

20 Minutes a Day Walking Challenge *Small effort. Big impact.*

We all feel time-poor some days – but committing to just **20 minutes of walking each day** can boost your energy, lift your mood, and support your Pilates progress. It doesn't have to be fancy – just consistent. Whether it's a gentle stroll or a brisk pace, the key is simply showing up.

How it works:

- Walk for 20 minutes each day for two weeks to start with
- Use the tracker below to tick off your walks
- Mix it up with nature walks, solo strolls, podcast walks or a friend by your side
- Notice how you feel by the end of the two weeks – you might be surprised!

Your 14-Day Walking Tracker:

Day	Walk Complete?	Notes
1	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
2	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
3	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
4	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
5	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
6	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
7	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
8	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
9	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
10	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
11	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
12	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
13	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
14	<input checked="" type="checkbox"/> / <input type="checkbox"/>	

How did you feel at the end of the 14 days?

(Write a few words, a sentence, or just a smiley face!)

Feeling inspired?

- Commit to another 14 days at a brisk pace
- Take it up a level – make it 30 minutes
- Include some hills

Day	Walk Complete?	Notes
15	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
16	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
17	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
18	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
19	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
20	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
21	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
22	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
23	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
24	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
25	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
26	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
27	<input checked="" type="checkbox"/> / <input type="checkbox"/>	
28	<input checked="" type="checkbox"/> / <input type="checkbox"/>	

How did you feel at the end of the 28 days?

(Write a few words, a sentence, or just a smiley face!)

You've done something powerful by showing up for yourself each day. Keep going – your body (and mind) will thank you!