

30-Day Walking Tracker

Build a consistent walking habit safely

How to use it

- Choose a realistic daily target based on your current fitness.
- Increase duration gradually rather than making a sudden jump.
- Include warm-up and cool-down.
- Stop and seek assessment for chest pain, fainting or severe unusual breathlessness.

Day	Minutes	Steps (optional)	How I felt
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			

Day	Minutes	Steps (optional)	How I felt
27			
28			
29			
30			

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.