



8-Week Walking for Fat Loss (Treadmill Plan)

Week	Days/Week	Duration	Incline	Focus
Week 1	4	30 min	0-1%	Build habit
Week 2	5	35 min	2%	Light challenge
Week 3	5	40 min	3%	Increase fat burn
Week 4	6	45 min	4%	Fat-burning zone
Week 5	6	50 min	4-5%	Boost endurance
Week 6	6-7	55 min	5%	Steady fat loss
Week 7	6-7	60 min	6%	Maximum consistency
Week 8	7	60+ min	6-7%	Peak routine