WELLNESS WITH EMILY

FREE PRINTABLE / START ANY DAY

30-Day Walking Challenge

A gentle, flexible calendar for building your walking habit - one day at a time.

● **WALK** Suggested time ● **REST** Recovery is part of the plan ● **FLEX** Walk or take a day off

WEEK 1 / THE FIRST STEPS

Begin gently

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
5 min	**7 min**	**5 min**	**Rest day**	**8 min**	**10 min**	**Flexible day**
Just get outside	Keep it easy	Choose a nice route	Rest or stretch	Set a comfy pace	Enjoy the scenery	5 min or rest

WEEK 2 / FIND YOUR RHYTHM

Build a habit

8	9	10	11	12	13	14
☐	☐	☐	☐	☐	☐	☐
10 min	**12 min**	**10 min**	**Rest day**	**12 min**	**15 min**	**Flexible day**
Walk at your pace	Try a new route	A relaxed stroll	Take a break	Walk with a friend	Pause if needed	8 min or rest

WEEK 3 / A LITTLE FURTHER

Go gradually

15	16	17	18	19	20	21
☐	☐	☐	☐	☐	☐	☐
15 min	**16 min**	**12 min**	**Rest day**	**18 min**	**20 min**	**Flexible day**
Keep it comfortable	Listen to your body	An easier day	Recharge today	Enjoy fresh air	2 x 10 min	10 min or rest

WEEK 4 / WALK WITH CONFIDENCE

Stay flexible

22	23	24	25	26	27	28
☐	☐	☐	☐	☐	☐	☐
18 min	**20 min**	**15 min**	**Rest day**	**22 min**	**25 min**	**Flexible day**
Find your rhythm	Steady & relaxed	Keep it light	Recover & reset	Split it if needed	Take your time	10 min or rest

WEEK 5 / FINISH YOUR WAY

Celebrate progress

29	30
☐	☐
25 min	**30 min**
You have a habit	2 x 15 min

YOUR NEXT STEP

What felt good? What would you like to keep doing?

MAKE IT YOURS Shorten a walk, split the minutes, repeat a week or rest when you need to.

If you are new to activity or have health concerns, ask a healthcare professional what is suitable for you.