



# 30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	<b>1 mile</b> 25 minutes slow pace	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1 miles</b> 25 minutes slow pace	<b>1.2 miles</b> 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	<b>1 miles</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>2 miles</b> 40 minutes moderate pace
<b>2</b>	<b>1 miles</b> 25 minutes slow pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1.8 miles</b> 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>3</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>4</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>3 miles</b> 54 minutes 20 min mod + 34 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>5</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast					

## Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 1.7 minutes/mile.
4. Complete sessions in one go or split into 2.
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at [LoveLifeBeFit.com](http://LoveLifeBeFit.com)

# Walking Workout Guide Customer Service

**Lauren Gardner**

## **Walking Workout Guide Customer Service:**

**IRS Customer Service** United States. General Accounting Office,1999      *Semiannual Report to the Congress* United States. Dept. of the Treasury. Office of Inspector General,1995 Annual report of TIGTA's audit and investigative activities

**GSA Federal Supply Schedule Program Guide** United States. General Services Administration. Office of Federal Supply and Services,1983      The 2000 Tax Return Filing Season and the IRS Budget for Fiscal Year 2001 United States.

Congress. House. Committee on Ways and Means. Subcommittee on Oversight,2000      **Transit Operator Health and Wellness Programs** Mary Joyce McGlothin Davis,2004 The report documents current information on prevention and intervention strategies and resources that can be used by transit agencies It offers survey information obtained from individuals with the responsibility for managing health and wellness programs This synthesis covers the state of the practice at 14 U S transit agencies of various sizes operating different modes in diverse locales around the nation      *Training Library Staff and Volunteers to Provide Extraordinary Customer Service* Julie Todaro,Mark Smith,2006 A guide to training library staff that covers customer service essentials general training guidelines preparation assessing and anticipating the needs of patrons tracking and responding to feedback planning self development days instituting continuous learning and more

Includes resource tools      *Federal Register* ,2013-06      *Exceptional Customer Service* Lisa Ford,David McNair,William Perry,2009-08-18 When the going's tough companies that survive will be those that build the greatest loyalty by exceeding expectations Yet too often companies ignore their customers' needs and wants Today industries like airlines retail businesses and restaurants are feeling consumer pushback With new updated examples from more than fifty companies from Chik Fil A restaurants to the Ritz Carlton hotel chain to online retailer Zappos.com this book shows managers how to go from so-so service to amazing service In today's market customer service is a key competitive advantage This book shows you how to expand your customer base when the industry is shrinking use new media to reach consumers and make a lasting great impression on customers When businesses are fighting to survive creating a great experience for customers isn't just important it's essential

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Bennett,1988 Abstract Written for pest control industry owners supervisors service technicians and sales personnel this guide examines the technical aspects of pest control It is designed to serve as 1 lessons for students enrolled in the Pest Control Technology Purdue Correspondence Course 2 a ready reference for pest control operators PCOs employed to handle structural including urban and industrial pest control problems and 3 a reference for persons preparing for commercial pesticide applicator EPA state certification Basic scientific information and guidelines for effective and practical pest control problem solutions are combined in this volume      **The Executive Program and Budget** Honolulu (Hawaii). Office of the

Mayor,2001    **Commercial West** ,1979    The Enrollment Manager's Guide to Improving Retention Jay Margolis,2003

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**Program for Elevator, Telephone, and Directory Service** University of Pittsburgh. Research Bureau for Retail Training,1927    *"Code of Massachusetts regulations, 1993"* ,1993 Archival snapshot of entire looseleaf Code of

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