Small Steps, Healthier Habits

Your 4-Week Walking Challenge

You don't need to run a marathon or spend hours at the gym to become more active. Walking is one of the simplest ways to introduce more movement into your routine.
This four-week challenge helps you start at a comfortable pace and gradually build a walking habit that fits into everyday life. Your goal? Progress, not perfection.

Name: _____ **Starting date:** _____

My 4-Week Walking Tracker

Tick each day you walk and write the minutes completed underneath.

WEEK 1 Start comfortably

10 min per walk | 4 days | 40 min planned walking

Just getting started counts!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min

WEEK 2 Build consistency

15 min per walk | 4 days | 60 min planned walking

Find a time that fits your routine

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min

WEEK 3 Gradually increase duration

20 min per walk | 5 days | 100 min planned walking

Notice how walking fits into your day

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min

WEEK 4 Make it sustainable

25 min per walk | 5 days | 125 min planned walking

Keep a routine you can maintain

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min

Suggested beginner plan: This is an illustrative progression, not a clinically validated prescription. Read the safety guide on page 2 before starting. Progress more slowly or repeat a week if needed.

Walk Safely, Walk Comfortably

This challenge is designed for generally healthy adults who want to gradually become more active.

Before you begin

If you have known heart disease, a recent cardiac event or procedure, unexplained symptoms during activity, or significant health limitations, seek advice from a healthcare professional about a suitable exercise plan.

Listen to your body

Walk at a comfortable pace, build up gradually and take breaks when needed. If you experience new dizziness, unusual breathlessness, troublesome palpitations or significant pain, stop walking and seek medical advice before continuing the programme.

Know when to seek urgent help

Chest pain or pressure, severe breathlessness, fainting, or sudden weakness or difficulty speaking may indicate a medical emergency. Stop exercising and contact your local emergency services immediately.

Make it work for you

Choose a safe walking environment, stay hydrated and adapt your activity to the weather and your fitness level. It's fine to progress more slowly or repeat a week.

Disclaimer

This resource provides general physical activity guidance and is not a personalised exercise prescription or substitute for medical assessment.