30-day walking plan

Start TODAY

Pick a one-word mantra, like peace, strength or relax

Focus on a natural element, like the sun, trees or wind

Listen to a music playlist or podcast that brings you joy

Take a break halfway through your walk to breathe and stretch

DAY 1 WALKING 1	DAY 2 WALKING 1	DAY 3 WALKING 1	DAY 4 WALKING 2	DAY 5 WALKING 1	DAY 6 WALKING 1	DAY 7 WALKING 2
DAY 8 WALKING 1	DAY 9 WALKING 2	DAY 10 WALKING 1	DAY 11 WALKING 2	DAY 12 WALKING 1	DAY 13 WALKING 1	DAY 14 WALKING 1 + STRENGTH
DAY 15 WALKING 2	DAY 16 WALKING 1	DAY 17 WALKING 1 + STRENGTH	DAY 18 WALKING 1	DAY 19 WALKING 2	DAY 20 WALKING 1 + STRENGTH	DAY 21 WALKING 2
DAY 22 WALKING 1 + STRENGTH	DAY 23 WALKING 2	DAY 24 WALKING 1	DAY 25 WALKING 2 + STRENGTH	DAY 26 WALKING 1	DAY 27 WALKING 2 + STRENGTH	DAY 28 WALKING 1
DAY 29 WALKING 1	DAY 30 WALKING 2 + STRENGTH					