

You Gotta Move It To Lose It

8-Week Walking Plan

Week	Su	M	Tu	W	Th	F	Sa
1	Walk 15 Minutes	Walk 15 Minutes	REST	Walk 20 Minutes	Walk 20 Minutes	REST	Walk 20 Minutes
2	Walk 25 Minutes	Walk 25 Minutes	REST	Walk 30 Minutes	Walk 30 Minutes	REST	Walk 30 Minutes
3	Walk 30 Minutes	Walk 30 Minutes	REST	Walk 35 Minutes	Walk 35 Minutes	REST	Walk 35 Minutes
4	Walk 35 Minutes	Walk 40 Minutes	REST	Walk 40 Minutes	Walk 40 Minutes	REST	Walk 40 Minutes
5	Walk 40 Minutes	Walk 45 Minutes	Walk 30 Minutes	Walk 45 Minutes	Walk 30 Minutes	REST	Walk 45 Minutes
6	Walk 45 Minutes	Walk 50 Minutes	Walk 35 Minutes	Walk 50 Minutes	Walk 35 Minutes	REST	Walk 50 Minutes
7	Walk 55 Minutes	Walk 55 Minutes	Walk 40 Minutes	Walk 55 Minutes	Walk 40 Minutes	REST	Walk 55 Minutes
8	Walk 60 Minutes	Walk 60 Minutes	REST	Walk 60 Minutes	Walk 60 Minutes	REST	Walk 60 Minutes

Now you can walk 60 minutes a day!! Congratulations. Keep up the great work! If you like this program, check out my Walk to Run Program here: <http://www.gotitfrommymomma.com/you-gotta-move-it-to-lose-it-8-week-run-to-walk-plan/>