

Walking Exercise Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1	2	3	4	5	6	7
	Start off with 10 Minutes of walking today	15 Minutes of walking	20 Minutes of walking	20 Minutes	20 Minutes	20 Minutes	Play outside or do a sport today!
Week 2	8	9	10	11	12	13	14
	25 Minutes	25 Minutes	25 Minutes	25 Minutes	25 Minutes	25 Minutes	Go for a Run!
Week 3	15	16	17	18	19	20	21
	30 Minutes	30 Minutes	30 Minutes	30 Minutes	30 Minutes	30 Minutes	Play outside or do a sport today!
Week 4	22	23	24	25	26	27	28
	35 Minutes	40 Minutes	45 Minutes	50 Minutes	55 Minutes	1 HOUR	Play a sport!
Final two Days	29	30					
	1 Hour	Try for 1.5 hours today. You will really feel it!					