

# WALK TO LOSE WEIGHT

**WEEK 1** WEIGHT \_\_\_\_\_

SUN	MON	TUES	WED	THURS	FRI	SAT
REST	10 MINUTE WALK	REST	10 MINUTE WALK	REST	REST	10 MINUTE WALK

**WEEK 2** WEIGHT \_\_\_\_\_

SUN	MON	TUES	WED	THURS	FRI	SAT
REST	15 MINUTE WALK	REST	12 MINUTE WALK	REST	15 MINUTE WALK	12 MINUTE WALK

**WEEK 3** WEIGHT \_\_\_\_\_

SUN	MON	TUES	WED	THURS	FRI	SAT
15 MINUTE WALK	18 MINUTE WALK	REST	15 MINUTE WALK	REST	18 MINUTE WALK	15 MINUTE WALK

**WEEK 4** WEIGHT \_\_\_\_\_

SUN	MON	TUES	WED	THURS	FRI	SAT
REST	20 MINUTE WALK	15 MINUTE WALK	20 MINUTE WALK	15 MINUTE WALK	20 MINUTE WALK	15 MINUTE WALK

**WEEKS 5-8** WEIGHT \_\_\_\_\_

SUN	MON	TUES	WED	THURS	FRI	SAT
REST	25 MINUTE WALK	25 MINUTE WALK	25 MINUTE WALK	25 MINUTE WALK	25 MINUTE WALK	25 MINUTE WALK

**WEEKS 9-12** WEIGHT \_\_\_\_\_

SUN	MON	TUES	WED	THURS	FRI	SAT
30 MINUTE WALK	30 MINUTE WALK	30 MINUTE WALK	30 MINUTE WALK	30 MINUTE WALK	30 MINUTE WALK	30 MINUTE WALK