

start
TODAY

31-Day Walking Streak + Upper Body Plan

Day 1

Dumbbells

Day 2

Walk

Day 3

Walk

Day 4

Resistance Bands

Day 5

Walk

Day 6

Walk

Day 7

Dumbbells

Day 8

Walk

Day 9

Walk

Day 10

Resistance Bands

Day 11

Walk

Day 12

Dumbbells

Day 13

Walk

Day 14

Resistance Bands

Day 15

Walk

Day 16

Resistance Bands

Day 17

Walk

Day 18

Dumbbells

Day 19

Walk

Day 20

Dumbbells

Day 21

Walk

Day 22

Resistance Bands

Day 23

Walk

Day 24

Dumbbells

Day 25

Walk

Day 26

Resistance Bands

Day 27

Walk

Day 28

Dumbbells

Day 29

Walk

Day 30

Walk

Day 31

Resistance Bands