



The Healthy Heart Miracle Personal Roadmap



FITNESS STRATEGIES—EXPERIENCED EXERCISERS

NOTE: BE SURE TO CHECK WITH YOUR DOCTOR OR HEALTHCARE PROVIDER BEFORE BEGINNING AN EXERCISE PROGRAM.

| | NEED TO DO | ALREADY DONE | DOES NOT APPLY TO ME |
|---|------------|--------------|----------------------|
| Keep a daily journal to track my progress (time, intensity, days off, any injuries, etc.) (<i>see Week 2</i>) | | | |
| Maintain my current program with hard and easy days (<i>see Week 2</i>) | | | |
| Increase number of session/days per week? (<i>see Week 3</i>) | | | |
| Increase distance? (<i>see Week 3</i>) | | | |
| Start interval training program (<i>see Week 7</i>) | | | |
| Add another sport or change sports based on questionnaire (<i>see Worksheet</i>) | | | |
| Start or increase a weight-training program (<i>see Week 6</i>) | | | |
| Join a new club, group, or class related to my existing program or a new sport (<i>see Week 3</i>) | | | |
| Make my program more fun (<i>see Week 3</i>) | | | |
| Train for/begin/increase program for races, games, competition | | | |
| Find and involve at least one DASH Plus partner | | | |

For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7