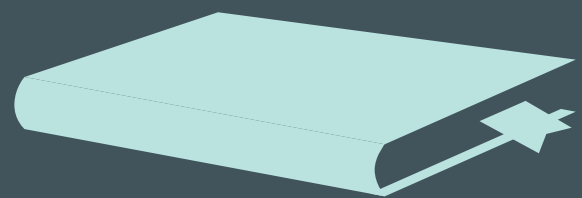


DESK TO DAILY MILE

IN JUST 4 WEEKS!



For the first two weeks, keep repeating the pattern below to the end of the 15 minutes

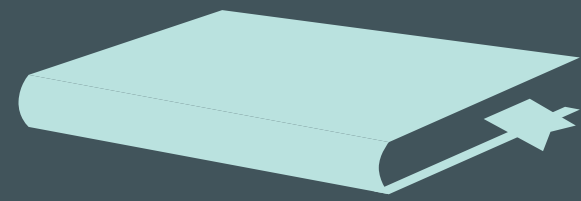
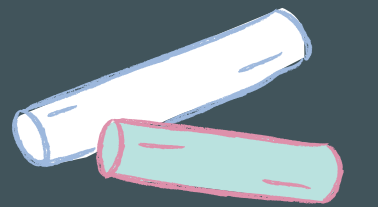
	DAY 1	DAY 2	DAY 3
week 1	Run 1 minute Walk 1 minute	Run 2 minutes Walk 2 minutes	Run 3 minutes Walk 2 minutes
week 2	Run 4 minutes Walk 1 minute	Run 5 minutes Walk 1 minute	Run 7 minutes Walk 1 minute

For the next two weeks, follow the pattern once, and then keep running to the end!

week 3	Run 8 minutes Walk 2 minutes	Run 10 minutes Walk 2 minutes	Run 11 minutes Walk 1 minute
week 4	Run 12 minutes Walk 1 minute	Run 14 minutes Walk 1 minute	Run 15 minutes!

DESK TO DAILY MILE

IN JUST 4 WEEKS!



DAY 1

DAY 2

DAY 3

Week 1

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

Week 2

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

Week 3

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

Week 4

Add your sticker here when you have done your Daily Mile!

Add your sticker here when you have done your Daily Mile!

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