

Calorie Comparisons: 3 days vs. 5 days

Week 1

Goal 1—Expend 300 cal/week {100cal x 3 days or 60 cal x 5days}
Goal 2—Expend 500 cal/week {166cal x 3 days or 100 cal x 5 days}
Goal 3—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}

Week 3

Goal 1—Expend 500 cal/week {167 cal x 3 days or 100 cal x 5 days}
Goal 2—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}
Goal 3—Expend 1200 cal/week {440 cal x 3 days or 240 cal x 5 days}

Week 5

Goal 1—Expend 600 cal/week {200 cal x 3 days or 120 cal x 5 days}
Goal 2—Expend 1000 cal/week {333 cal x 3 days or 200 cal x 5 days}
Goal 3—Expend 1500 cal/week {500 cal x 3 days or 300 cal x 5 days}

Week 7

Goal 1—Expend 750 cal/week {250 cal x 3 days or 150 cal x 5 days}
Goal 2—Expend 1300 cal/week {433 cal x 3 days or 200 cal x 5 days}
Goal 3—Expend 1800 cal/week {500 cal x 3 days or 260 cal x 5 days}

Week 9

Goal 1—Expend 800 cal/week {267 cal x 3 days or 160 cal x 5days}
Goal 2—Expend 1550 cal/week {516 cal x 3 days or 310 cal x 5 days}
Goal 3—Expend 2000 cal/week {666 cal x 3 days or 400 cal x 5 days}

Week 11

Goal 1—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}
Goal 2—Expend 1650 cal/week {550 cal x 3 days or 330 cal x 5 days}
Goal 3—Expend 2050 cal/week {683 cal x 3 days or 410 cal x 5 days}

Pace Conversions for walking/running:

2.0 mph=30 minute mile

2.5 mph=24 minute mile

3.0 mph=20 minute mile

3.5 mph=17 minute mile

4.0 mph=15 minute mile

4.5 mph=13 minute mile

5.0 mph=12 minute mile

5.5 mph=11 minute mile

6.0 mph=10 minute mile

6.5 mph=9 minute mile

7.0 mph=8 min/30 sec mile

7.5 mph=8 min mile

Week 2

Goal 1—Expend 400 cal/week {133 cal x 3 days or 80 cal x 5 days}
Goal 2—Expend 800 cal/week {266 cal x 3 days or 160 cal x 5 days}
Goal 3—Expend 1000 cal/week {333 cal x 3 days or 200 cal x 5 days}

Week 4

Goal 1—Expend 500 cal/week {167 cal x 3 days or 100 cal x 5 days}
Goal 2—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}
Goal 3—Expend 1200 cal/week {440 cal x 3 days or 240 cal x 5 days}

Week 6

Goal 1—Expend 700 cal/week {233 cal x 3 days or 140 cal x 5 days}
Goal 2—Expend 1200 cal/week {440 cal x 3 days or 240 cal x 5 days}
Goal 3—Expend 1700 cal/week {566 cal x 3 days or 340 cal x 5 days}

Week 8

Goal 1—Expend 800 cal/week {267 cal x 3 days or 160 cal x 5 days}
Goal 2—Expend 1500 cal/week {500 cal x 3 days or 300 cal x 5 days}
Goal 3—Expend 2000 cal/week {666 cal x 3 days or 400 cal x 5 days}

Week 10

Goal 1—Expend 850 cal/week {283 cal x 3 days or 170 cal x 5 days}
Goal 2—Expend 1600 cal/week {533cal x 3 days or 320 cal x 5 days}
Goal 3—Expend 2025 cal/week {675 cal x 3 days or 405 cal x 5 days}

Week 12

Goal 1—Expend 1000 cal/week {333 cal x 3 days or 200 cal x 5 days}
Goal 2—Expend 1700 cal/week {566 cal x 3 days or 340 cal x 5 days}
Goal 3—Expend 2075 cal/week {691 cal x 3 days or 415cal x 5 days}