

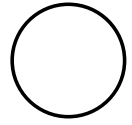
# Walking Plan 2

1



## Session 1

Move for a minimum of 20 minutes

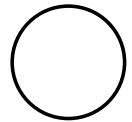


2



## Session 2

Move for a minimum of 25 minutes

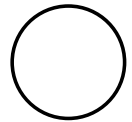


3



## Session 3

Move for a minimum of 25 minutes

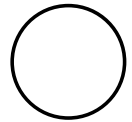


4



## Session 4

Move for a minimum of 28 minutes

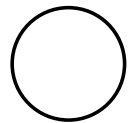


5



## Session 5

Move for a minimum of 12 minutes

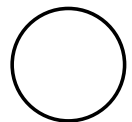


6



## Session 6

Move for a minimum of 25 minutes

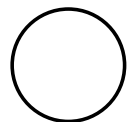


7



## Session 7

Move for a minimum of 14 minutes



# If you want to be successful,

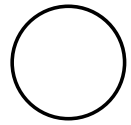
*be consistent*

1



## Session 8

Move for a minimum of 12 minutes

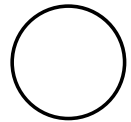


2



## Session 9

Move for a minimum of 28 minutes

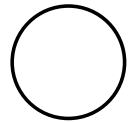


3



## Session 10

Move for a minimum of 22 minutes

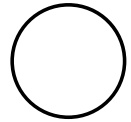


4



## Session 11

Move for a minimum of 12 minutes

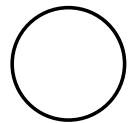


5



## Session 12

Move for a minimum of 28 minutes

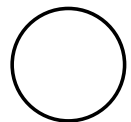


6



## Session 13

Move for a minimum of 24 minutes

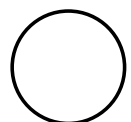


7



## Session 14

Move for a minimum of 12 minutes



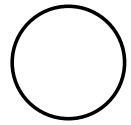
# Be proud of how hard you are trying

1



## Session 15

Move for a minimum of 22 minutes

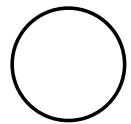


2



## Session 16

Move for a minimum of 24 minutes

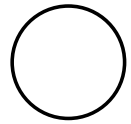


3



## Session 17

Move for a minimum of 26 minutes

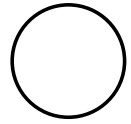


4



## Session 18

Move for a minimum of 25 minutes

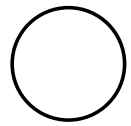


5



## Session 19

Move for a minimum of 25 minutes

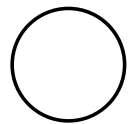


6



## Session 20

Move for a minimum of 25 minutes



7



## Session 21

Move for a minimum of 12 minutes

