

Table 3. An Example of an Easy Six-Week Plan for Getting off the Couch and onto Your Future								
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	
Week 0						A	A	Start with Aerobic
Week 1		A		FA		FA	F	Add Flexibility
Week 2	FC or F	FA or FAC	FC or F	FA or FAC	FC or F	FA or FAC	F	Add Resistance (carrying a load)
Week 3	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FE	Add Equilibrium
Week 4	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FE	Increase A by 10 percent or add an A day
Week 5	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FE	Increase A by 10 percent
Week 6	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FCE or FE	FAE or FACE	FE	Increase A by 10 percent or add an A day