

31-Day Walking + Strength Training Plan

start
TODAY

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Lower Body
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<input type="checkbox"/> Walk	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<input type="checkbox"/> Upper Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Walk	<input type="checkbox"/> Upper & Lower Body
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<input type="checkbox"/> Walk	<input type="checkbox"/> Upper & Lower Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Walk	<input type="checkbox"/> Upper & Lower Body	<input type="checkbox"/> Walk	<input type="checkbox"/> Upper & Lower Body
Day 29	Day 30	Day 31				
<input type="checkbox"/> Walk	<input type="checkbox"/> Upper & Lower Body	<input type="checkbox"/> Walk				

NON-SCALE VICTORIES:

- Drank 8 glasses of water a day
- Served 5____ on toast
- _____
- _____
- _____

Protein Breakfast Walking Workout Last 90 Days

Jianjun Gao

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