










Name: _____

Start Date: _____












4 WEEK **ADVANCED** MILESTONES SCHEDULE

Use this schedule by printing and marking off your workout days as you complete them. Keep up the great habits like water and tracking, but try making healthier substitutions with more protein, less sugar.











WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Milestones- <i>Set all 5 of your base-lines in your 1st workout</i>	TOD 	 3 Mile Walk/Run <i>minimum</i> Cardio 40 _{min} 	TOD 	 Pushups w/Cross Knee <i>minimum</i> Cardio 40 _{min}  	TOD  OPTIONAL	Rest 








WEEK 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
 500 Jump Rope <i>minimum</i> Cardio 40 _{min} 	TOD 	 Plank BirdDog <i>minimum</i> Cardio 40 _{min} 	TOD 	 Wall Sit w/ Chest Press <i>minimum</i> Cardio 40 _{min}  	TOD  OPTIONAL	Rest 

WEEK 3

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
 3 Mile Walk/Run Cardio 40 _{min}	TOD 	 Pushups w/Cross Knee <i>minimum</i> Cardio 40 _{min} 	TOD 	 500 Jump Rope <i>minimum</i> Cardio 40 _{min}  	TOD  OPTIONAL	Rest 

WEEK 4

Day 22	Day 23	Day 24	KEY:	
 Plank BirdDog Cardio 40 _{min} 	TOD 	 Wall Sit w/Chest Press <i>minimum</i> Cardio 40 _{min} 	<p>You have finished your first 12 weeks. But don't worry. This program can grow with you. Continue your new healthy habits, revisit your milestones, push your limits. Remember 40 is a MINIMUM amount of cardio. This is YOUR fitness lifestyle.</p>	
				Make at least one healthier substitution per day. Pay attention to how that feels.
				Time to weigh in and record.