

Step	Keston's Example		Your Personal Example	
Collective Will to Improve	I am committed to getting in better shape.			
Vision	To run a 5k without stopping.			
Where are We Now	Exercise Environment	Outcome	??? Environment	Outcome
	Walk 25k a week. No Running.	Run 1k without stopping.		
Interventions	Beginner's 5k Training Regimen. Slowly introduces and escalates jogging over 12-week span.			
Implementation	Keep log. Train with partner to help accountability.			
Re-Assessment	Exercise Environment	Outcome	??? Environment	Outcome
	Completed Beginner's Training, which concluded with 10k across a week, and a long run of 5k in practice.	Ran 5k without stopping!		