

30-Day Fitness Calendar

A balanced month of strength, cardio, mobility, and recovery

30 DAYS

Complete daily guidance

15–30 MIN

Beginner-friendly sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Full-Body Foundations · Steady Cardio · Mobility Reset · Lower-Body Basics · Core Stability · Active Recovery · Complete Rest · Upper Body & Posture · ...

30-Day Fitness Calendar

START HERE

Build a steady exercise rhythm with short, practical sessions that alternate total-body strength, accessible cardio, core work, mobility, and full recovery.

WHO THIS IS FOR

Beginner adults who want a clear 30-day routine without equipment or complicated setup.

EQUIPMENT

No equipment required. Optional: a chair, exercise mat, and two water bottles for light resistance.

INTENSITY GUIDE

RPE 1–2 Rest or very easy movement

RPE 3–4 Easy; conversation feels natural

RPE 5–6 Moderate; working but controlled

HOW TO USE THE CALENDAR

- 1 Follow the numbered days in order; do not double up after a missed session.
- 2 Complete the five-minute warm-up before training and cool down gradually.
- 3 Use the listed RPE as a ceiling. Slow down, shorten the session, or stop when needed.
- 4 Tick each day on the overview and note energy or technique.
- 5 Keep recovery days. Progress only when the current version feels controlled.

FIVE-MINUTE WARM-UP

- 1 min** Easy march or step-touch
- 1 min** Shoulder rolls and arm circles
- 1 min** Hip hinges and gentle squats
- 1 min** Alternating heel digs
- 1 min** Gradually faster march

BEFORE EACH SESSION

☐ Clear the floor

☐ Stable chair or wall

☐ Water within reach

☐ Pain-free starting position

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and note how the session felt.

30-Day Fitness Calendar

30-day calendar overview

Tick the box after each completed day

1 Full-Body Foundations RPE 4/10	2 Steady Cardio RPE 4/10	3 Mobility Reset RPE 2/10	4 Lower-Body Basics RPE 4/10	5 Core Stability RPE 5/10
6 Active Recovery RPE 2/10	7 Complete Rest RPE 1/10	8 Upper Body & Posture RPE 4/10	9 Steady Cardio RPE 4/10	10 Mobility Reset RPE 2/10
11 Full-Body Builder RPE 5/10	12 Core Stability RPE 5/10	13 Active Recovery RPE 2/10	14 Complete Rest RPE 1/10	15 Lower-Body Basics RPE 4/10
16 Low-Impact Intervals RPE 5/10	17 Mobility Reset RPE 2/10	18 Upper Body & Posture RPE 4/10	19 Core Stability RPE 5/10	20 Active Recovery RPE 2/10
21 Complete Rest RPE 1/10	22 Full-Body Foundations RPE 4/10	23 Low-Impact Intervals RPE 5/10	24 Mobility Reset RPE 2/10	25 Full-Body Builder RPE 5/10
26 Core Stability RPE 5/10	27 Active Recovery RPE 2/10	28 Complete Rest RPE 1/10	29 Celebration Circuit RPE 5/10	30 Month Review & Easy Walk RPE 2/10

Days 1–6

Complete session details

Full-Body Foundations

1

Exercises Chair squats; wall push-ups; glute bridges; standing knee drives

Dose
2 rounds: 8; 8; 10; 8/side

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Steady Cardio

2

Exercises March in place; step-touch; heel digs; easy shadow boxing

Dose
4 × 3 min, change move each minute

Rest
30 sec between blocks

Intensity
Easy-moderate · RPE 4/10

Mobility Reset

3

Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations

Dose
45 sec each; repeat once

Rest
15 sec to change positions

Intensity
Very easy · RPE 2/10

Lower-Body Basics

4

Exercises Chair squats; supported reverse lunges; calf raises; glute bridges

Dose
2 rounds: 10; 6/side; 12; 10

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Core Stability

5

Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold

Dose
2 rounds: 6/side; 6/side; 10/side; 20 sec

Rest
40 sec between rounds

Intensity
Moderate · RPE 5/10

Active Recovery

6

Exercises Comfortable walk or march; full-body stretch; slow breathing

Dose
12 min easy movement + 5 min stretch

Rest
Pause whenever needed

Intensity
Very easy · RPE 2/10

Days 7–12

Complete session details

Complete Rest

7

Exercises Normal daily movement only; optional gentle breathing

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Upper Body & Posture

8

Exercises Wall push-ups; towel pull-aparts; wall angels; standing Y-raises

Dose
2 rounds: 8; 10; 8; 8

Rest
40 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Steady Cardio

9

Exercises March in place; step-touch; heel digs; easy shadow boxing

Dose
4 × 3 min, change move each minute

Rest
30 sec between blocks

Intensity
Easy-moderate · RPE 4/10

Mobility Reset

10

Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations

Dose
45 sec each; repeat once

Rest
15 sec to change positions

Intensity
Very easy · RPE 2/10

Full-Body Builder

11

Exercises Sit-to-stands; incline push-ups; reverse lunges to chair; bird dogs

Dose
2 rounds: 10; 8; 6/side; 8/side

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Core Stability

12

Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold

Dose
2 rounds: 6/side; 6/side; 10/side; 20 sec

Rest
40 sec between rounds

Intensity
Moderate · RPE 5/10

Days 13–18

Complete session details

Active Recovery

13

Exercises Comfortable walk or march; full-body stretch; slow breathing

Dose
12 min easy movement + 5 min stretch

Rest
Pause whenever needed

Intensity
Very easy · RPE 2/10

Complete Rest

14

Exercises Normal daily movement only; optional gentle breathing

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Lower-Body Basics

15

Exercises Chair squats; supported reverse lunges; calf raises; glute bridges

Dose
2 rounds: 10; 6/side; 12; 10

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Low-Impact Intervals

16

Exercises Brisk march; side steps; knee lifts; easy march

Dose
8 rounds: 45 sec brisk + 45 sec easy

Rest
Easy phase is recovery

Intensity
Moderate · RPE 5/10

Mobility Reset

17

Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations

Dose
45 sec each; repeat once

Rest
15 sec to change positions

Intensity
Very easy · RPE 2/10

Upper Body & Posture

18

Exercises Wall push-ups; towel pull-aparts; wall angels; standing Y-raises

Dose
2 rounds: 8; 10; 8; 8

Rest
40 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 19–24

Complete session details

Core Stability

19

Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold

Dose
2 rounds: 6/side; 6/side; 10/side; 20 sec

Rest
40 sec between rounds

Intensity
Moderate · RPE 5/10

Active Recovery

20

Exercises Comfortable walk or march; full-body stretch; slow breathing

Dose
12 min easy movement + 5 min stretch

Rest
Pause whenever needed

Intensity
Very easy · RPE 2/10

Complete Rest

21

Exercises Normal daily movement only; optional gentle breathing

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Full-Body Foundations

22

Exercises Chair squats; wall push-ups; glute bridges; standing knee drives

Dose
2 rounds: 8; 8; 10; 8/side

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Low-Impact Intervals

23

Exercises Brisk march; side steps; knee lifts; easy march

Dose
8 rounds: 45 sec brisk + 45 sec easy

Rest
Easy phase is recovery

Intensity
Moderate · RPE 5/10

Mobility Reset

24

Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations

Dose
45 sec each; repeat once

Rest
15 sec to change positions

Intensity
Very easy · RPE 2/10

Days 25–30

Complete session details

Full-Body Builder

25

Exercises Sit-to-stands; incline push-ups; reverse lunges to chair; bird dogs

Dose
2 rounds: 10; 8; 6/side; 8/side

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Core Stability

26

Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold

Dose
2 rounds: 6/side; 6/side; 10/side; 20 sec

Rest
40 sec between rounds

Intensity
Moderate · RPE 5/10

Active Recovery

27

Exercises Comfortable walk or march; full-body stretch; slow breathing

Dose
12 min easy movement + 5 min stretch

Rest
Pause whenever needed

Intensity
Very easy · RPE 2/10

Complete Rest

28

Exercises Normal daily movement only; optional gentle breathing

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Celebration Circuit

29

Exercises Chair squats; wall push-ups; step-touch; bird dogs

Dose
3 relaxed rounds: 10; 8; 60 sec; 8/side

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Month Review & Easy Walk

30

Exercises Comfortable walk; gentle stretch; complete the review prompts

Dose
15 min walk + 8 min mobility

Rest
As needed

Intensity
Very easy · RPE 2/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	Easy march	Raise body temperature without rushing.
Minute 2	Shoulders & arms	Roll shoulders, then make small-to-large arm circles.
Minute 3	Hips & knees	Practice shallow hip hinges and comfortable chair squats.
Minute 4	Ankles & calves	Alternate heel digs and slow calf raises.
Minute 5	Build the pace	March slightly faster while keeping breathing controlled.

BEGINNER MODIFICATIONS

- Reduce each set by 2–4 repetitions or each interval by 15–30 seconds.
- Use a wall or stable chair for balance during squats, lunges, and standing core work.
- Choose wall push-ups instead of incline or floor versions.
- Replace floor exercises with standing reaches, seated marches, or wall planks.
- Split one session into two shorter blocks on the same day.

OPTIONAL PROGRESSIONS

- Add one set only after completing every repetition with steady form.
- Add 1–2 repetitions per exercise while staying within the listed RPE range.
- Increase a cardio work interval by 10–15 seconds while keeping recovery unchanged.
- Use a slightly lower push-up surface or hold light water bottles when appropriate.
- Never progress pain. A harder version should feel challenging, not sharp or unstable.

SIMPLE MOVEMENT SUBSTITUTIONS

Floor core	Standing wall reaches or seated knee lifts
Lunges	Supported reverse toe taps or sit-to-stands
Brisk intervals	Comfortable marching with longer recovery

Weekly review & recovery

WEEK 1 Which sessions felt most approachable?

What will make next week easier?

WEEK 2 Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3 What changed in energy or confidence?

Which modification worked best?

WEEK 4 What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate. Stop for chest pain, faintness, unusual shortness of breath, or sharp or worsening pain. Results vary and no outcome is guaranteed. Use stable furniture, clear the floor, wear suitable footwear, and move within a comfortable range.

30-DAY COMPLETION RECORD

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	27	28	29	30

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practicing:

My realistic next step:

Ready for your next calendar?

Get more printable fitness calendars at [FitnessCalendars.com](#).