



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1 miles 25 minutes slow pace	1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 min fast	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
3	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	4 miles 80 minutes moderate pace
4	1.5 miles 30 minutes moderate pace	3 miles 54 minutes 20 min mod + 34 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	3 miles 60 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	5 miles 100 minutes moderate pace
5	1.5 miles 30 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast					

Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or split into 2
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout Guide Customer Service

Mary Joyce McGlothin Davis



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Customer Service Guide for Assistors, 1993 **IRS Customer Service** United States. General Accounting Office, 1999
Federal Register, 2013-06 Exceptional Customer Service Lisa Ford, David McNair, William Perry, 2009-08-18 When the going's tough companies that survive will be those that build the greatest loyalty by exceeding expectations Yet too often companies ignore their customers needs and wants Today industries like airlines retail businesses and restaurants are feeling consumer pushback With new updated examples from more than fifty companies from Chik Fil A restaurants to the Ritz Carlton hotel chain to online retailer Zappos com this book shows managers how to go from so so service to amazing service In today's market customer service is a key competitive advantage This book shows you how to expand your customer base when the industry is shrinking use new media to reach consumers and make a lasting great impression on customers When businesses are fighting to survive creating a great experience for customers isn't just important it's essential **The 2000 Tax Return Filing Season and the IRS Budget for Fiscal Year 2001** United States. Congress. House. Committee on Ways and Means. Subcommittee on Oversight, 2000 *Semiannual Report to the Congress* United States. Dept. of the Treasury. Office of Inspector General, 1995 Annual report of TIGTA's audit and investigative activities *Transit Operator Health and Wellness Programs* Mary Joyce McGlothlin Davis, 2004 The report documents current information on prevention and intervention strategies and resources that can be used by transit agencies It offers survey information obtained from individuals with the responsibility for managing health and wellness programs This synthesis covers the state of the practice at 14 U S transit agencies of various sizes operating different modes in diverse locales around the nation *IRS Printed Product Catalog* United States. Internal Revenue Service, 1999 Handbook to Assess the Impacts of Constrained Parking at Airports Ricondo & Associates, 2010 TRB's Airport Cooperative Research Program ACRP Report 34 Handbook to Assess the Impacts of Constrained Parking at Airports explores different types of parking constraints that airports experience and highlights tools to assess the impacts of the constraints and strategies to deal with them The handbook includes a predictive modeling tool in a CD ROM format designed to help determine the effects of implementing various parking strategies The CD is also available for download from TRB's website as an ISO image *Training Library Staff and Volunteers to Provide Extraordinary Customer Service* Julie Todaro, Mark Smith, 2006 A guide to training library staff that covers customer service essentials general training guidelines preparation assessing and anticipating the needs of patrons tracking and responding to feedback planning self development days instituting continuous learning and more Includes resource tools Training Program for Elevator, Telephone, and Directory Service University of Pittsburgh. Research Bureau for Retail Training, 1927
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