

For the next 10 weeks, I \_\_\_\_\_ will finish this walking program.

Signed by \_\_\_\_\_ on \_\_\_ - \_\_\_ - 2006

**Advanced Program Checklist**

Week	# of Walks to complete	# of Walks done
1	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<b>Advanced Program</b>					
<b>Week</b>	<b>Walks Per week</b>	<b>Distance</b>	<b>Warm Up</b>	<b>Minutes Walked</b>	<b>Cool Down Time</b>
1	4	2	5 min	35	5 min
2	4	2	5 min	35	5 min
3	4	2.5	5 min	39	5 min
4	4-5	2.5	5 min	43	5 min
5	4-5	2.75	5 min	47	5 min
6	4-5	3	5 min	51	5 min
7	4-5	3.25	5 min	51	5 min
8	5	3.5	5 min	53	5 min
9	5	3.75	5 min	56	5 min
10	5	4	5 min	60	5 min

Note, if you are unsure which program to stat with it is better to begin slow and not over do it.