JOGWANTAGE JOGGING PROGRAMME RECORD CARD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WEEK 1	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 2	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 3	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 4	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 5	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WEEK 6	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 7	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 8	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 9	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp
WEEK 10	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog	walk	jog
	duration		duration		duration		duration		duration		duration		duration	
	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff	chatter	puff
	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp	pant	gasp