



change IN seconds

MOTIVATION TO LOSE WEIGHT

30 Day Walking Routine To Lose Weight

Day 1

10 Mins

Walking

Day 2

10 Mins

Walking

Day 3

10 Mins

Walking

Day 4

10 Mins

Walking

Day 5

REST DAY

Day 6

15 Mins

Walking

Day 7

15 Mins

Walking

Day 8

15 Mins

Walking

Day 9

15 Mins

Walking

Day 10

REST DAY

Day 11

20 Mins

Walking

Day 12

20 Mins

Walking

Day 13

20 Mins

Walking

Day 14

20 Mins

Walking

Day 15

REST DAY

Day 16

30 Mins

Walking

Day 17

30 Mins

Walking

Day 18

30 Mins

Walking

Day 19

30 Mins

Walking

Day 20

REST DAY

Day 21

45 Mins

Walking

Day 22

45 Mins

Walking

Day 23

45 Mins

Walking

Day 24

45 Mins

Walking

Day 25

REST DAY

Day 26

60 Mins

Walking

Day 27

60 Mins

Walking

Day 28

60 Mins

Walking

Day 29

60 Mins

Walking

Day 30

REST DAY

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