

30 day fitness challenge calendar

NAME

START DATE

GOAL FOR DAY 30

DAYS TICKED __ of 30	LONGEST STREAK __ days	TEST DAYS 3	REST DAYS 4
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[illegible]

1 Baseline test	2 Walk 20 min	3 Squats 3 x 10	4 Plank 3 x 20s	5 Walk 25 min	6 Push-ups 3 x 8	7 Rest day
8 Mobility 10 min	9 Squats 3 x 12	10 Walk 30 min	11 Plank 3 x 30s	12 Push-ups 3 x 10	13 Intervals 15 min	14 Rest day
15 Check-in test	16 Lunges 3 x 10	17 Walk 35 min	18 Plank 3 x 40s	19 Push-ups 3 x 12	20 Intervals 20 min	21 Rest day
22 Squats 4 x 15	23 Walk 40 min	24 Plank 3 x 50s	25 Push-ups 4 x 10	26 Intervals 25 min	27 Full circuit	28 Rest day
29 Final test	30 Finish and plan	Missed a day? Do it the next day and carry on.				

● Test day
 ● Rest day
 For the 28 day version, test on day 28 instead of resting, then stop.

Your test results

	SQUATS IN 1 MIN	PUSH-UPS	PLANK HOLD
Day 1			
Day 15			
Day 29			

READ BEFORE DAY 1

How to do the challenge

1 What each day means

DAY TYPE	WHAT TO DO
Test day	Max squats in 1 minute, max push-ups (knees allowed), longest plank hold. Same order and rest every time, then a 10 minute walk. Write the numbers on page 1.
Walk	Brisk pace: you can talk but not sing. Add the minutes shown.
Squats, push-ups, lunges	Sets x reps, 45 to 60 seconds rest between sets. Stop a rep or two before form breaks.
Plank	Sets x seconds on forearms, 45 seconds rest.
Intervals	1 minute fast, 1 minute easy, repeat until the minutes are up. Walk, jog or cycle.
Rest day	No training. An easy stroll or stretching is fine.

2 Scale it to the person

MOVE	EASIER	STANDARD	HARDER
Squat	Sit to a chair and stand	Bodyweight squat	3 seconds down, pause at the bottom
Push-up	Hands on a wall or counter	Hands on the floor or a bench	Feet on a step
Plank	On the knees	On the forearms	Lift one foot at a time
Lunge	Short step, hold a support	Alternate legs	Pause 2 seconds at the bottom
Walk	Slower pace, same minutes	Brisk pace	Add hills or short jogs

3 6 week version

WEEK	FOCUS	WORKOUTS	DAILY HABIT
1	Set the base	Baseline test, then 3 workouts	Walk 10 min
2	Add volume	3 workouts, 1 extra set	Walk 15 min
3	Check-in	Retest, then 3 workouts	Walk 15 min
4	Add intensity	3 strength + 1 intervals	Walk 20 min
5	Peak week	4 workouts, add reps	Walk 20 min
6	Test and plan	Retest, then 3 workouts	Pick the next goal

4 Rules that keep it simple

- ✓ One task a day. Most take 10 to 40 minutes.
- ✓ Stop if something hurts, and talk to your doctor before you start if you have a health condition or are unsure.
- ✓ Missed a day? Do it the next day and carry on.
- ✓ Tell one person you are doing it and send them your day 15 numbers.

This challenge is general fitness guidance, not medical advice. Adapt it to each person and their health. Written by Scraler. Free to print, copy and adapt for your own clients.