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

Activity labels and what they mean

What changed from the plan

Session detail record

Actual practice

Date / activity	Movements / amount / time	Observations / adjustment

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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