



30-DAY Walking Tracker

ONE STEP AT A TIME. ONE DAY AT A TIME. YOU'VE GOT THIS!



30-DAY Walking Tracker

HOW TO USE:

Walk each day and check off the box. Track your progress and celebrate your wins!

DAILY GOAL (CHOOSE YOUR TARGET):

5,000+ STEPS 7,500+ STEPS 10,000+ STEPS 12,000+ STEPS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
☐ Start strong!	☐ You're building a habit.	☐ Keep it up!	☐ Every step counts.	☐ You can do this!
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
☐ Great job!	☐ You're on fire!	☐ Consistency is key.	☐ Proud of you!	☐ Keep going!
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
☐ Strong body, strong mind.	☐ You've got this!	☐ Don't stop now!	☐ Halfway there!	☐ Amazing progress!
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
☐ Keep showing up!	☐ You're doing amazing!	☐ Just one step at a time.	☐ Stronger every day!	☐ Stay consistent!
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
☐ You're unstoppable!	☐ Keep that momentum!	☐ Believe in yourself.	☐ You're so close!	☐ Finish strong!
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
☐ Keep pushing!	☐ You've come so far!	☐ One more push!	☐ You did it!	☐ 30 DAYS STRONG!

Celebrate Your Progress!
Every step you take is a step toward a healthier, happier you!

NOTES & WINS

WALK MORE. STRESS LESS. LIVE BETTER.

A4 SIZE - PRINT READY



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nicafitness.com



TRACK YOUR PROGRESS. BUILD A HEALTHY HABIT.

- ✓ Build a daily walking habit
- ✓ Stay consistent & motivated
- ✓ Celebrate small wins
- ✓ Feel stronger every day!

FILLABLE PDF (TYPE & SAVE)

Type your goals, check your progress, save, and print anytime!



DOWNLOAD YOUR FREE TRACKER!



Print it. Track it. Love the progress.
You've got 30 days to create a healthier, happier YOU!



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☐	☐	☐	☐	☐

WHAT'S INCLUDED

- ✓ US Letter (8.5" x 11") - Print Ready PDF
- ✓ A4 Size - Print Ready PDF
- ✓ Fillable PDF - Type, Save & Print
- ✓ Black & White - Ink Saving PDF
- ✓ High Resolution - Perfect for Printing

PERFECT FOR

- ✓ Building healthy habits
- ✓ Weight loss journey
- ✓ Step challenges
- ✓ Accountability & motivation
- ✓ All fitness levels