

30 Day Workout Challenge

Calendar tracker: do the workout in the box, then check it off. Missed a day? Just pick up where you left off.

Name: _____ Start date: _____ Time slot: _____

1 ☐ TEST + A Tests, then Workout A, 2 rounds _____	2 ☐ WALK Brisk walk, 20 min _____	3 ☐ WORKOUT B 2 rounds, easy reps _____	4 ☐ STRETCH 10 minutes _____	5 ☐ WORKOUT A 2 rounds _____	6 ☐ WORKOUT B 2 rounds _____
7 ☐ REST Full rest day _____	8 ☐ WORKOUT A 3 rounds _____	9 ☐ WALK Brisk walk, 25 min _____	10 ☐ WORKOUT B 3 rounds _____	11 ☐ STRETCH 10 minutes _____	12 ☐ WORKOUT A 3 rounds, plank to 30 sec _____
13 ☐ WORKOUT B 3 rounds _____	14 ☐ REST Full rest day _____	15 ☐ WORKOUT A 3 rounds, harder versions _____	16 ☐ WALK Brisk walk, 30 min _____	17 ☐ WORKOUT B 3 rounds, harder versions _____	18 ☐ STRETCH 10 minutes _____
19 ☐ WORKOUT A 3 rounds, harder versions _____	20 ☐ WORKOUT B 3 rounds, harder versions _____	21 ☐ REST Full rest day _____	22 ☐ WORKOUT A 4 rounds _____	23 ☐ WALK 30 min, add hills or stairs _____	24 ☐ WORKOUT B 4 rounds _____
25 ☐ STRETCH 10 minutes _____	26 ☐ WORKOUT A 4 rounds _____	27 ☐ WORKOUT B 3 rounds, lighter on purpose _____	28 ☐ REST Full rest day _____	29 ☐ RETEST Same 3 tests as day 1 _____	30 ☐ EASY WALK Compare numbers, plan month two _____

☐ Week 1: learn the moves

☐ Week 2: add a round

☐ Week 3: harder versions

☐ Week 4: push, then retest

WORKOUT A: LEGS AND CORE

Squats to a chair: 10 to 15
Reverse lunges: 8 to 10 per leg
Glute bridges: 12 to 15
Wall sit: 20 to 45 sec
Front plank: 20 to 40 sec

WORKOUT B: UPPER BODY AND BACK

Incline push-ups: 8 to 12 (counter, table, sofa, floor)
Backpack rows (5 to 10 lb of books): 10 to 15
Chair dips, knees bent: 8 to 12
Bird dogs: 8 per side, 2 sec pause
Superman holds: 3 x 10 sec

How to run each session: 4 minute warm-up, then one set of every move as a circuit. Rest 60 to 90 seconds between rounds. Stop any move that causes pain, and talk to your doctor first if you have a health condition or are postpartum.

Week-by-Week Log

Record your tests on day 1 and day 29, then log every week. Three things only: done, rounds, how it felt.

YOUR TESTS

Test	Day 1	Day 29	Change
Max incline push-ups (same counter)			
Squats in 60 seconds			
Longest plank (seconds)			

WEEKLY LOG

Week	Sessions done	Rounds	Harder versions or weights used	How it felt
Week 1 Days 1 to 7	☐ A ☐ B ☐ A ☐ B ☐ Walk ☐ Stretch			☐ Easy ☐ Fine ☐ Tough
Week 2 Days 8 to 14	☐ A ☐ B ☐ A ☐ B ☐ Walk ☐ Stretch			☐ Easy ☐ Fine ☐ Tough
Week 3 Days 15 to 21	☐ A ☐ B ☐ A ☐ B ☐ Walk ☐ Stretch			☐ Easy ☐ Fine ☐ Tough
Week 4 Days 22 to 30	☐ A ☐ B ☐ A ☐ B ☐ Walk ☐ Stretch			☐ Easy ☐ Fine ☐ Tough

MONTH TWO PLAN

Keep the 4 strength days on: _____

Moves I will make harder: _____

Equipment I might add (light dumbbells, a band, a mat): _____

My next plan: [] Repeat week 4 harder [] Add dumbbells [] Gym version

Soreness for a day or two is normal early on. Sharp pain, joint pain, dizziness or chest discomfort means stop and get checked.