

10 minute

Daily walk program

with free printable stickers

MONDAY

Level 1 2 mins
Level 2 2 mins
Level 1 2 mins
Level 2 2 mins
Level 1 2 mins

TUESDAY

Level 1 2 mins
Level 3 1 min
Level 2 4 mins
Level 3 1 min
Level 1 2 mins

WEDNESDAY

Level 1 2 mins
Level 2 2 mins
Level 3 2 mins
Level 2 2 mins
Level 1 2 mins

THURSDAY

Level 1 2 mins
Level 2 2 mins
Level 1 2 mins
Level 2 2 mins
Level 1 2 mins

FRIDAY

Level 1 2 mins
Level 3 1 min
Level 2 4 mins
Level 3 1 min
Level 1 2 mins

SATURDAY

Level 1 2 mins
Level 2 2 mins
Level 3 2 mins
Level 2 2 mins
Level 1 2 mins



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