

2-Week Treadmill Fitness Tracker (Ages 40–50, Fat Loss + Tone)

Week 1

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk (45–50 min): 5 min warm-up (2.8–3.2 mph). 20 min brisk (3.4–4.0 mph, 1–2%). 20 min incline (3.2–3.6 mph, 5–9%). 5 min cool-down.		
Tue	Intervals (35–45 min): 5 min warm-up. 20–25 min alternating: 2 min brisk/fast (3.8–4.5 mph) / 2 min incline (3.2–3.6 mph, 5–8%). 10 min incline finish.		
Wed	Steady Walk (40–45 min): 3.3–3.8 mph, incline 2–4%. Optional last 10 min slightly faster.		
Thu	Incline Intervals (40–45 min): 5 min warm-up. 25 min alternating: 3 min incline (6–9%) / 2 min flat. 5–10 min cool-down.		
Fri	Easy Walk (30–40 min): relaxed pace, low incline.		
Sat	Long Walk (50–60 min): steady pace, light incline.		
Sun	Rest or light movement		

Week 2 (Progression)

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk (45–50 min): 5 min warm-up (2.8–3.2 mph). 20 min brisk (3.4–4.0 mph, 1–2%). 20 min incline (3.2–3.6 mph, 5–9%). 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 brisk/fast (3.8–4.5 mph) / 2 min incline (3.2–3.6 mph, 5–8%). 10 min incline finish. (increase pace slightly if comfortable)		
Wed	Steady Walk (40–45 min): 3.3–3.8 mph, incline 2–4%. Optional last 10 min slightly faster.		
Thu	Incline Intervals (40–45 min): 5 min warm-up. 25 min alternating: 3 min incline (6–9%) / 2 min flat. 5–10 min cool-down. (+1% incline if comfortable)		
Fri	Easy Walk (30–40 min): relaxed pace, low incline.		
Sat	Long Walk (50–60 min): steady pace, light incline. (+5–10 min)		
Sun	Rest or light movement		