

Planning Your Walking Program

This chart will help you plan out a walking program that gradually increase the frequency, intensity and time that you walk. This is also known as the FIT formula. The rule of thumb is to increase one of the three elements by no more than 10% each week. T = time, I = Intensity

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	T	I	T	I	T	I	T	I	T	I	T	I	T	I
Week 1														
Week 2														
Week 3														
Week 4														
Week 5														
Week 6														
Week 7														
Week 8														
Week 9														
Week 10														
Week 11														
Week 12														

ENCORE FITNESS

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