dain Goal: 🗆 Weight Loss 🗆 Heart Health 🗆 Daily Movement 🗅 Stress Relief
Step Goal Per Day:
Weekly Distance Target: mi/km

Walking Style:

Brisk

Leisure

Interval

Incline

WEEKLY WALKING SCHEDULE

DAY	ROUTE / LOCATION	TIME OF DAY	DISTANCE (MI/KM)	DURATION (MIN)	STEP	WEATHER	NOTES
MONDAY							
TUESDAY							
WEDNESDAY	The state of the s						
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

Try alternating routes between nature trails, neighborhoods, malls, or treadmill walks for variety.

Walking Workout Resume Template Near Me

Camilla Rothe

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