uses
DOCSIS 3.0
technology to

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whole home
connectivity,
use the T25
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add a Wi-Fi
router (separate
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Connect the Ethernet cable to the Ethernet port on the rear of the T25 and the Ethernet port on the Wi-Fi router, PC, or laptop. Connect the

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power cord to the Power port of the rear of the T25, then plug it into an electrical wall outlet that is not controlled by a wall switch. NOTE: The T25 automatically powers ON when the power cord

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~~Consumers — T25:~~
~~First Time~~
~~Installation~~
Quick-Start
Guide. Hit the
ground running
with this step-
by-step guide
for how to
achieve your
best results.
Get It Done

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We make eating simple too! 5 meals a day, 5 ingredients, 5 minutes to prep.

~~Focus T25 — My
Free Coach~~

Ok remember this is a guide for the first 5 days to get you started fast.

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You have everything you need to eat for breakfast, snacks, lunch, afternoon snacks and dinner. It also tells you which workout to do. You can also get a sneak peak of the focus t25 workout schedule here if you want

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it.

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- What's
Included in the
Package? T25
Workout Program

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DVDs. Each exercise lasts just 25 minutes. First you will prepare for all the workouts by doing some...

Workout

Calendars. There are separate calendars for month 1 (Alpha), month 2 (Beta) and the optional

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~~Beachbody Focus
T25 Review
Intense 25
Minutes Cardio
Workout~~

1 Tbsp. reduced-
sodium blend,
salt-free (to
taste; optional)
· Preheat oven
to 375° F. ·

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Place tofu,
garlic, green
beans,
mushrooms,
onion, and
potatoes in a
glass baking
dish; drizzle
with oil and soy
sauce. .

Sprinkle with
seasoning blend
if desired; toss
gently to coat

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~~A Fit Nurse:
Focus T25 5 day
Quick Start Meal
Plan~~

T 25 Focus T25
is a workout
series from
Shaun T, the
trainer who
created the
Insanity video
workout series.

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His T25 program
is an intense
full-body
routine, similar
to Insanity or
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Fitness ZONE~~
Includes 11
nonstop
25-minute

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Workout
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LINES Resistance
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and 5-Day Fast
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in contained
inside the

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need to work out
just 25 minutes
a day to get in
the best shape
of your life

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T25 Home Fitness
DVD Workout
Programme ...~~

The T25 box

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includes: 11

nonstop

25-minute

workouts on 11

DVDs; Quick-

Start Guide to

kick start your

fitness routine

(Even if you do

not like reading

instructions,

going through

this guide this

time will

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definitely be worth your time.) Get It Done Nutrition Guide (Nutrition and diet tips with 25 recipes to help in your endeavor. The guide also gives out information on carb-protein ratio and options for

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healthy snacking
while you are on
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Guides~~

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Explorer, Google

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Chrome, etc.) on your connected computer or laptop. 2. Type the default LAN IP address, 192.168.100.1 in the Address bar and press Enter. T25 web manager menu links The T25 main menu links are displayed along

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screen. Page 23:
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services become more widely available, your network will be ready with the SURFboard T25. The T25 is a DOCSIS 3.1 cable modem - the newest technology being offered by cable providers - with 2 telephone

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lines for digital voice support, plus 2 one-gigabit Ethernet ports for connecting to a Wi-Fi router or other wired devices.

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because the
meals are 5
ingredients and
have 5 minute
prep time) ALPHA-
BETA Workout
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(considered a
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and falls on the
7th day) 5-Day

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