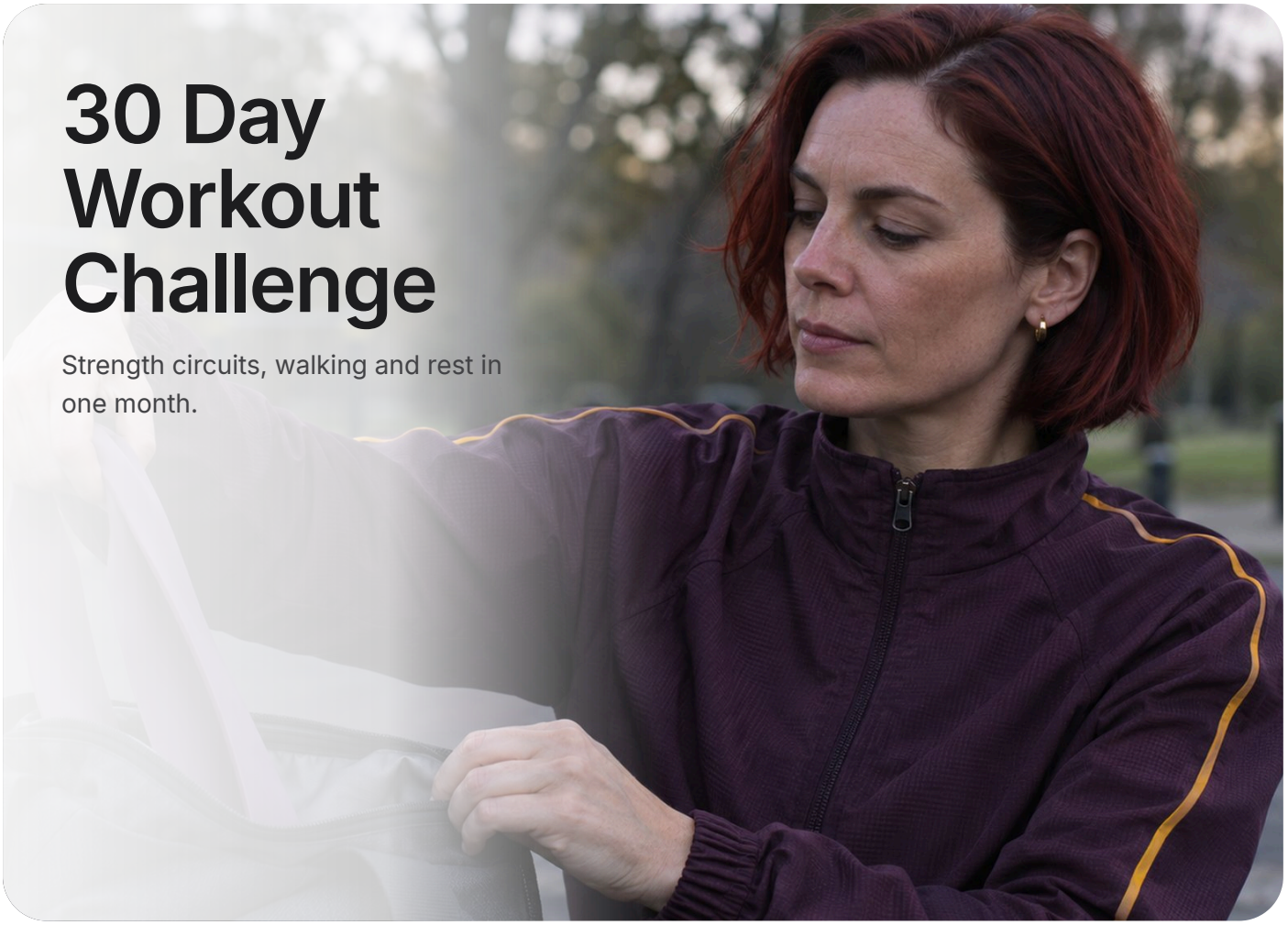
# 30 Day Workout Challenge

Strength circuits, walking and rest in one month.



## WHY IT HELPS

Give each day a clear activity and record what happened. Keep your circuit details separate from walking time so each part of the month stays readable.

## HOW TO USE IT

| | |
|---|---|
| **Plan** | Choose strength, walking and rest days. |
| **Practice** | Record actual movements and amounts. |
| **Review** | Compare sessions and choose the next plan. |

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When a routine changes, keep the earlier plan and date the new version.

# Example: Leah's mixed week

## Weekly arrangement

*Monday strength, Tuesday walk, Wednesday rest, Thursday strength, Friday walk, Saturday rest, Sunday walk.*

## Circuit choices

*Bird dog, squat, glute bridge, counter push-up and reverse lunge. Chosen versions recorded on my circuit plan.*

## Monday actual practice

*Two rounds. Bird dog 4 per side, squat 6, bridge 6, counter push-up 4, reverse lunge 4 per side.*

## Walking and observations

*Tuesday 18 minutes. Friday 15 minutes. Sunday 20 minutes. Thursday: repeated Monday amounts, longer break between rounds.*

## Next week

*Keep strength and walking totals separate. Repeat the current plan and record any change of pace.*

# Circuit and week plan

## My chosen circuit

| Movement / version | Sets or rounds | Repetitions / pace / limit |
| --- | --- | --- |
| | | |
| | | |
| | | |
| | | |
| | | |

## My week

| Strength days | Walking days | Rest days |
| --- | --- | --- |
| | | |
| | | |

## Start date, current routine and what I want to notice

# Daily activity calendar

## Write the date, plan and actual activity

| Days | Entry 1 | Entry 2 | Entry 3 | Entry 4 | Entry 5 | Entry 6 |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
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## Activity labels and what they mean

## What changed from the plan

# Session detail record

## Actual practice

| Date / activity | Movements / amount / time | Observations / adjustment |
| --- | --- | --- |
| | | |
| | | |
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## Something to compare next time

# Workout month review

## What I learned from strength, walking and rest entries

## My next routine and the details I want to keep

**FOR MY NEXT APPOINTMENT**

What I want to raise with my doctor or care team.



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