

4 Week Walking To Lose Weight Chart

Week	Day	Date	Duration (mins)	Distance (miles or K)	Calories Burned	Comments
1	1					
	2					
	3					
	4					
	5					
	6					
	7					
Total						
2	1					
	2					
	3					
	4					
	5					
	6					
	7					
Total						
3	1					
	2					
	3					
	4					
	5					

	6					
	7					
Total						
4	1					
	2					
	3					
	4					
	5					
	6					
	7					
Total						