














Name: _____

Start Date: _____

















4 WEEK **BEGINNER** MILESTONES SCHEDULE

Use this schedule by printing and marking off your workout days as you complete them.

















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  	 1 Mile Walk/Run <i>minimum</i> Cardio 20 _{min}  	TOD  	 Pushups on Knees <i>minimum</i> Cardio 20 _{min}   	TOD   OPTIONAL	Rest












WEEK 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
 Jump Rope <i>minimum</i> Cardio 20 _{min}  	TOD  	 Plank <i>minimum</i> Cardio 20 _{min}  	TOD  	 Wall Sit <i>minimum</i> Cardio 20 _{min}   	TOD   OPTIONAL	Rest

WEEK 3

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
 1 Mile Walk/Run <i>minimum</i> Cardio 20 _{min}  	TOD  	 Pushups on Knees <i>minimum</i> Cardio 20 _{min}  	TOD  	 Jump Rope <i>minimum</i> Cardio 20 _{min}   	TOD   OPTIONAL	Rest

WEEK 4

Day 22	Day 23	Day 24	KEY:	
 Plank <i>minimum</i> Cardio 20 _{min}  	TOD  	 Wall Sit <i>minimum</i> Cardio 20 _{min}  	<p><i>It's time to move to Intermediate Milestones and workouts. Print your next milestones record sheet and schedule. Be sure to test all 5 NEW Milestones in your first Intermediate Workout.</i></p> <p> Add 2 water to the beginning and 1 to the end of every day.</p> <p> Don't eat after dinner.</p> <p> Time to weigh in and record.</p>	