

# 2-Week Treadmill Fitness Tracker (Ages 30–40, Fat Loss + Tone)

## Week 1

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk (45–55 min): 5 min warm-up (2.8–3.2 mph). 20 min brisk (3.5–4.2 mph, 1–2%). 20 min incline (3.3–3.8 mph, 5–10%). 5 min cool-down.		
Tue	Intervals (35–45 min): 5 min warm-up. 20–25 min alternating: 2 min fast (4.0–4.8 mph jog optional) / 2 min incline (3.2–3.8 mph, 5–8%). 10 min incline finish.		
Wed	Steady Walk (40–45 min): 3.4–3.9 mph, incline 2–4%. Optional last 10 min faster.		
Thu	Incline Intervals (40–45 min): 5 min warm-up. 25 min alternating: 3 min incline (6–10%) / 2 min flat. 5–10 min cool-down.		
Fri	Easy Walk (30–40 min): relaxed pace, low incline.		
Sat	Long Walk (50–65 min): steady pace, light incline.		
Sun	Rest or light movement		

## Week 2 (Progression)

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk (45–55 min): 5 min warm-up (2.8–3.2 mph). 20 min brisk (3.5–4.2 mph, 1–2%). 20 min incline (3.3–3.8 mph, 5–10%). 5 min cool-down. (+5 min or slight speed increase)		
Tue	Intervals (35–45 min): 5 min warm-up. 20–25 min alternating: 2 min fast (4.0–4.8 mph jog optional) / 2 min incline (3.2–3.8 mph, 5–8%). 10 min incline finish. (increase speed slightly if comfortable)		
Wed	Steady Walk (40–45 min): 3.4–3.9 mph, incline 2–4%. Optional last 10 min faster.		
Thu	Incline Intervals (40–45 min): 5 min warm-up. 25 min alternating: 3 min incline (6–10%) / 2 min flat. 5–10 min cool-down. (+1–2% incline if comfortable)		
Fri	Easy Walk (30–40 min): relaxed pace, low incline.		
Sat	Long Walk (50–65 min): steady pace, light incline. (+5–10 min)		
Sun	Rest or light movement		