

# 2-Week Treadmill Fitness Tracker (Ages 20–30, Fat Loss Focus)

## Week 1

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk/Power Walk (45–60 min): 5 min warm-up (3.0 mph). 20 min brisk (3.8–4.5 mph). 20 min incline (4.0–4.5 mph, 6–12%). 5 min cool-down.		
Tue	Intervals (40–50 min): 5 min warm-up. 25 min alternating: 2 min fast (4.5–6.0 mph jog) / 2 min incline (3.5–4.2 mph, 6–10%). 10 min incline finish.		
Wed	Steady Walk/Jog (45 min): 3.8–4.5 mph (light jog optional), incline 2–4%.		
Thu	Incline Intervals (45 min): 5 min warm-up. 30 min alternating: 3 min incline (8–12%) / 2 min flat. 5–10 min cool-down.		
Fri	Easy Walk or Light Jog (30–40 min): recovery pace.		
Sat	Long Walk/Jog (60–75 min): steady pace, light incline.		
Sun	Rest or light movement		

## Week 2 (Progression)

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk/Power Walk (45–60 min): 5 min warm-up (3.0 mph). 20 min brisk (3.8–4.5 mph). 20 min incline (4.0–4.5 mph, 6–12%). 5 min cool-down. (+5 min or faster pace)		
Tue	Intervals (40–50 min): 5 min warm-up. 25 min alternating: 2 min fast (4.5–6.0 mph jog) / 2 min incline (3.5–4.2 mph, 6–10%). 10 min incline finish. (increase speed slightly)		
Wed	Steady Walk/Jog (45 min): 3.8–4.5 mph (light jog optional), incline 2–4%.		
Thu	Incline Intervals (45 min): 5 min warm-up. 30 min alternating: 3 min incline (8–12%) / 2 min flat. 5–10 min cool-down. (+1–2% incline)		
Fri	Easy Walk or Light Jog (30–40 min): recovery pace.		
Sat	Long Walk/Jog (60–75 min): steady pace, light incline. (+5–10 min or light jog)		
Sun	Rest or light movement		