

31-Day Walking Plan

start
TODAY
FITNESS • NUTRITION • SELF-CARE

Day 1

Walking
Workout 1

Day 2

Walking
Workout 1

Day 3

Walking
Workout 1

Day 4

Walking
Workout 2

Day 5

Walking
Workout 1

Day 6

Walking
Workout 1

Day 7

Walking
Workout 2

Day 8

Walking
Workout 1

Day 9

Walking
Workout 2

Day 10

Walking
Workout 1

Day 11

Walking
Workout 2

Day 12

Walking
Workout 1

Day 13

Walking
Workout 1

Day 14

Walking
Workout 1

Day 15

Walking
Workout 2

Day 16

Walking
Workout 1

Day 17

Walking
Workout 1
& Strength

Day 18

Walking
Workout 1

Day 19

Walking
Workout 2

Day 20

Walking
Workout 1
& Strength

Day 21

Walking
Workout 2

Day 22

Walking
Workout 1
& Strength

Day 23

Walking
Workout 2

Day 24

Walking
Workout 1

Day 25

Walking
Workout 2
& Strength

Day 26

Walking
Workout 1

Day 27

Walking
Workout 2
& Strength

Day 28

Walking
Workout 1

Day 29

Walking
Workout 1

Day 30

Walking
Workout 2
& Strength

Day 31

Walking
Workout 2

WEEK 1:

Reflect. Why are you walking? Walk toward this goal.

WEEK 2:

Cheers! Prepare a mocktail to enjoy when you get home.

WEEK 3:

Buddy up. Ask a loved one to walk with you – or call them to talk while walking.

WEEK 4:

Tune out. Listen to music or a podcast that brings you joy.