






Name: _____

Start Date: _____







4 WEEK INTERMEDIATE MILESTONES SCHEDULE

Use this schedule by printing and marking off your workout days as you complete them. In addition to the water and no snacking after dinner that you started last month, this month try doing at least 2 am cardio sessions a week on an empty stomach.






WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Milestones- Set all 5 of your base-lines in your 1st workout	TOD	 2 Mile Walk/Run <i>minimum</i> Cardio 30min 	TOD	 Pushups on Toes <i>minimum</i> Cardio 30min  	TOD OPTIONAL	Rest






WEEK 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
 350 Jump Rope <i>minimum</i> Cardio 30min	TOD	 Plank Shoulder Touch <i>minimum</i> Cardio 30min 	TOD	 Wall Sit-1 Leg <i>minimum</i> Cardio 30min  	TOD OPTIONAL	Rest

WEEK 3

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
 2 Mile Walk/Run <i>minimum</i> Cardio 30min	TOD	 Pushups on Toes <i>minimum</i> Cardio 30min 	TOD	 350 Jump Rope <i>minimum</i> Cardio 30min 	TOD OPTIONAL	Rest

WEEK 4

Day 22	Day 23	Day 24		
 Plank Shoulder Touch <i>minimum</i> Cardio 30min	TOD	 Wall Sit-1 Leg <i>minimum</i> Cardio 30min 	<p><i>It's time to move to Advanced Milestones and work-outs. Print your next Fitness Milestones and Workout Schedule at: jamworkout.com/printable-resources. Be sure to test all 5 NEW Milestones in your first Advanced Workout.</i></p>	
			<p>KEY:</p> <p> If you workout in the am-Try fasted cardio 1-2 days a week.</p> <p> Time to weigh in and record.</p>	