4-week activity plan for beginners

From 10 minutes of walking to the Physical Activity Guidelines

Week	Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1: 10 min walk daily								
2: 15 min + stand up hourly								
3: 20 min + 1 strength session								
4: 25–30 min × 5 + 2 strength								

WHAT WILL HELP ME STICK WITH IT