WALK & TONE GET HEALTHY (U) IV WORKOUT CALENDAR DAY 6 DAY 7 DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 **WALK & TONE:** WALK & TONE: 2 **WALK & TONE:** WALK & TONE: 2 One Mile Walk & Tone Mile Endurance Mile Endurance **DAY OFF DAY OFF** DAY OFF **Power Walk Express** Walk Walk 20 Minutes 30 Minutes 20 Minutes 30 Minutes DAY 8 DAY 9 **DAY 10 DAY 11 DAY 12 DAY 13 DAY 14 WALK & TONE: WALK & TONE:** WALK & TONE: 2 **WALK & TONE:** One Mile Walk & Tone Mile Endurance Walk & Tone **DAY OFF DAY OFF** DAY OFF Power Walk **Express** Walk to the Max 20 Minutes 30 Minutes 20 Minutes 40 Minutes **DAY 15 DAY 16 DAY 20 DAY 17 DAY 18 DAY 19 DAY 21 WALK & TONE: WALK & TONE:** WALK & TONE: 2 **WALK & TONE:** WALK & TONE: 2 Walk & Tone One Mile Walk & Tone Mile Endurance Mile Endurance **DAY OFF DAY OFF** Power Walk to the Max Walk Walk Express 20 Minutes 30 Minutes 30 Minutes 20 Minutes 40 Minutes **DAY 26 DAY 24 DAY 22 DAY 23 DAY 25 DAY 27 DAY 28 WALK & TONE: WALK & TONE:** WALK & TONE: 2 **WALK & TONE:** WALK & TONE: 2 WALK & TONE: Walk & Tone One Mile Walk & Tone Mile Endurance Mile Endurance Walk & Tone DAY OFF **Power Walk** to the Max Walk **Express** Walk to the Max 30 Minutes 20 Minutes 20 Minutes 40 Minutes 30 Minutes 40 Minutes