

WALK YOUR WAY TO WEIGHT LOSS. LEARN HOW TO BURN ABOUT 500 CALORIES A DAY, IN 30 DAYS.  
WORKING YOUR WAY UP TO LOSING 1 POUND A WEEK WITH 75 MINUTES OF WALKING DAILY!

# 30 DAY *Walking Challenge*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 Minutes EASY PACE	20 Minutes EASY PACE	25 Minutes EASY PACE	30 Minutes EASY PACE	35 Minutes EASY PACE
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
20 Minutes MODERATE PACE	25 Minutes MODERATE PACE	30 Minutes MODERATE PACE	35 Minutes MODERATE PACE	40 Minutes MODERATE PACE
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
25 Minutes FAST PACE	30 Minutes FAST PACE	35 Minutes FAST PACE	40 Minutes FAST PACE	45 Minutes FAST PACE
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
50 Minutes MODERATE PACE	55 Minutes MODERATE PACE	60 Minutes MODERATE PACE	65 Minutes MODERATE PACE	70 Minutes MODERATE PACE
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
55 Minutes FAST PACE	60 Minutes FAST PACE	65 Minutes FAST PACE	70 Minutes FAST PACE	75 Minutes FAST PACE
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
75 Minutes MODERATE PACE	75 Minutes FAST PACE	75 Minutes MODERATE PACE	75 Minutes FAST PACE	75 Minutes MODERATE PACE