

BEGINNERS

21-DAY WALKING PLAN

FOR WEIGHT LOSS

WEEK 1: DURATION

1

10
minutes
EASY
PACE

2

12
minutes
EASY
PACE

3

15
minutes
EASY
PACE

4

18
minutes
EASY
PACE

5

20
minutes
EASY
PACE

10
minutes
AM/PM

6

22
minutes
EASY
PACE

11
minutes
AM/PM

7

25
minutes
EASY
PACE

13/12
minutes
AM/PM

WEEK 2: PACE

8

14
minutes
total
2 min
EASY
10 min
MODERATE
2 min
EASY

9

16
minutes
MODERATE
PACE

10

18
minutes
total
2 min
EASY
6 min
MODERATE
2 min
FAST
6 min
MODERATE
2 min
EASY

11

20
minutes
MODERATE
PACE

12

22
minutes
total
4 min
EASY
14 min
FAST
4 min
EASY

13

25
minutes
MODERATE
PACE

14

27
minutes
total
2 min
EASY
3 min
MODERATE
17 min
FAST
3 min
MODERATE
2 min
EASY

WEEK 3: RESISTANCE

15

15
minutes
UPHILL

16

25
minutes
MODERATE
PACE

17

20
minutes
total
17 min
UPHILL
3 min
FLAT / EASY

18

23
minutes
MODERATE
PACE

19

27
minutes
total
20 min
UPHILL
7 min
FLAT / EASY

20

30
minutes
MODERATE
PACE

21

33
minutes
total
25 min
FAST
8 min
EASY

Weight Loss Plan Guide Customer Service

Donna Meyers



Weight Loss Plan Guide Customer Service:

Consumer's Guide to Health Plans Center for the Study of Services (Washington, D.C.),2002 *Catalog Food and Nutrition Information Center* (U.S.),1974 *The World of Customer Service* Pattie Odgers,2004 With global markets more crowded than ever it is a major challenge for organizations to attract and retain customers due to the competition they are faced with This text is designed to teach exemplary customer service thinking in public or private domestic or international organizations and is written in a practical common sense manner reflecting current customer service concepts and hints

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