

# 31-Day Walking Plan

start  
TODAY  
FREE DOWNLOAD

Day 1

Walking  
Workout 1

Day 2

Walking  
Workout 1

Day 3

Walking  
Workout 1

Day 4

Walking  
Workout 2

Day 5

Walking  
Workout 1

Day 6

Walking  
Workout 1

Day 7

Walking  
Workout 2

Day 8

Walking  
Workout 1

Day 9

Walking  
Workout 2

Day 10

Walking  
Workout 1

Day 11

Walking  
Workout 2

Day 12

Walking  
Workout 1

Day 13

Walking  
Workout 1

Day 14

Walking  
Workout 1

Day 15

Walking  
Workout 2

Day 16

Walking  
Workout 1

Day 17

Walking  
Workout 1  
& Strength

Day 18

Walking  
Workout 1

Day 19

Walking  
Workout 2

Day 20

Walking  
Workout 1  
& Strength

Day 21

Walking  
Workout 2

Day 22

Walking  
Workout 1  
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Day 23

Walking  
Workout 2

Day 24

Walking  
Workout 1

Day 25

Walking  
Workout 2  
& Strength

Day 26

Walking  
Workout 1

Day 27

Walking  
Workout 2  
& Strength

Day 28

Walking  
Workout 1

Day 29

Walking  
Workout 1

Day 30

Walking  
Workout 2  
& Strength

Day 31

Walking  
Workout 2

WEEK 1:

Reflect. Why are you walking? Walk toward this goal.

WEEK 2:

Cheers! Prepare a mocktail to enjoy when you get home.

WEEK 3:

Buddy up. Ask a loved one to walk with you - or call them to talk while walking.

WEEK 4:

Tune out. Listen to music or a podcast that brings you joy.

# [Walking Workout This Month Open Now](#)

**Anthony S. Fauci**



## **Walking Workout This Month Open Now:**

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