

Exercise Chart

Mark off each day you exercise for 30 minutes.

Week 1		Week 2		Week 3		Week 4	
30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.
Week 5		Week 6		Week 7		Week 8	
30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.

*Exercising 3 times a week for 30 minutes is a minimum and may not be enough for some of us.

*We suggest daily exercise for those who are not used to exercising.

*PLEASE DO NOT WALK OR RUN ALONE. Exercise is much more fun (and safe) with an exercise buddy.

*Get your Trek shoes and "Break them in". We suggest tennis shoes.