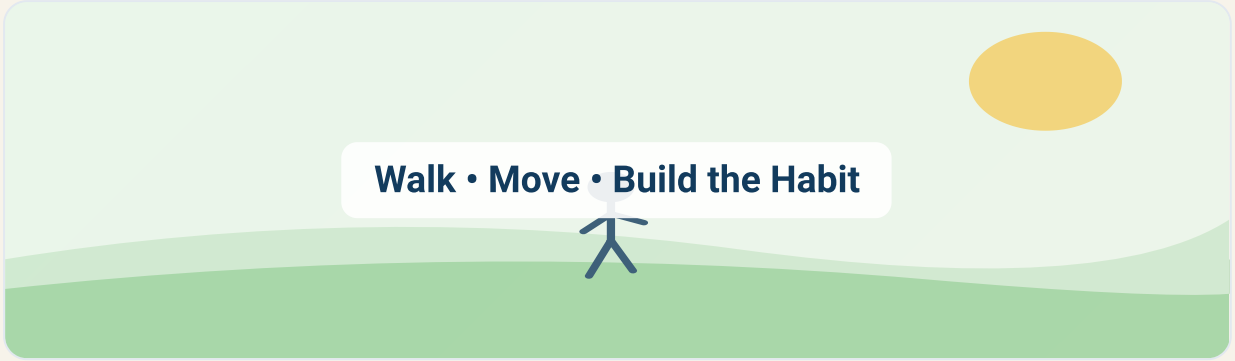


WELLNESS LEAD MAGNET

7-Day Walking Plan for Weight Loss

Beginner-Friendly Walking Schedule



Walk • Move • Build the Habit

A gentle, structured approach to building daily consistency without extremes.

Charming Health

www.charmghealth.com

How This 7-Day Walking Plan Works

This beginner-friendly plan helps you gradually build a consistent walking routine. You don't need to walk extremely fast or spend hours exercising to see meaningful progress in your daily energy and wellness.

The Goal of This Week:

- ✓ Build a regular walking habit
- ✓ Gradually increase walking time
- ✓ Add short periods of brisk walking
- ✓ Include easier recovery days
- ✓ Make walking an enjoyable part of your lifestyle

Important Note

Start at a comfortable level and adjust duration if needed. If you are new to exercise, gradually increase your activity rather than trying to do too much too soon.

Walking Intensity Guide

Easy

Comfortable pace. You can easily talk without shortness of breath.

Moderate

Breathing is faster, but you can still hold a normal conversation.

Brisk

Purposeful pace with noticeably faster breathing while still able to talk.

7-Day Walking Plan — Days 1 to 3

DAY 1 — EASY START

20 Minutes

5 min Easy • 10 min Comfortable • 5 min Easy

Goal: Start the habit without overdoing it.

Done

☐

DAY 2 — BRISK INTERVALS

25 Minutes

5 min warm-up • (2 min brisk / 3 min easy) x 3 • 5 min finish

Goal: Introduce short periods of brisk walking.

Done

☐

DAY 3 — AFTER-MEAL WALKING

25 Min Total

10 min after breakfast • 10 min after lunch • 5 min after dinner

Goal: Add movement throughout the day.

Done

☐

Tip: Wear comfortable, supportive walking shoes and keep a bottle of water handy!

7-Day Walking Plan — Days 4 to 7

DAY 4 — BRISK WALK (30 Min)

☐

5 min Easy • 20 min Brisk • 5 min Easy

Goal: Build moderate-intensity walking time.

DAY 5 — RECOVERY WALK (20 Min)

☐

20 min Easy, relaxed walking

Goal: Keep moving while giving yourself an easier day.

DAY 6 — LONGER WALK (35 Min)

☐

5 min Easy • 10 min Comfortable • 15 min Brisk • 5 min Easy

Goal: Gradually improve walking endurance.

DAY 7 — FINISH STRONG (30 Min)

☐

5 min Easy • (3 min brisk / 2 min easy) x 4 • 5 min finish

Goal: Finish the week with a balanced walking session.

My 7-Day Walking Tracker

Day	Planned	Done	Notes / Reflection
Day 1	20 min	☐	_____
Day 2	25 min	☐	_____
Day 3	25 min	☐	_____
Day 4	30 min	☐	_____
Day 5	20 min	☐	_____
Day 6	35 min	☐	_____
Day 7	30 min	☐	_____

My Week Summary

Total walking time: _____

Average daily walking time: _____

My favorite walking day: _____

My biggest achievement: _____

How I felt this week:

☐ Energized ☐ Good ☐ Tired ☐ Motivated ☐ Ready for Week 2

7 Simple Walking Tips

1 Start slowly

Don't try to do too much during your first week.

2 Add brisk intervals

Short bursts of faster walking increase challenge safely.

3 Swing arms naturally

Use a comfortable natural arm swing while walking.

4 Try an incline

If using a treadmill, a moderate incline increases intensity.

5 Walk after meals

Short walks are an easy way to add movement.

6 Break up sitting

Take short movement breaks instead of sitting long hours.

7 Stay consistent

A manageable routine is much easier to maintain than an extreme program.

Don't Stop After 7 Days

The first week is about building the habit. After completing this plan, don't feel that you need to dramatically increase your walking time right away.

Instead, choose one small progression:

Option 1

Add 5 minutes to one or two of your favorite weekly walks.

Option 2

Add another short brisk interval into your regular session.

Option 3

Increase your daily movement outside your planned walking routine.

Remember

Consistency matters more than perfection. Walking is one part of a healthy lifestyle. Pair regular activity with balanced nutrition, adequate sleep, and other positive daily habits.

CHARMINGHEALTH

**Keep Walking.
Keep Moving.
Keep Going.**

Your next step starts today.

For more practical weight-loss & wellness guides:

Walking for Weight Loss

How Much Should You Walk to Lose Weight?

7-Day Weight Loss Meal Plan

High-Protein, High-Fiber & Easy

Healthy Pakistani Recipes

Easy, High-Protein & Lower-Oil Favorites

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