THE 12-WEEK WALKING PLAN FOR WEIGHT LOSS

Walk It Off

No gym, no weights, just walking.
For women 25+.

3 phases

Step Base
Interval Walks
Incline + Hills

for every level

Start from your own step count
Outdoors, treadmill or walking pad
Session cards, trackers and check-ins
7-day meal plan + recipes



By Coach Luke | NASM-CPT, NESTA Nutrition Coach

Printable plan

WELCOME

The walk you will actually do beats the workout you keep skipping

I'm Coach Luke. I've coached people for more than 20 years, and the clients who change their bodies for good are almost never the ones who go hardest in week one. They're the ones who build a habit they can keep.

Walking is that habit. It's free, it's easy on your joints, and you can do it outside, on a treadmill or on a walking pad in your living room. This plan turns it into a real program: you start from **your own** step count, build it up slowly, then add interval walks and incline or hill walks so your walks keep doing their job.

There are no weights and no workouts to learn. If you can walk, you can do every page of this plan.

What's inside

Section	What you get
Start Here	How the plan works, your start level, step goals, shoes and gear, safety, the talk-test effort scale
Walking form	Posture, arm swing, brisk vs power walking, a 5-minute warm-up and cool-down
Weeks 1–4: Step Base	Personal step goals, sneak-in steps, 10-minute post-meal walks
Weeks 5–8: Interval Walks	3 interval sessions a week on printable session cards
Weeks 9–12: Incline + Hills	Treadmill incline and outdoor hill sessions, plus an optional weighted vest track
Every week	A one-page plan for Levels 1–3, a daily tracker and a 5-minute check-in
Extras	Bad-day plan, Walk + Eat basics, 7-day meal plan with 14 recipes and a grocery list, 12-week summary

> **How to use this file:** print the Start Here pages once, then print one week at a time. Keep the session cards on the fridge or next to the treadmill. Fill in the tracker each night; it takes about a minute.

START HERE

How the plan works

Twelve weeks, three phases. Each phase adds one new thing, so your body gets time to adapt and your walks keep getting a little more effective.

Phase	What you do	Why it works
Weeks 1–4 **Step Base**	Raise your daily steps from your own baseline (about +500 to +1,000 a day each week), add 10-minute walks after meals and one longer weekend walk.	More daily movement is the base everything else sits on.
Weeks 5–8 **Interval Walks**	3 interval walks a week (easy/brisk, then brisk/power) from the session cards. Hit your step goal on the other days.	Short harder bouts raise the effort without making your walks longer.
Weeks 9–12 **Incline + Hills**	2 incline or hill sessions a week (treadmill, outdoor hills or stairs) and 1 interval walk, plus an optional weighted vest track.	Walking uphill works your legs and glutes harder at the same speed.

What a normal week looks like

Most days

- Hit your step goal (written on your weekly plan)
- Take a 10-minute walk after at least one meal
- Tick your tracker before bed

Three days a week (from week 5)

- Do the session on your weekly plan
- Warm up and cool down 5 minutes each
- Use the talk test to set your pace

What to expect, honestly

Walking helps fat loss by adding steady daily movement. The results come from that movement **plus** how you eat, sleep and live, week after week. A steady loss of about 0.5 to 2 pounds a week is a realistic, healthy pace for most women, and some weeks the scale won't move at all even when you're doing everything right.

Walking won't burn fat from one body part. Nothing does. But it does help your whole body change over time, along with your energy, mood, sleep and blood sugar. That's why the weekly check-in tracks more than the scale.

START HERE · STEP 1

Find your start level

Before week 1, wear your phone, watch or tracker for 7 normal days. Don't try to walk more. We want your real starting point, not your best week.

Day	1	2	3	4	5	6	7
Steps							

Total of 7 days:

_____

÷ 7 =

My baseline (daily average):

_____

Round to the nearest 100.

Pick your level

Level	Baseline	Who it fits	Weekly step increase
L1 Level 1	Under 4,000 a day	Mostly sitting, new to walking, or coming back after a break	+500 a day each week
L2 Level 2	4,000 to 7,000 a day	Walks some, on your feet part of the day	+750 a day each week
L3 Level 3	7,000+ a day	Already active, ready for more effort	+1,000 a day each week

No phone or tracker? Use time instead: about 10 minutes of walking is roughly 1,000 steps. Count your walking minutes for a few days and use that.

Not sure between two levels? Pick the lower one. You can move up at any weekly check-in if it feels too easy. Moving down is fine too, and it's smart, not failing.

My level: ☐ Level 1 ☐ Level 2 ☐ Level 3 **Start date:** _____

START HERE · STEP 2

Your step goals

Your goal is always **your baseline plus the number below**. No forced 10,000. If your baseline is 3,200 and you're Level 1, week 1 is 3,700 a day.

Week	L1 add	L2 add	L3 add	My daily goal	Note
Week 1	+500	+750	+1,000		Phase 1 starts
Week 2	+1,000	+1,500	+2,000		
Week 3	+1,500	+2,250	+3,000		
Week 4	+2,000	+3,000	+4,000		Phase 1 peak
Week 5	+2,000	+3,000	+4,000		Hold + intervals
Week 6	+2,000	+3,000	+4,000		
Week 7	+2,000	+3,000	+4,000		
Week 8	+2,000	+3,000	+4,000		
Week 9	+2,000	+3,000	+4,000		Hold + incline/hills
Week 10	+2,000	+3,000	+4,000		
Week 11	+2,000	+3,000	+4,000		
Week 12	+2,000	+3,000	+4,000		Finish strong

Why the goal stops rising after week 4: from week 5 the sessions add the extra work. Keeping steps steady stops you from doing too much at once.

Hit about 10,000 to 12,000 a day? You don't need to keep adding steps. Hold there and let the sessions do the rest.

A "daily goal" is a weekly average. A 9,000 day and a 6,000 day still count. Missed a day? Don't make it up the next day; just carry on.

START HERE · STEP 3

Shoes and gear basics

You don't need much. Good shoes matter most; everything else is nice to have.

Shoes

- Walking or running shoes that bend at the ball of the foot and feel good the moment you put them on
- A thumb's width of room past your longest toe; shop late in the day when feet are a little bigger
- Replace them every 300 to 500 miles, or when the soles look worn or your feet or knees start to ache
- Wear the socks you'll walk in when you try shoes on

Clothes

- Moisture-wicking socks to prevent blisters
- Layers you can take off as you warm up
- Something bright or reflective for early mornings and evenings
- A supportive sports bra for brisk and power walks

Tracking

- Your phone's step counter is fine
- A watch or clip-on tracker helps if your phone isn't always in your pocket
- A timer for interval sessions (any phone timer works)

Where you walk

- **Outdoors:** any safe, well-lit route; a loop is easiest to repeat
- **Treadmill:** needed for the incline sessions if you have no hills nearby
- **Walking pad:** perfect for steps and intervals; most have no incline, so you'll use the stairs or hill options in weeks 9–12

Optional, later: a weighted vest for the weeks 9–12 vest track. Don't buy one now. Read the vest page first and decide in week 9.

START HERE · STEP 4

Safety first

Check with your doctor before you start if you

- have a heart, lung or kidney condition, diabetes or high blood pressure
- take medicine that affects your heart rate or blood sugar
- are pregnant or recently gave birth
- have joint, back, hip or knee pain, or a recent injury or surgery
- have been told to limit exercise, or haven't been active in a long time

Stop and get help right away if you feel

- chest pain, pressure or tightness
- severe shortness of breath, or you can't catch your breath after slowing down
- dizziness, light-headedness or fainting
- a racing or irregular heartbeat
- sudden sharp pain in a joint or muscle

Smart habits for every walk

- Warm up and cool down 5 minutes each
- Drink water before and after; carry some on longer or hot walks
- Walk on safe, well-lit routes and tell someone your route
- Wear something reflective after dark
- On a treadmill, use the safety clip and start the belt slowly
- In heat, walk early or late; in ice, walk indoors
- A little muscle soreness is normal; pain that changes how you walk is not
- Rest days are part of the plan

This plan is general fitness and nutrition education. It isn't medical advice and doesn't replace care from your doctor. Results vary from person to person.

START HERE · STEP 5

The talk-test effort scale

You don't need a heart-rate monitor. Your breathing tells you how hard you're working. Every session card uses these words and numbers.

Effort	Number (1–10)	What it feels like	Talk test
Easy	3–4	A comfortable stroll. You could keep going a long time.	You can talk, laugh, even sing.
Brisk	5–6	Purposeful, like you're running a little late. Breathing is deeper, you feel warm.	Full sentences, but you couldn't sing.
Power	7–8	Fast, strong arm pump, short quick steps. Hard but steady, not a sprint.	A few words at a time.
Too hard	9–10	Gasping, can't keep it up. You don't need this level in this plan.	Can't talk. Slow down.

Your brisk pace

Usually somewhere around 3 to 3.8 mph on a treadmill or walking pad, but your speed doesn't matter. The feeling does. A brisk pace for a beginner might be a stroll for someone else.

Your power pace

Shorter, quicker steps and a strong arm pump, not longer strides. If your walking pad tops out, pump your arms harder and quicken your steps. One foot stays on the ground; you're walking, not jogging.

The effort changes, the number stays the same. As you get fitter, you'll need to walk a little faster or steeper to feel the same 5–6. That's your progress showing.

WALKING FORM

Posture and arm swing



Good walking posture



Arm swing

Posture cues

- Stand tall, as if a string lifts the top of your head
- Chin level, eyes 10 to 20 feet ahead, not at your feet
- Shoulders relaxed down and back, away from your ears
- Lean slightly forward from the ankles, not the waist
- Land on your heel, roll through the foot, push off your toes

Arm swing cues

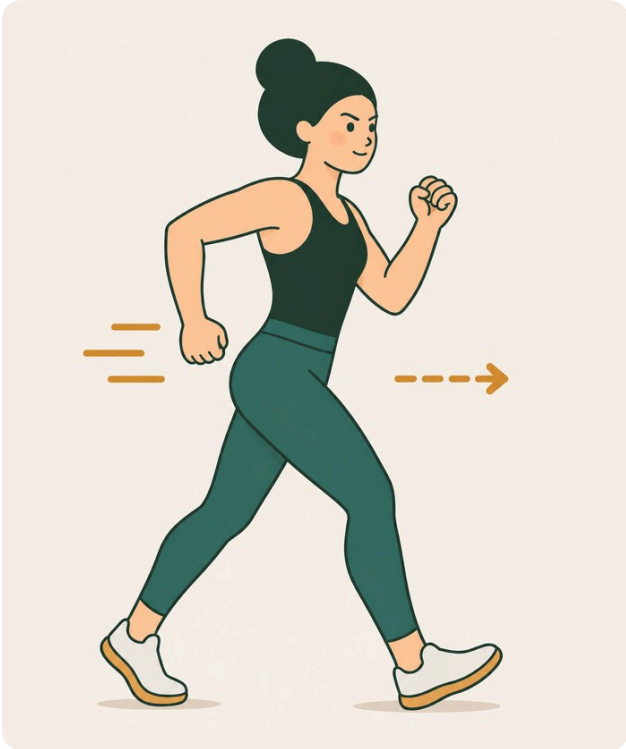
- Bend your elbows to about 90 degrees for brisk walking
- Swing front to back, not across your body
- Front hand to about chest height, back hand past your hip
- Loose hands, as if holding a potato chip you don't want to break
- Opposite arm and leg move together; quicker arms mean quicker feet

WALKING FORM

Brisk vs power walking



Brisk walk · effort 5–6



Power walk · effort 7–8

	Brisk walk	Power walk
Steps	A natural stride, a bit quicker than usual	Shorter, faster steps (more steps a minute, not longer ones)
Arms	Bent about 90°, relaxed swing	Bent 90°, strong pump, elbows drive back
Talk test	Full sentences	A few words at a time
Used in	Weeks 4–12, most sessions	Weeks 7–8 interval cards, hill and incline work

Common mistake: overstriding (reaching your foot far ahead) to go faster. It acts like a brake and stresses your knees and shins. Speed comes from quicker steps and quicker arms.

BEFORE EVERY SESSION

5-minute warm-up



March in place with arm swings

Time	Move
0:00–1:00	**March in place** with arm swings, knees lifting a little higher each 15 seconds
1:00–1:30	**Ankle circles**, 10 each direction, each foot (hold a wall if needed)
1:30–2:30	**Arm circles**, 10 small forward, 10 small back, then 5 big each way
2:30–3:00	**Heel-toe rocks**: rise onto your toes, then rock back onto your heels, 10 times
3:00–5:00	**Easy walk** (effort 3–4), then build to your session pace

Why bother? Warm muscles and joints move better, and your heart rate rises gradually instead of all at once. On cold days, take the full 5 minutes.

On a treadmill or walking pad

Do the first three moves standing beside it, then start the belt slowly for the easy walk.

AFTER EVERY SESSION

5-minute cool-down

Walk easy for 2 minutes, then hold each stretch about 30 seconds per side. Breathe slowly. A stretch should feel like a gentle pull, never pain.



Calf stretch

- Hands on a wall, one foot back
- Back leg straight, heel pressed down
- Toes point at the wall
- Lean in until you feel the calf



Quad stretch

- Hold a wall for balance
- Hold your ankle behind you
- Knees side by side, pointing down
- Tuck your hips slightly forward



Hamstring stretch

- Heel forward, toes up, front knee straight but soft
- Back knee bent
- Hands on your bent thigh
- Hinge from the hips, back long and flat

Time line: 0:00–2:00 easy walk · 2:00–3:00 calves · 3:00–4:00 quads · 4:00–5:00 hamstrings.

PHASE 1 · WEEKS 1–4

Step Base

Four weeks to make walking part of your normal day. No intervals yet. Just more steps, a couple of purpose walks, and walks after meals.

Sneak in steps on busy days

- Walk while you're on phone calls
- Park at the far end of the lot
- Take the stairs for anything under 3 floors
- Walk to a colleague instead of messaging
- Do a lap of the house during TV ad breaks
- Set a reminder to move 3 minutes every hour
- Walk the kids, the dog or a friend instead of meeting for coffee
- Pace while the kettle, microwave or coffee runs

10-minute walks after meals

A short, easy walk within about 30 minutes after eating helps your body use the sugar from that meal, and it's an easy 1,000 steps.

- Start with one meal a day (dinner is the easiest)
- Easy pace is fine; this isn't a workout
- Indoors counts: a walking pad, the hallway, the mall
- By week 3, aim for 2 meals a day

Your two walk types this phase

Purpose walk: one continuous walk at an easy-to-brisk pace (minutes on your weekly plan). **Long walk:** a longer, relaxed weekend walk. Go somewhere you enjoy.

PHASE 1 · STEP BASE

Week 1 plan

This week's focus: get honest about your day and walk tall (see the posture page).

Day	What to do	L1	L2	L3
Mon	Step goal + 10-min walk after 1 meal	goal	goal	goal
Tue	Purpose walk (easy to brisk) + step goal	10 min	15 min	20 min
Wed	Step goal + 10-min walk after 1 meal	goal	goal	goal
Thu	Purpose walk + step goal	10 min	15 min	20 min
Fri	Step goal + 10-min walk after 1 meal	goal	goal	goal
Sat	Long walk (easy, somewhere you enjoy)	20 min	25 min	35 min
Sun	Easy day: step goal or less, cool-down stretches	rest	rest	rest

Coach tip: put your shoes by the door tonight. The easiest walk to skip is the one you have to get ready for.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 1 tracker

Day	Step goal	My steps	Walk done	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 1 · STEP BASE

Week 2 plan

This week's focus: arm swing and sneaking in steps on busy days.

Day	What to do	L1	L2	L3
Mon	Step goal + 10-min walk after 1 meal	goal	goal	goal
Tue	Purpose walk (easy to brisk) + step goal	12 min	18 min	25 min
Wed	Step goal + 10-min walk after 1 meal	goal	goal	goal
Thu	Purpose walk + step goal	12 min	18 min	25 min
Fri	Step goal + 10-min walk after 1 meal	goal	goal	goal
Sat	Long walk (easy, somewhere you enjoy)	20 min	30 min	40 min
Sun	Easy day: step goal or less, cool-down stretches	rest	rest	rest

Coach tip: pick two ideas from the sneak-in-steps list and use them every day this week.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 2 tracker

Day	Step goal	My steps	Walk done	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 1 · STEP BASE

Week 3 plan

This week's focus: walks after two meals a day.

Day	What to do	L1	L2	L3
Mon	Step goal + 10-min walk after 2 meals	goal	goal	goal
Tue	Purpose walk (easy to brisk) + step goal	15 min	20 min	30 min
Wed	Step goal + 10-min walk after 2 meals	goal	goal	goal
Thu	Purpose walk + step goal	15 min	20 min	30 min
Fri	Step goal + 10-min walk after 2 meals	goal	goal	goal
Sat	Long walk (easy, somewhere you enjoy)	25 min	35 min	45 min
Sun	Easy day: step goal or less, cool-down stretches	rest	rest	rest

Coach tip: link your post-meal walk to something you already do: plates in the sink, shoes on, out the door.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 3 tracker

Day	Step goal	My steps	Walk done	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 1 · STEP BASE

Week 4 plan

This week's focus: finding your brisk pace with the talk test.

Day	What to do	L1	L2	L3
Mon	Step goal + 10-min walk after 2 meals	goal	goal	goal
Tue	Purpose walk (easy to brisk) + step goal	15 min	25 min	30 min
Wed	Step goal + 10-min walk after 2 meals	goal	goal	goal
Thu	Purpose walk + step goal	15 min	25 min	30 min
Fri	Step goal + 10-min walk after 2 meals	goal	goal	goal
Sat	Long walk (easy, somewhere you enjoy)	25 min	35 min	45 min
Sun	Easy day: step goal or less, cool-down stretches	rest	rest	rest

Coach tip: on each purpose walk, spend the middle 5 minutes at brisk (full sentences, no singing). That's the pace you'll use in phase 2.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 4 tracker

Day	Step goal	My steps	Walk done	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 2 · WEEKS 5–8

Interval Walks

Your steps are steady now. This phase adds three interval sessions a week: short stretches of harder walking with easier walking in between.

How an interval session works

1. 5-minute warm-up
2. Alternate the two paces on your session card for the number of rounds for your level
3. 5-minute cool-down

Set a repeating timer or watch the treadmill clock. Most sessions take 20 to 40 minutes.

The four cards

- **Card 1 (week 5):** 1 min brisk / 2 min easy
- **Card 2 (week 6):** 2 min brisk / 1 min easy
- **Card 3 (week 7):** 1 min power / 2 min brisk
- **Card 4 (week 8):** 2 min power / 2 min brisk

On the other days

Hit your step goal from week 4 and keep your post-meal walks. Keep one easy or rest day each week; that's when your body adapts.

Outdoors, treadmill or pad

All three work. Outside, use lamp posts or blocks to mark intervals. On a walking pad, raise the speed for the hard parts and pump your arms when it tops out.

Rule of thumb: if you can't keep the hard pace for the last round, stop the session there, cool down and repeat the same card next week. Finishing feeling like you had a round left is perfect.

PHASE 2 · PRINT AND CUT

SESSION CARD 1

WEEK 5

Easy / Brisk 2:1

Part	What to do	L1	L2	L3
Warm-up	5-minute warm-up, finish at easy (3–4)	5 min	5 min	5 min
1 round	Brisk (5–6) for 1:00, then easy (3–4) for 2:00	4 rounds	6 rounds	8 rounds
Cool-down	2 min easy walk + 3 stretches	5 min	5 min	5 min
Total	Talk test: full sentences on the brisk minutes	22 min	28 min	34 min

Week 5: brisk minutes should feel purposeful, not breathless. Done: ☐☐☐

✂ cut here

SESSION CARD 2

WEEK 6

Easy / Brisk 1:2

Part	What to do	L1	L2	L3
Warm-up	5-minute warm-up, finish at easy (3–4)	5 min	5 min	5 min
1 round	Brisk (5–6) for 2:00, then easy (3–4) for 1:00	4 rounds	6 rounds	8 rounds
Cool-down	2 min easy walk + 3 stretches	5 min	5 min	5 min
Total	More brisk than easy now	22 min	28 min	34 min

Week 6: if the last 2 rounds feel hard, that's exactly right. Done: ☐☐☐

PHASE 2 · PRINT AND CUT

SESSION CARD 3

WEEK 7

Brisk / Power 2:1

Part	What to do	L1	L2	L3
Warm-up	5-minute warm-up, finish at easy (3–4)	5 min	5 min	5 min
1 round	Power (7–8) for 1:00, then brisk (5–6) for 2:00	4 rounds	6 rounds	8 rounds
Cool-down	2 min easy walk + 3 stretches	5 min	5 min	5 min
Total	Power = a few words at a time	22 min	28 min	34 min

Week 7: quicker steps and arm pump, never a jog. One foot always on the ground. Done: ☐☐☐

✂ cut here

SESSION CARD 4

WEEK 8

Brisk / Power 2:2

Part	What to do	L1	L2	L3
Warm-up	5-minute warm-up, finish at easy (3–4)	5 min	5 min	5 min
1 round	Power (7–8) for 2:00, then brisk (5–6) for 2:00	3 rounds	5 rounds	7 rounds
Cool-down	2 min easy walk + 3 stretches	5 min	5 min	5 min
Total	Your hardest interval card	22 min	30 min	38 min

Week 8: hold good posture; if your form slips, ease to brisk. Done: ☐☐☐

PHASE 2 · INTERVAL WALKS

Week 5 plan

This week's focus: your first interval card. Keep the easy minutes truly easy.

Day	What to do	L1	L2	L3
Mon	Interval session: Card 1	4 rds	6 rds	8 rds
Tue	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Wed	Interval session: Card 1	4 rds	6 rds	8 rds
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 1	4 rds	6 rds	8 rds
Sat	Long easy walk	25 min	35 min	45 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: do your sessions on non-back-to-back days (Mon/Wed/Fri works for most people).

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 5 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 2 · INTERVAL WALKS

Week 6 plan

This week's focus: spending more time at brisk.

Day	What to do	L1	L2	L3
Mon	Interval session: Card 2	4 rds	6 rds	8 rds
Tue	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Wed	Interval session: Card 2	4 rds	6 rds	8 rds
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 2	4 rds	6 rds	8 rds
Sat	Long easy walk	25 min	35 min	45 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: walk the same route or treadmill setting each session so you can feel yourself getting fitter.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 6 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 2 · INTERVAL WALKS

Week 7 plan

This week's focus: adding power walking. Quick steps, strong arms.

Day	What to do	L1	L2	L3
Mon	Interval session: Card 3	4 rds	6 rds	8 rds
Tue	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Wed	Interval session: Card 3	4 rds	6 rds	8 rds
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 3	4 rds	6 rds	8 rds
Sat	Long easy walk	25 min	35 min	45 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: power walking is about cadence. Count your steps for 15 seconds at brisk, then try to beat it at power.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 7 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 2 · INTERVAL WALKS

Week 8 plan

This week's focus: finishing phase 2 with your hardest card.

Day	What to do	L1	L2	L3
Mon	Interval session: Card 4	3 rds	5 rds	7 rds
Tue	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Wed	Interval session: Card 4	3 rds	5 rds	7 rds
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 4	3 rds	5 rds	7 rds
Sat	Long easy walk	25 min	35 min	45 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: after this week, look back at week 5's tracker. Same effort, more work. That's fitness you built.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 8 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 3 · WEEKS 9–12

Incline + Hills

The last phase points your walks uphill. Walking up an incline makes your legs and glutes work harder at the same speed, so the effort rises without you needing to walk faster.

Pick your option

- **Treadmill:** Cards 5 and 6 (incline settings)
- **Outdoors:** Card 7 (hill repeats on a 1–2 minute hill)
- **Walking pad, no hills:** Card 8 (stairs or ramps plus power intervals)

Mixing them is fine. Each week has 3 sessions.

Keep it safe

- Never hold the rails or lean on the console
- If you have to hold on, the incline or speed is too high
- Walk down hills slowly with soft knees
- Skip or ease off if your knees, hips or Achilles complain

The optional weighted vest track

From week 9 you can add a light vest to 1 or 2 of your steady walks each week. It's optional and not for everyone. Read the vest page before you decide.

Steps stay steady: keep your week-4 step goal and your post-meal walks on the non-session days.

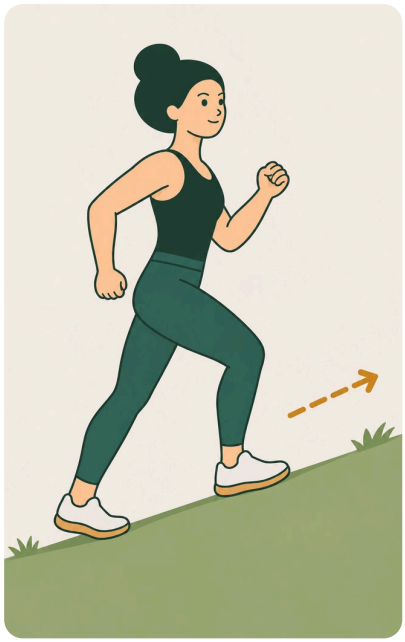
PHASE 3 · FORM

Incline and hill form



Treadmill incline

- Hands off the rails; arms swing
- Tall body, slight lean from the ankles
- Whole foot on the belt
- Slow the speed as the incline rises



Uphill

- Lean slightly forward from the ankles, not the waist
- Shorter steps
- Drive your arms
- Push through the whole foot



Downhill

- Stay tall; don't lean back
- Soft knees, short steps
- Feet land under your body
- Look a few steps ahead

Finding a hill route

Look for a hill or long slope that takes about 1 to 2 minutes to walk up at a brisk pace. Parking-garage ramps, bridges, a sloped park path or a few flights of stairs all work. Use a map app with a terrain or elevation view, or just ask a local walking group.

SESSION CARD 5

WEEKS 9–10

Treadmill Steady Incline

Part	What to do	L1	L2	L3
Warm-up	5 min easy, flat (0–1%)	5 min	5 min	5 min
Week 9	Steady incline at brisk effort (5–6)	3% · 15 min	5% · 20 min	6% · 25 min
Week 10	Same, a little steeper and longer	4% · 20 min	6% · 25 min	8% · 30 min
Cool-down	Lower to flat, 2 min easy + stretches	5 min	5 min	5 min

Slow the belt as the incline rises; most people land around 2.5–3.5 mph. Hands off the rails. Done: ☐☐☐

✂ cut here

SESSION CARD 6

WEEKS 11–12

Treadmill Incline Ladder

Part	What to do	L1	L2	L3
Warm-up	5 min easy, flat	5 min	5 min	5 min
Ladder	2 min at each step, brisk effort	2·4·6·4·2%	3·5·7·5·3%	4·6·8·10·8·6·4%
Week 12	Repeat the ladder twice	20 min	20 min	28 min
Cool-down	Lower to flat, 2 min easy + stretches	5 min	5 min	5 min

Weeks 11–12. Week 11: one ladder (10, 10 and 14 min). Effort near the top should reach 6–7. Done: ☐☐☐

SESSION CARD 7

WEEKS 9–12

Outdoor Hill Repeats

Part	What to do	L1	L2	L3
Warm-up	5 min easy on flat ground	5 min	5 min	5 min
1 repeat	Walk up at brisk to power (6–7), walk down easy (3–4)	1–2 min up	1–2 min up	1–2 min up
Weeks 9–10	Number of repeats	4	6	8
Weeks 11–12	Number of repeats	5	7	10
Cool-down	5 min easy on flat + stretches	5 min	5 min	5 min

Walk down slowly with soft knees. Long weekend walk: choose a route with a few hills. Done: ☐☐☐

✂ cut here

SESSION CARD 8

WEEKS 9–12

No Hills? Stairs + Power

Part	What to do	L1	L2	L3
Warm-up	5 min easy on the pad or around the house	5 min	5 min	5 min
1 round	2 min power walk (7–8) + 1 min walking up and down stairs at a steady pace, holding the rail	1 round	1 round	1 round
Weeks 9–10	Number of rounds	4	5	6
Weeks 11–12	Number of rounds	5	6	8
Cool-down	2 min easy + stretches	5 min	5 min	5 min

For walking-pad users. No stairs? Use a parking ramp or bridge, or swap in interval Card 4. Done: ☐☐☐

PHASE 3 · OPTIONAL

The weighted vest track



A good fit: high and snug

A weighted vest makes a steady walk a little harder. It's 100% optional; the plan works without it.

Skip the vest if you

- have back, neck, knee or hip problems
- have pelvic-floor symptoms (leaking, heaviness or pressure)
- are pregnant, or postpartum and not yet cleared by your doctor
- have osteoporosis or a heart condition, unless your doctor says yes

How to start

- **Start light:** about 5% of your body weight (150 lb → about 7–8 lb)
- **Never more than 10%** of your body weight
- Use it on 1–2 steady, flat walks a week, 20–30 minutes
- Add 1–2 lb at most every 2 weeks, only if walks feel easy
- Not on interval or hill sessions until it feels easy on flat walks

Fit check

- Sits high on your upper body, ends at the bottom of your ribs
- Snug, no bouncing; weight even front and back
- Straps flat, not cutting into your neck

> **Stop and take it off** if your posture changes (rounding forward, shuffling), anything hurts, or you feel pelvic pressure.

My vest log: start weight _____ lb (= ____% of my body weight) · week 11 weight _____ lb · ☐ not using a vest

PHASE 3 · INCLINE + HILLS

Week 9 plan

This week's focus: your first incline or hill sessions. Choose Card 5, 7 or 8.

Day	What to do	L1	L2	L3
Mon	Incline or hill session: Card 5 / 7 / 8	card	card	card
Tue	Step goal (+ optional vest walk, 20–30 min)	goal	goal	goal
Wed	Incline or hill session: Card 5 / 7 / 8	card	card	card
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 3 or 4	card	card	card
Sat	Long walk with a few hills	30 min	40 min	50 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: on the treadmill, set the incline first, then raise the speed until you reach brisk effort.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 9 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 3 · INCLINE + HILLS

Week 10 plan

This week's focus: a little steeper or one more hill repeat.

Day	What to do	L1	L2	L3
Mon	Incline or hill session: Card 5 / 7 / 8	card	card	card
Tue	Step goal (+ optional vest walk, 20–30 min)	goal	goal	goal
Wed	Incline or hill session: Card 5 / 7 / 8	card	card	card
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 3 or 4	card	card	card
Sat	Long walk with a few hills	30 min	40 min	50 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: if you started the vest in week 9, keep the same weight this week.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 10 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 3 · INCLINE + HILLS

Week 11 plan

This week's focus: the incline ladder or more hill repeats.

Day	What to do	L1	L2	L3
Mon	Incline or hill session: Card 6 / 7 / 8	card	card	card
Tue	Step goal (+ optional vest walk, 20–30 min)	goal	goal	goal
Wed	Incline or hill session: Card 6 / 7 / 8	card	card	card
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 3 or 4	card	card	card
Sat	Long walk with a few hills	30 min	40 min	50 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: on the ladder, the way down is your recovery. Breathe and reset your posture.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 11 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

PHASE 3 · INCLINE + HILLS

Week 12 plan

This week's focus: finishing strong and planning what's next.

Day	What to do	L1	L2	L3
Mon	Incline or hill session: Card 6 / 7 / 8	card	card	card
Tue	Step goal (+ optional vest walk, 20–30 min)	goal	goal	goal
Wed	Incline or hill session: Card 6 / 7 / 8	card	card	card
Thu	Step goal + 10-min post-meal walk(s)	goal	goal	goal
Fri	Interval session: Card 3 or 4	card	card	card
Sat	Long walk with a few hills	30 min	40 min	50 min
Sun	Easy day: stretch, short stroll	rest	rest	rest

Coach tip: this week, repeat your week-4 brisk-pace purpose walk and notice how much easier it feels.

My step goal this week: baseline _____ + _____ = **_____ steps a day**

My walks this week (when and where)

Week 12 tracker

Day	Step goal	My steps	Session	Post-meal walks	Notes
Mon			☐	☐☐☐	
Tue			☐	☐☐☐	
Wed			☐	☐☐☐	
Thu			☐	☐☐☐	
Fri			☐	☐☐☐	
Sat			☐	☐☐☐	
Sun			☐	☐☐☐	
Avg			___ / ___	___	

5-minute weekly check-in

Question	My answer
Average daily steps	
Sessions done (out of planned)	
Energy this week (1 = drained, 5 = great)	1 2 3 4 5
Sleep this week (1 = poor, 5 = great)	1 2 3 4 5
How my clothes fit	☐ looser ☐ same ☐ tighter
Weight (optional, same day and time)	
Waist (optional, at the belly button)	
My best win this week	
One thing to tweak next week	

Next week: ☐ same level ☐ move up a level ☐ repeat this week (totally fine if it was a rough one)

EXTRAS

The bad-day plan

Some days the weather is awful or your motivation is gone. Decide now what you'll do, so a bad day doesn't turn into a bad week.

Rain, snow, ice or heat

- Walk indoors: walking pad, treadmill, mall, big store, school track, hallways
- House walk: 10 minutes of laps through every room, 3 times a day
- March in place during one TV show (about 1,500 to 2,000 steps per 20 minutes)
- Stairs: 5 minutes up and down at a steady pace
- Heat: walk before 9 a.m. or after sunset, and bring water

No motivation

- **The 5-minute rule:** put your shoes on and walk 5 minutes. If you still want to stop, stop. Most days you won't.
- Save one podcast or playlist you only get on walks
- Call a friend and walk while you talk
- Do the easiest version: Level 1 numbers count today
- Tick the tracker anyway. A short walk still keeps the habit going.

Sick, sore or exhausted

Rest. If it's just a head cold, a gentle walk is usually fine; if it's below the neck (chest, fever, body aches), take the days off. Sore in a "used my muscles" way? An easy walk often helps. Sharp or joint pain? Rest it and get it checked.

My plan for bad days

When it's bad weather, I will:

_____

When I don't feel like it, I will: _____

Someone I can walk or check in with: _____

EXTRAS

Walk + Eat

Walking adds movement, and food decides most of the scale. You don't need a strict diet. These simple basics make your walks count.

Protein at every meal

Aim for about 25 to 35 grams of protein at each meal: a palm-sized portion of chicken, fish, turkey, eggs, Greek yogurt, cottage cheese, tofu or beans. Protein keeps you full and helps you keep your muscle while you lose fat.

Build a simple plate

- **Half:** vegetables or salad
- **A quarter:** protein
- **A quarter:** carbs like rice, potatoes, oats, whole-grain bread or fruit
- **A thumb:** fats like oil, nuts, cheese or avocado

Water

Drink a glass of water with each meal and one with each walk. Pale yellow urine is a good sign you're drinking enough. More on hot days and longer walks.

Don't "eat back" your steps

A 30-minute walk burns roughly 100 to 200 calories, about one granola bar or a large latte. Walking is a great helper, not a free pass. Treat it as extra, not a budget.

Keep it realistic: skip crash diets. Eating far too little leaves you too tired to walk and makes it hard to keep your muscle. Steady, small changes win: more protein, more vegetables, fewer drinks with sugar, and a 10-minute walk after meals.

My 2 food habits for these 12 weeks:

EXTRAS · 7-DAY MEAL PLAN

A simple week of meals

Every meal is one of my published recipes, and all 14 are on the next pages. The plan is built for one person: cook once, then eat the leftovers as lunches. Freeze extra servings or feed the family.

Day	Breakfast	Lunch	Dinner	Snack	Approx. kcal
Mon	Protein Overnight Oats	Greek Chicken Meal Prep Bowls	One-Pot Chicken and Rice	Greek Yogurt Parfait Jars	~1,763 144 g P
Tue	Cottage Cheese Egg Bites	Greek Chicken Meal Prep Bowls	Air Fryer Salmon and Green Beans	Pumpkin Protein Muffins	~1,546 126 g P
Wed	Protein Overnight Oats	One-Pot Chicken and Rice (leftovers)	Ground Turkey and Sweet Potato Skillet	Greek Yogurt Parfait Jars	~1,600 136 g P
Thu	Cottage Cheese Egg Bites	Greek Chicken Meal Prep Bowls	Chicken Stir-Fry with Frozen Vegetables	Pumpkin Protein Muffins	~1,570 132 g P
Fri	Cottage Cheese Scrambled Eggs	Tuna and White Bean Salad	Shrimp Tacos with Cabbage Slaw	Greek Yogurt Parfait Jars	~1,691 130 g P
Sat	Protein Overnight Oats	Ground Turkey and Sweet Potato Skillet (leftovers)	Egg Roll in a Bowl	Pumpkin Protein Muffins	~1,461 120 g P
Sun	Cottage Cheese Egg Bites	Greek Chicken Meal Prep Bowls	Slow Cooker Salsa Chicken	Greek Yogurt Parfait Jars	~1,497 152 g P

Sunday prep (about 75 minutes)

- Bowls (freeze Sunday's chicken + quinoa)
- Egg Bites (freeze Sunday's + the spare)
- Parfait Jars (2 now, 2 on Thursday)
- Muffins (keep 2 servings, freeze 4)
- Oats: mix each jar the night before
- Thaw frozen food in the fridge overnight

Adjust it to you

Most days land around 1,450 to 1,750 calories and 120+ grams of protein. Hungrier, taller, or very active? Add a piece of fruit, a slice of whole-grain toast or a larger portion of the dinner. Swap any meal for another one in the plan. Calories are estimates from the recipe cards.

RECIPE · USED ON MON, WED, SAT

Protein Overnight Oats

Makes 1 jar | 5 min | 396 kcal per serving | 27 g protein

Ingredients

- 1/2 cup rolled oats
- 3/4 cup plain nonfat Greek yogurt
- 1/2 cup low-fat milk
- 1 tbsp chia seeds
- 2 tsp maple syrup
- 1/4 tsp vanilla extract
- 1 pinch salt

Steps

1. Stir everything together in a jar or container until no dry oats remain.
2. Seal and refrigerate at least 4 hours, ideally overnight.
3. In the morning, stir once and adjust: a splash of milk if it's too thick, and whatever topping the day calls for.
4. Eat cold, straight from the jar.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON TUE, THU, SUN

Cottage Cheese Egg Bites

Makes 4 servings (3 bites each) | 32 min | 289 kcal per serving | 25 g protein

Ingredients

- 8 large eggs
- 1 cup low-fat cottage cheese
- 1 cup shredded cheddar cheese
- 1 cup fresh spinach, chopped
- 1/2 cup red bell pepper, diced
- 1/4 tsp salt
- 1/4 tsp black pepper

Steps

1. Preheat the oven to 350°F. Grease a 12-cup nonstick muffin tin well.
2. Blend the eggs and cottage cheese about 30 seconds, until completely smooth.
3. Stir in the cheddar, spinach, bell pepper, salt and pepper by hand (don't blend the vegetables).
4. Divide among the 12 cups, about three-quarters full.
5. Bake 20 to 24 minutes, until the centers are just set.
6. Cool 5 minutes, then run a thin knife around each bite to release. They deflate a little as they cool; that's normal.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON FRI

Cottage Cheese Scrambled Eggs

Makes 2 servings | 13 min | 413 kcal per serving | 29 g protein

Ingredients

- 6 large eggs
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 tbsp olive oil
- 1 cup baby spinach
- 1/2 cup low-fat cottage cheese
- 2 tbsp chopped fresh chives
- 2 whole wheat English muffins

Steps

1. Split and toast the English muffins so they are ready when the eggs are.
2. Crack the eggs into a bowl with the salt, pepper and garlic powder. Whisk a full 30 seconds until no streaks of white remain.
3. Heat the olive oil in a nonstick skillet over medium-low. Add the spinach and stir about 1 minute until it just wilts.
4. Pour in the eggs. Let them sit 20 seconds, then push them slowly from the edges toward the center. Keep the heat low and keep folding, 3 to 4 minutes.
5. When the eggs are about 80 percent set and still glossy, take the pan off the heat.
6. Fold in the cottage cheese for 30 seconds; the leftover heat warms it and finishes the eggs.
7. Stir in the chives and serve over the toasted muffin halves.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON MON, WED, FRI, SUN

Greek Yogurt Parfait Jars

Makes 4 jars | 10 min | 355 kcal per serving | 26 g protein

Ingredients

- 4 cups plain nonfat Greek yogurt
- 2 tbsp honey
- 1 tsp vanilla extract
- 2 cups mixed berries
- 3/4 cup granola
- 1/4 cup sliced almonds

Steps

1. Stir the yogurt, honey and vanilla together in a bowl.
2. Spoon half the yogurt into 4 jars, then add half the berries. Repeat with the rest of the yogurt and berries.
3. Seal and refrigerate up to 4 days.
4. Keep the granola and almonds in a separate small container.
5. Top the jar with granola and almonds right before you eat it, so they stay crunchy.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON TUE, THU, SAT

Pumpkin Protein Muffins

Makes 6 servings (2 muffins each) | 32 min | 303 kcal per serving | 12 g protein

Ingredients

- 2 1/2 cups rolled oats
- 1 cup low-fat cottage cheese
- 1 cup canned pumpkin
- 3 large eggs
- 1/3 cup maple syrup
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/3 cup mini chocolate chips

Steps

1. Preheat the oven to 350°F and line a 12-cup muffin tin.
2. Blend the oats alone for 20 seconds, until they look like coarse flour.
3. Add everything except the chocolate chips and blend about 45 seconds, until smooth.
4. Let the batter rest 5 minutes so the oats thicken it, then stir in the chocolate chips by hand.
5. Divide among the 12 cups and bake 20 to 24 minutes, until a toothpick comes out clean.
6. Cool 10 minutes in the pan. Freeze extras in a zip bag for up to 2 months.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON MON, TUE, THU, SUN

Greek Chicken Meal Prep Bowls

Makes 4 bowls | 30 min | 553 kcal per serving | 51 g protein

Ingredients

- 1 1/2 lbs boneless skinless chicken breasts, cut into 1-inch pieces
- 2 tbsp extra virgin olive oil, divided
- 1 lemon, juiced (divided)
- 2 tsp dried oregano
- 3 cloves garlic, minced
- 3/4 tsp salt
- 3 cups cooked quinoa
- 1 cucumber, diced
- 2 cups cherry tomatoes, halved
- 1/2 cup kalamata olives, halved
- 1/2 cup crumbled feta
- 3/4 cup plain Greek yogurt
- 1/2 tsp dried dill

Steps

1. Toss the chicken with 1 tbsp olive oil, half the lemon juice, the oregano, two-thirds of the garlic and the salt.
2. Cook in a large skillet over medium-high heat 6 to 8 minutes, turning, until golden and cooked through.
3. Stir the yogurt with the rest of the garlic and lemon juice, the dill and a pinch of salt for the sauce.
4. Divide the quinoa between 4 containers and top with the chicken, cucumber, tomatoes, olives and feta.
5. Drizzle the remaining oil over the vegetables. Pack the sauce separately and add it just before eating.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON FRI

Tuna and White Bean Salad

Makes 2 servings | 10 min | 531 kcal per serving | 44 g protein

Ingredients

- 2 cans (5 oz each) tuna, drained
- 1 can (15 oz) white beans, drained and rinsed
- 1/4 red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 2 tbsp extra virgin olive oil
- 1 lemon, juiced
- 1/4 cup fresh parsley, chopped
- 1/2 tsp dried oregano
- salt and black pepper to taste

Steps

1. Whisk the olive oil, lemon juice, oregano, a pinch of salt and plenty of pepper in a large bowl.
2. Add the beans and red onion and toss so they soak up the dressing.
3. Flake in the tuna and add the tomatoes and parsley.
4. Toss gently so the tuna stays in chunks.
5. Eat as is, over greens, or with whole-grain bread. The second serving keeps 2 days in the fridge.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON MON, WED

One-Pot Chicken and Rice

Makes 4 servings | 40 min | 459 kcal per serving | 40 g protein

Ingredients

- 1 1/2 lbs boneless skinless chicken thighs
- 1 cup long-grain white rice, rinsed
- 2 cups low-sodium chicken broth
- 1 tbsp olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 cup frozen peas and carrots
- 1 tsp paprika
- 1 tsp dried thyme
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1/2 lemon, juiced

Steps

1. Season the chicken with the paprika, half the salt and the pepper.
2. Heat the oil in a deep pot over medium-high. Sear the chicken 3 minutes per side, then set it on a plate.
3. Add the onion and cook 2 minutes. Add the garlic and rice and stir 1 minute.
4. Pour in the broth with the thyme and the rest of the salt, scraping up the browned bits. Nestle the chicken on top.
5. Cover, turn to low and simmer 18 to 20 minutes, until the rice is tender.
6. Scatter the peas and carrots on top, cover 3 more minutes, then fluff, squeeze the lemon over and serve.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON TUE

Air Fryer Salmon and Green Beans

Makes 2 servings | 15 min | 401 kcal per serving | 38 g protein

Ingredients

- 2 salmon fillets (about 6 oz each)
- 12 oz green beans, trimmed
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 lemon, cut into wedges

Steps

1. Mix the Dijon, maple syrup and half the garlic. Pat the salmon dry and brush the glaze over the tops.
2. Toss the green beans with the olive oil, the rest of the garlic, the salt and pepper.
3. Put the salmon skin-side down on one side of the air fryer basket and the green beans on the other.
4. Air fry at 400°F for 8 to 10 minutes, shaking the beans halfway, until the salmon flakes easily.
5. Squeeze the lemon over everything and serve.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON WED, SAT

Ground Turkey and Sweet Potato Skillet

Makes 3 servings | 30 min | 390 kcal per serving | 43 g protein

Ingredients

- 1 lb 93% lean ground turkey
- 1 large sweet potato, cut into 1/2-inch cubes
- 1 red bell pepper, diced
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 cup water
- 2 cups baby spinach
- 1/2 cup shredded cheddar cheese

Steps

1. Heat the oil in a large skillet over medium. Add the sweet potato and onion with the water, cover and cook 8 minutes, stirring twice.
2. Uncover, add the bell pepper and garlic and cook 2 minutes.
3. Push everything to the side, add the turkey and break it up. Cook 6 to 7 minutes until no pink remains.
4. Stir in the paprika, chili powder, cumin and salt.
5. Fold in the spinach until wilted, scatter the cheddar on top, cover and turn off the heat for 2 minutes so it melts.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON THU

Chicken Stir-Fry with Frozen Vegetables

Makes 4 servings | 20 min | 425 kcal per serving | 44 g protein

Ingredients

- 1 1/2 lbs boneless skinless chicken breast
- 2 tbsp cornstarch, divided
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp avocado oil, divided
- 24 oz frozen stir-fry vegetables
- 3 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1/4 cup low-sodium soy sauce (or tamari)
- 1/2 cup low-sodium chicken broth
- 1 tbsp honey
- 1 tbsp rice vinegar
- 1 tsp sesame oil

Steps

1. Slice the chicken into thin strips and toss with 1 tbsp cornstarch, the salt and pepper.
2. Whisk the soy sauce, broth, honey, vinegar, sesame oil and the other 1 tbsp cornstarch for the sauce.
3. Heat 1 tbsp oil in your largest skillet over high heat. Cook the chicken in two batches, about 4 minutes each, until browned and 165°F. Set aside.
4. Add the rest of the oil and the frozen vegetables straight from the bag. Cook 4 to 5 minutes, stirring, until hot and crisp-tender.
5. Push the vegetables aside, add the garlic and ginger to the center for 30 seconds, then stir them through.
6. Return the chicken, stir the sauce, pour it in and toss 1 to 2 minutes until it thickens and coats everything.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON FRI

Shrimp Tacos with Cabbage Slaw

Makes 4 servings (2 tacos each) | 15 min | 392 kcal per serving | 31 g protein

Ingredients

- 1 1/2 lbs raw shrimp, peeled
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 cups shredded cabbage
- 1/2 cup low-fat Greek yogurt
- 3 tbsp lime juice, divided
- 1/4 cup chopped cilantro
- 8 corn tortillas
- 1 avocado, sliced

Steps

1. Make the slaw: whisk the yogurt with 2 tbsp lime juice and a pinch of the salt, then toss with the cabbage and cilantro.
2. Pat the shrimp very dry and toss with the chili powder, cumin, garlic powder, the rest of the salt and the pepper.
3. Heat the oil in a large skillet over medium-high. Add the shrimp in one layer and cook 2 minutes without moving them.
4. Flip and cook 1 to 2 minutes more, until pink and opaque. Squeeze the last tbsp of lime juice over them.
5. Warm the tortillas in a dry skillet, about 30 seconds per side.
6. Fill each tortilla with slaw, 4 to 5 shrimp and avocado slices. Two tacos per serving.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON SAT

Egg Roll in a Bowl

Makes 4 servings | 22 min | 372 kcal per serving | 38 g protein

Ingredients

- 1 1/2 lbs 93% lean ground turkey
- 1 tbsp sesame oil
- 6 cups coleslaw mix
- 3 tbsp low-sodium soy sauce (or tamari)
- 1 tbsp rice vinegar
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 large eggs, beaten
- 3 green onions, sliced
- 1 tbsp sesame seeds
- 1 tbsp sriracha (optional)

Steps

1. Brown the turkey in the sesame oil in a large, deep skillet over medium-high, 6 to 7 minutes, breaking it up.
2. Add the garlic and ginger and stir 30 seconds.
3. Add the coleslaw mix with the soy sauce and rice vinegar. Toss 3 to 4 minutes, until the cabbage wilts but still has some bite.
4. Push everything to one side, pour the eggs into the empty side and scramble 60 seconds, then fold them through.
5. Top with green onions, sesame seeds and sriracha if you like.

My notes (swaps, family favorite?, would make again?)

RECIPE · USED ON SUN

Slow Cooker Salsa Chicken

Makes 4 servings | 5 min prep + 4 hr slow cooker | 300 kcal per serving | 50 g protein

Ingredients

- 2 lbs boneless skinless chicken breasts
- 1 jar (16 oz) salsa
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1 lime, juiced

Steps

1. Place the chicken in the slow cooker and season with the cumin, garlic powder and salt.
2. Pour the salsa over the top and turn the chicken to coat.
3. Cover and cook on LOW 4 hours (or HIGH 2 to 2 1/2 hours), until it shreds easily.
4. Shred the chicken with two forks right in the pot and stir in the lime juice.
5. Serve over greens or in a bowl, and pack the leftovers into containers for the week.

My notes (swaps, family favorite?, would make again?)

EXTRAS · GROCERY LIST

Grocery list for the 7-day plan

Quantities cover every recipe in the plan at its full batch size. Check your pantry first and cross off what you already have.

Protein

- [ ] Chicken breasts, boneless skinless: 5 lb
- [ ] Chicken thighs, boneless skinless: 1 1/2 lb
- [ ] Salmon fillets: 2 (about 6 oz each)
- [ ] Ground turkey, 93% lean: 2 1/2 lb
- [ ] Raw shrimp: 1 1/2 lb
- [ ] Tuna, canned: 2 cans (5 oz)
- [ ] Eggs, large: 2 dozen

Dairy

- [ ] Plain nonfat Greek yogurt: about 8 cups (two 32-oz tubs)
- [ ] Low-fat cottage cheese: 2 1/2 cups (one 24-oz tub)
- [ ] Low-fat milk: 1 1/2 cups
- [ ] Shredded cheddar: 1 1/2 cups
- [ ] Crumbled feta: 1/2 cup

Produce

- [ ] Baby spinach: one 5-oz bag
- [ ] Red bell peppers: 2
- [ ] Cucumber: 1
- [ ] Cherry tomatoes: 2 pints
- [ ] Green beans: 12 oz
- [ ] Sweet potato: 1 large
- [ ] Coleslaw mix: 6 cups + shredded cabbage: 4 cups (two 14-oz bags)
- [ ] Yellow onions: 2 small
- [ ] Red onion: 1
- [ ] Garlic: 2 heads
- [ ] Fresh ginger: 1 small knob
- [ ] Green onions: 1 bunch
- [ ] Cilantro: 1 bunch
- [ ] Parsley: 1 bunch
- [ ] Chives: 1 small bunch
- [ ] Lemons: 3
- [ ] Limes: 3
- [ ] Avocado: 1
- [ ] Mixed berries: 2 cups (fresh or frozen)

Pantry

- [ ] Rolled oats: 4 cups
- [ ] Quinoa: 1 cup dry (makes 3 cups cooked)
- [ ] Long-grain white rice: 1 cup
- [ ] Corn tortillas: 8
- [ ] Whole wheat English muffins: 2
- [ ] Canned white beans: one 15-oz can
- [ ] Canned pumpkin: one 15-oz can
- [ ] Salsa: one 16-oz jar
- [ ] Low-sodium chicken broth: one 32-oz carton
- [ ] Kalamata olives: 1/2 cup
- [ ] Granola: 3/4 cup
- [ ] Sliced almonds: 1/4 cup
- [ ] Chia seeds
- [ ] Mini chocolate chips: 1/3 cup
- [ ] Maple syrup, honey, vanilla extract
- [ ] Low-sodium soy sauce or tamari, rice vinegar, sesame oil, sesame seeds, sriracha, Dijon mustard
- [ ] Olive oil, avocado oil, cornstarch, baking powder, baking soda

Frozen

- [ ] Stir-fry vegetables: 24 oz
- [ ] Peas and carrots: 1 cup

Spices

- [ ] Salt, black pepper, garlic powder, dried oregano, dried thyme, dried dill
- [ ] Paprika, smoked paprika, chili powder, ground cumin, pumpkin pie spice

EXTRAS · 12-WEEK PROGRESS SUMMARY

Your 12 weeks at a glance

Copy one line from each weekly check-in. Seeing all 12 weeks together shows trends a single weigh-in never can.

Week	Avg steps	Sessions	Energy 1–5	Sleep 1–5	Weight (opt.)	Waist (opt.)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Start vs finish

Baseline steps: _____ → Week 12: _____

Week 4 purpose walk felt: _____ / 10

Same walk in week 12: _____ / 10

Wins the scale can't show

YOUR FREE BUYER BONUS

12 weeks of coaching emails

You bought this plan from my own store, so you also get a short coaching email from me every week for all 12 weeks: what to focus on, the mistakes I see most, and a nudge on the weeks it gets hard.

Scan to make sure they reach you

Your emails start automatically after your order. If they're not in your inbox (check promotions and spam), scan the code or go to **coachluke.com/walking-plan-bonus** and enter the email you used at checkout.

Welcome

How to start, and your baseline week

Weekly

One short email each week, matched to your plan

Phase changes

A heads-up before intervals (week 5) and hills (week 9)

Unsubscribe anytime with one click. I never share your email.

AFTER WEEK 12

What next?

You finished 12 weeks. Whatever the scale says, you built a habit most people never do. Here's how to keep it.

Option 1: Repeat phase 3

Run weeks 9–12 again, a little steeper or with one extra hill repeat. Great if you love the hills.

Option 2: Start over one level up

Take a new 7-day baseline and restart at week 1 one level higher. Your new baseline will likely surprise you.

Option 3: Maintenance week

Step goal most days, 2 interval walks and 1 hill or incline walk each week. That's a routine you can keep for life.

Keep these for life

- A 10-minute walk after dinner
- Protein at every meal
- A weekly check-in

A note from me

Thank you for trusting me with your 12 weeks. Keep walking, keep it simple, and be patient with yourself. Real change is quiet and steady, and you've already started it.

Coach Luke
NASM-CPT, CES, PES · NESTA Nutrition Coach

More free walking guides and recipes at coachluke.com.