

### Walking Schedule for Beginners

Week	Warm Up	Brisk Walking	Cool Down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

U.S. Department of Health and Human Services, 2013

Please note: This Walking Schedule is for beginners who have never walked for exercise or do not have a pedometer. The Schedule begins with 15 minutes of walking and eventually leads to 40 minutes of walking. Once the walker has mastered this schedule They can move to the 12 Week Daily Walking Log