

START DATE _____ DAY-30 GOAL **8,000+ steps** STREAK RULE Miss a day → restart streak, not the program

Week 1 • Foundation

Outside 15 min · Workday: 5–10 min between meetings · Target 5,000

1 <input type="checkbox"/> 10 min before coffee · 1 walking call 4,000 steps	MON	2 <input type="checkbox"/> 15 min AM · 5-min walk between meetings 4,500 steps	TUE	3 <input type="checkbox"/> 15 min AM · 1 walking 1:1 or call 5,000 steps	WED	4 <input type="checkbox"/> 15 min AM · 5-min walks x2 5,000 steps	THU	5 <input type="checkbox"/> 15 min AM · 10-min lunch walk 5,500 steps	FRI	6 <input type="checkbox"/> 25–30 min walk 6,000 steps	SAT	7 <input type="checkbox"/> 25–30 min walk 6,000 steps	SUN
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Week 2 • Build

Outside 20 min · Workday: walking 1:1s · Target 6,500

8 <input type="checkbox"/> 20 min AM · Standup on foot · 1 walking 1:1 6,000 steps	MON	9 <input type="checkbox"/> 20 min AM · 2 walking calls 6,500 steps	TUE	10 <input type="checkbox"/> 20 min AM · 1 walking 1:1 · 5-min reset 6,500 steps	WED	11 <input type="checkbox"/> 20 min AM · 2 walking calls 6,500 steps	THU	12 <input type="checkbox"/> 20 min AM · 10-min lunch walk 7,000 steps	FRI	13 <input type="checkbox"/> 35 min · Try a new route 7,500 steps	SAT	14 <input type="checkbox"/> 35 min · Phone-down rule 7,500 steps	SUN
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Week 3 • Load

Outside 25 min · Workday: pre-deep-work walk · Target 7,500

15 <input type="checkbox"/> 25 min AM · 10-min pre-deep-work walk 7,500 steps	MON	16 <input type="checkbox"/> 25 min AM · Mid-PM reset (10 min) 7,500 steps	TUE	17 <input type="checkbox"/> 25 min AM · 1 walking 1:1 · pre-block walk 8,000 steps	WED	18 <input type="checkbox"/> 25 min AM · Mid-PM reset (no caffeine) 7,500 steps	THU	19 <input type="checkbox"/> 25 min AM · 15-min lunch walk 8,000 steps	FRI	20 <input type="checkbox"/> 40 min · Add a hill 8,000 steps	SAT	21 <input type="checkbox"/> 40 min · No phone 8,000 steps	SUN
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Week 4 • Cement

Outside 30 min · Workday: 1 walking meeting/day · Target 8,500

22 <input type="checkbox"/> 30 min AM · 1 walking meeting 8,000 steps	MON	23 <input type="checkbox"/> 30 min AM · 1 walking 1:1 · pre-block 8,500 steps	TUE	24 <input type="checkbox"/> 30 min AM · 1 meeting · reset walk 8,500 steps	WED	25 <input type="checkbox"/> 30 min AM · 2 walking calls 8,500 steps	THU	26 <input type="checkbox"/> 30 min AM · 1 meeting · 15-min lunch 9,000 steps	FRI	27 <input type="checkbox"/> 45 min · Longest route yet 9,000 steps	SAT	28 <input type="checkbox"/> 45 min · No phone · Reflect on week 9,000 steps	SUN
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Days 29–30 • Lock it in

Two days to prove the habit holds without calendar prompts

29 <input type="checkbox"/> All workday walks on autopilot · Drop calendar block 8,500 steps	MON	30 <input type="checkbox"/> Same as Day 29 · Note what stuck 8,500 steps	TUE	Reflection Which 3 workday walks hold without the calendar prompt? Which week was hardest? Which 1:1s converted to walks? Where did the streak break — and why?									
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Workday integration is the unlock. Walking 1:1s and pre-deep-work walks add the bulk of the steps. The outside walk sets the day.

Track digitally at betterhabitsdaily.com/tracker