

28-day walking plan

Four weeks of short sessions. Tick a box as you go.

Missed a day? Do the next one. The plan counts sessions, not dates. Start date: _____

Session
 Optional walk
 Optional stretch
 Rest and stretch day

Bar length is minutes. The walk and the stretch are optional.

Week 1: Root Days 1 to 7

DAY 1 Find your feet ☐ 7 min + walk on 3 min	DAY 2 Soft knees ☐ 7 min + walk on 3 min	DAY 3 Clouds ☐ 7 min + walk on 3 min	DAY 4 Sound walk ☐ 7 min + walk on 3 min	DAY 5 Standing like a tree ☐ 7 min + walk on 3 min	DAY 6 Slow is smooth ☐ 7 min + walk on 3 min	DAY 7 Rest and stretch REST DAY ☐ 10 min
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Week 2: Flow Days 8 to 14

DAY 8 Part the mane ☐ 7 min + walk on 5 min	DAY 9 Brush the knee ☐ 7 min + walk on 5 min	DAY 10 Gratitude walk ☐ 7 min + walk on 5 min	DAY 11 White crane ☐ 7 min + walk on 8 min	DAY 12 Arms that swing ☐ 7 min + walk on 8 min	DAY 13 Color walk ☐ 7 min + walk on 8 min	DAY 14 Rest and stretch REST DAY ☐ 10 min
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Week 3: Breathe Days 15 to 21

DAY 15 Breath and steps ☐ 7 min + walk on 10 min	DAY 16 Golden rooster ☐ 7 min + walk on 10 min	DAY 17 Heel to toe ☐ 7 min + walk on 10 min	DAY 18 Sideways ☐ 7 min + walk on 10 min	DAY 19 The talk test ☐ 7 min + walk on 10 min	DAY 20 Memory lane ☐ 7 min + walk on 10 min	DAY 21 Rest and stretch REST DAY ☐ 10 min
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Week 4: Own it Days 22 to 28

DAY 22 Your short flow ☐ 7 min + walk on 12 min	DAY 23 Walk like water ☐ 7 min + walk on 12 min	DAY 24 Flow and sound ☐ 7 min + walk on 12 min	DAY 25 Longer walk ☐ 7 min + walk on 15 min	DAY 26 A note to you ☐ 7 min + walk on 15 min	DAY 27 Your choice ☐ 7 min + walk on 15 min	DAY 28 Own it ☐ 7 min + walk on 15 min
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Stop any move that hurts. Stop and rest if you feel chest pain or pressure, dizziness, a racing or uneven heartbeat, or unusual shortness of breath. If it is severe or does not ease with rest, call 911.