

# 8-Week Beginner Walking Program for People With Overweight and Obesity

Follow the plan below, checking off each day you walk.

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**Week 1: Walk 3 days a week for 5 to 15 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 2: Walk 3 to 5 days a week for 5 to 15 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 3: Walk 4 to 6 days a week for 5 to 20 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 4: Walk 4 to 6 days a week for 10 to 20 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 5: Walk 4 to 7 days a week for 15 to 30 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 6: Walk 4 to 7 days a week for 15 to 35 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 7: Walk 4 to 7 days a week for 20 to 40 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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**Week 8: Walk 4 to 7 days a week for 20 to 45 minutes.**

SUN	MON	TUE	WED	THUR	FRI	SAT
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