

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

Loosing Weight Guide

Michael Seilmaier



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