



24 DAY FAT BLASTING WALKING CHALLENGE

DAY 1 15 Minutes HIIT Walk	DAY 2 30 Minutes Power Walk	DAY 3 REST <small>(or resistance train)</small>	DAY 4 15 Minutes HIIT Walk	DAY 5 20 Minutes Easy Walk	DAY 6 REST
DAY 7 15 Minutes HIIT Walk	DAY 8 30 Minutes Power Walk	DAY 9 REST <small>(or resistance train)</small>	DAY 10 20 Minutes HIIT Walk	DAY 11 30 Minutes Easy Walk	DAY 12 REST
DAY 13 30 Minutes HIIT Walk	DAY 14 45 Minutes Power Walk	DAY 15 REST <small>(or resistance train)</small>	DAY 16 20 Minutes HIIT Walk	DAY 17 40 Minutes Easy Walk	DAY 18 REST
DAY 19 30 Minutes HIIT Walk	DAY 20 45 Minutes Power Walk	DAY 21 REST <small>(or resistance train)</small>	DAY 22 30 Minutes HIIT Walk	DAY 23 30 Minutes Power Walk	DAY 24 45-60 Minutes Easy Walk

WHAT'S YOUR GOAL? _____