



WALKING WORKOUT

PLANNER

Main 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 COUNT	WEATHER	NOTES
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

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

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Puja Mehta



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