

Printable Fitness Calendar

A trackable 30-day plan for strength, cardio, mobility, and habits

30 DAYS

Complete daily guidance

15–30 MIN

Beginner-friendly sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Strength Checklist · Cardio Minutes · Mobility Checklist · Core Checklist · Strength Checklist · Active Recovery Log · Rest & Reset · Strength Checklist · ...

Printable Fitness Calendar

START HERE

Use a simple repeatable weekly rhythm, record each completed session, and notice how energy, technique, and consistency change across the month.

WHO THIS IS FOR

Beginner adults who enjoy a structured printable plan with checkboxes and weekly reflection.

EQUIPMENT

No equipment required. Optional: chair, mat, light resistance band, or two water bottles.

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 calendar overview

Tick the box after each completed day

1 Strength Checklist RPE 4/10	2 Cardio Minutes RPE 4/10	3 Mobility Checklist RPE 2/10	4 Core Checklist RPE 4/10	5 Strength Checklist RPE 4/10
6 Active Recovery Log RPE 2/10	7 Rest & Reset RPE 1/10	8 Strength Checklist RPE 4/10	9 Cardio Minutes RPE 4/10	10 Mobility Checklist RPE 2/10
11 Core Checklist RPE 4/10	12 Strength Checklist RPE 4/10	13 Active Recovery Log RPE 2/10	14 Rest & Reset RPE 1/10	15 Strength Progress RPE 5/10
16 Cardio Intervals RPE 5/10	17 Mobility Checklist RPE 2/10	18 Core Progress RPE 5/10	19 Strength Progress RPE 5/10	20 Active Recovery Log RPE 2/10
21 Rest & Reset RPE 1/10	22 Strength Progress RPE 5/10	23 Cardio Intervals RPE 5/10	24 Mobility Checklist RPE 2/10	25 Core Progress RPE 5/10
26 Strength Progress RPE 5/10	27 Active Recovery Log RPE 2/10	28 Rest & Reset RPE 1/10	29 Personal Benchmark RPE 5/10	30 Calendar Review RPE 2/10

Days 1–6

Complete session details

Strength Checklist

1

Exercises Chair squats; incline push-ups; glute bridges; bird dogs

Dose

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

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Cardio Minutes

2

Exercises March; step-touch; heel digs; easy boxer shuffle without impact

Dose

15 min; change movement every 60 sec

Rest

Pause after 5 min if needed

Intensity

Easy-moderate · RPE 4/10

Mobility Checklist

3

Exercises Arm circles; cat-cow; hip hinges; hip circles; calf stretch; thoracic turns

Dose

40 sec each; repeat once

Rest

15 sec transitions

Intensity

Very easy · RPE 2/10

Core Checklist

4

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

Dose

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

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Strength Checklist

5

Exercises Chair squats; incline push-ups; glute bridges; bird dogs

Dose

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

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Active Recovery Log

6

Exercises Easy walk; relaxed mobility; note energy before and after

Dose

15 min movement + 5 min notes

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Days 7–12

Complete session details

Rest & Reset

7

Exercises No structured workout; optional five slow breaths and light stretch

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Strength Checklist

8

Exercises Chair squats; incline push-ups; glute bridges; bird dogs

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Cardio Minutes

9

Exercises March; step-touch; heel digs; easy boxer shuffle without impact

Dose
15 min; change movement every 60 sec

Rest
Pause after 5 min if needed

Intensity
Easy-moderate · RPE 4/10

Mobility Checklist

10

Exercises Arm circles; cat-cow; hip hinges; hip circles; calf stretch; thoracic turns

Dose
40 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Core Checklist

11

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

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Strength Checklist

12

Exercises Chair squats; incline push-ups; glute bridges; bird dogs

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 13–18

Complete session details

Active Recovery Log

13

Exercises Easy walk; relaxed mobility; note energy before and after

Dose
15 min movement + 5 min notes

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Rest & Reset

14

Exercises No structured workout; optional five slow breaths and light stretch

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Strength Progress

15

Exercises Chair squats; incline push-ups; reverse lunges; bird dogs

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

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Cardio Intervals

16

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

Dose
10 × 45 sec brisk + 45 sec easy

Rest
Easy phase is recovery

Intensity
Moderate · RPE 5/10

Mobility Checklist

17

Exercises Arm circles; cat-cow; hip hinges; hip circles; calf stretch; thoracic turns

Dose
40 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Core Progress

18

Exercises Dead bugs; bird dogs; seated knee tucks; forearm plank from knees

Dose
3 rounds: 8/side; 8/side; 10; 20 sec

Rest
45 sec between rounds

Intensity
Moderate · RPE 5/10

Days 19–24

Complete session details

Strength Progress

19

Exercises Chair squats; incline push-ups; reverse lunges; bird dogs

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

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Active Recovery Log

20

Exercises Easy walk; relaxed mobility; note energy before and after

Dose
15 min movement + 5 min notes

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Rest & Reset

21

Exercises No structured workout; optional five slow breaths and light stretch

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Strength Progress

22

Exercises Chair squats; incline push-ups; reverse lunges; bird dogs

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

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Cardio Intervals

23

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

Dose
10 × 45 sec brisk + 45 sec easy

Rest
Easy phase is recovery

Intensity
Moderate · RPE 5/10

Mobility Checklist

24

Exercises Arm circles; cat-cow; hip hinges; hip circles; calf stretch; thoracic turns

Dose
40 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Days 25–30

Complete session details

Core Progress

25

Exercises Dead bugs; bird dogs; seated knee tucks; forearm plank from knees

Dose
3 rounds: 8/side; 8/side; 10; 20 sec

Rest
45 sec between rounds

Intensity
Moderate · RPE 5/10

Strength Progress

26

Exercises Chair squats; incline push-ups; reverse lunges; bird dogs

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

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Active Recovery Log

27

Exercises Easy walk; relaxed mobility; note energy before and after

Dose
15 min movement + 5 min notes

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Rest & Reset

28

Exercises No structured workout; optional five slow breaths and light stretch

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Personal Benchmark

29

Exercises Sit-to-stands; wall push-ups; brisk march; balance hold

Dose
1 comfortable set: max good reps in 45 sec per move

Rest
75 sec between moves

Intensity
Moderate · RPE 5/10

Calendar Review

30

Exercises Easy walk; favorite stretch; total completed sessions; write next step

Dose
15 min walk + 10 min review

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](#).