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.

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