

30-Day Walking Challenge

Write your steps and water each day. Raise your goal only when the last week felt doable.

Walk & Water
getyourbmr.com

START DATE

STARTING STEP GOAL

WATER GOAL (GLASSES)

WEEK 1

Day 1

Steps

Water

Day 2

Steps

Water

Day 3

Steps

Water

Day 4

Steps

Water

Day 5

Steps

Water

Day 6

Steps

Water

Day 7

Steps

Water

WEEK 2

Day 8

Steps

Water

Day 9

Steps

Water

Day 10

Steps

Water

Day 11

Steps

Water

Day 12

Steps

Water

Day 13

Steps

Water

Day 14

Steps

Water

WEEK 3

Day 15

Steps

Water

Day 16

Steps

Water

Day 17

Steps

Water

Day 18

Steps

Water

Day 19

Steps

Water

Day 20

Steps

Water

Day 21

Steps

Water

WEEK 4

Day 22

Steps

Water

Day 23

Steps

Water

Day 24

Steps

Water

Day 25

Steps

Water

Day 26

Steps

Water

Day 27

Steps

Water

Day 28

Steps

Water

WEEK 5

Day 29

Steps

Water

Day 30

Steps

Water

A missed day isn't a restart. Pick it back up tomorrow.

Free from getyourbmr.com