

Weight-Loss Workout Calendar

A sustainable 30-day movement plan combining cardio and strength

30 DAYS

Complete daily guidance

15–30 MIN

Beginner-friendly sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Brisk Walk Starter · Metabolic Strength Basics · Low-Impact Cardio Intervals · Mobility & Recovery · Metabolic Strength Basics · Easy Activity Day · Complete Rest · Brisk Walk Plus · ...

Weight-Loss Workout Calendar

START HERE

Support a more active routine with moderate, repeatable sessions. This calendar makes no guaranteed weight-loss claim and works best alongside appropriate nutrition, sleep, and recovery habits.

WHO THIS IS FOR

Beginner adults seeking a consistent mix of low-impact cardio and strength as part of a broader wellbeing plan.

EQUIPMENT

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

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.

Weight-Loss Workout Calendar

30-day calendar overview

Tick the box after each completed day

1 Brisk Walk Starter RPE 4/10 ☐	2 Metabolic Strength Basics RPE 4/10 ☐	3 Low-Impact Cardio Intervals RPE 5/10 ☐	4 Mobility & Recovery RPE 2/10 ☐	5 Metabolic Strength Basics RPE 4/10 ☐
6 Easy Activity Day RPE 2/10 ☐	7 Complete Rest RPE 1/10 ☐	8 Brisk Walk Plus RPE 5/10 ☐	9 Metabolic Strength Basics RPE 4/10 ☐	10 Low-Impact Cardio Intervals RPE 5/10 ☐
11 Mobility & Recovery RPE 2/10 ☐	12 Metabolic Strength Basics RPE 4/10 ☐	13 Easy Activity Day RPE 2/10 ☐	14 Complete Rest RPE 1/10 ☐	15 Brisk Walk Plus RPE 5/10 ☐
16 Total-Body Strength RPE 5/10 ☐	17 Cardio Interval Progress RPE 5-6/10 ☐	18 Mobility & Recovery RPE 2/10 ☐	19 Total-Body Strength RPE 5/10 ☐	20 Easy Activity Day RPE 2/10 ☐
21 Complete Rest RPE 1/10 ☐	22 Brisk Walk Plus RPE 5/10 ☐	23 Total-Body Strength RPE 5/10 ☐	24 Cardio Interval Progress RPE 5-6/10 ☐	25 Mobility & Recovery RPE 2/10 ☐
26 Total-Body Strength RPE 5/10 ☐	27 Easy Activity Day RPE 2/10 ☐	28 Complete Rest RPE 1/10 ☐	29 Cardio-Strength Combo RPE 5/10 ☐	30 Sustainable Routine Review RPE 2/10 ☐

Weight-Loss Workout Calendar

Days 1–6

Complete session details

Brisk Walk Starter

1

Exercises Outdoor walk or indoor march at a purposeful but conversational pace

Dose
18 min continuous or 2 × 9 min

Rest
1 min between blocks if split

Intensity
Easy-moderate · RPE 4/10

Metabolic Strength Basics

2

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

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Low-Impact Cardio Intervals

3

Exercises Brisk march; step-touch; knee lifts; easy march

Dose
8 × 45 sec brisk + 45 sec easy

Rest
Easy interval is recovery

Intensity
Moderate · RPE 5/10

Mobility & Recovery

4

Exercises Shoulder rolls; cat-cow; hip circles; hamstring hinge; calf stretch

Dose
45 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Metabolic Strength Basics

5

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

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Easy Activity Day

6

Exercises Comfortable walk; relaxed stretching; hydration and sleep check-in

Dose
15-20 min easy movement

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Days 7–12

Complete session details

7	Complete Rest Exercises No structured workout; ordinary daily movement only Dose Recovery only Rest Full recovery day Intensity Rest · RPE 1/10
8	Brisk Walk Plus Exercises Walk or march; include six purposeful one-minute pickups Dose 24 min total; 6 × 1 min brisk Rest 2 min easy between pickups Intensity Moderate · RPE 5/10
9	Metabolic Strength Basics Exercises Chair squats; wall push-ups; glute bridges; standing knee drives Dose 2 rounds: 10; 8; 10; 10/side Rest 45 sec between rounds Intensity Easy-moderate · RPE 4/10
10	Low-Impact Cardio Intervals Exercises Brisk march; step-touch; knee lifts; easy march Dose 8 × 45 sec brisk + 45 sec easy Rest Easy interval is recovery Intensity Moderate · RPE 5/10
11	Mobility & Recovery Exercises Shoulder rolls; cat-cow; hip circles; hamstring hinge; calf stretch Dose 45 sec each; repeat once Rest 15 sec transitions Intensity Very easy · RPE 2/10
12	Metabolic Strength Basics Exercises Chair squats; wall push-ups; glute bridges; standing knee drives Dose 2 rounds: 10; 8; 10; 10/side Rest 45 sec between rounds Intensity Easy-moderate · RPE 4/10

Weight-Loss Workout Calendar

Days 13–18

Complete session details

Easy Activity Day

13

Exercises Comfortable walk; relaxed stretching; hydration and sleep check-in

Dose

15-20 min easy movement

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Complete Rest

14

Exercises No structured workout; ordinary daily movement only

Dose

Recovery only

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Brisk Walk Plus

15

Exercises Walk or march; include six purposeful one-minute pickups

Dose

24 min total; 6 × 1 min brisk

Rest

2 min easy between pickups

Intensity

Moderate · RPE 5/10

Total-Body Strength

16

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

Dose

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

Rest

45-60 sec between rounds

Intensity

Moderate · RPE 5/10

Cardio Interval Progress

17

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

Dose

10 × 60 sec brisk + 30 sec easy

Rest

30 sec easy movement

Intensity

Moderate · RPE 5-6/10

Mobility & Recovery

18

Exercises Shoulder rolls; cat-cow; hip circles; hamstring hinge; calf stretch

Dose

45 sec each; repeat once

Rest

15 sec transitions

Intensity

Very easy · RPE 2/10

Days 19–24

Complete session details

19	Total-Body Strength Exercises Squats to chair; incline push-ups; reverse lunges; bird dogs Dose 3 rounds: 10; 8; 8/side; 8/side Rest 45-60 sec between rounds Intensity Moderate · RPE 5/10
20	Easy Activity Day Exercises Comfortable walk; relaxed stretching; hydration and sleep check-in Dose 15-20 min easy movement Rest Pause freely Intensity Very easy · RPE 2/10
21	Complete Rest Exercises No structured workout; ordinary daily movement only Dose Recovery only Rest Full recovery day Intensity Rest · RPE 1/10
22	Brisk Walk Plus Exercises Walk or march; include six purposeful one-minute pickups Dose 24 min total; 6 × 1 min brisk Rest 2 min easy between pickups Intensity Moderate · RPE 5/10
23	Total-Body Strength Exercises Squats to chair; incline push-ups; reverse lunges; bird dogs Dose 3 rounds: 10; 8; 8/side; 8/side Rest 45-60 sec between rounds Intensity Moderate · RPE 5/10
24	Cardio Interval Progress Exercises Brisk march; side steps; knee drives; easy march Dose 10 × 60 sec brisk + 30 sec easy Rest 30 sec easy movement Intensity Moderate · RPE 5-6/10

Days 25–30

Complete session details

Mobility & Recovery

25

Exercises Shoulder rolls; cat-cow; hip circles; hamstring hinge; calf stretch

Dose
45 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Total-Body Strength

26

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

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

Rest
45-60 sec between rounds

Intensity
Moderate · RPE 5/10

Easy Activity Day

27

Exercises Comfortable walk; relaxed stretching; hydration and sleep check-in

Dose
15-20 min easy movement

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Complete Rest

28

Exercises No structured workout; ordinary daily movement only

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Cardio-Strength Combo

29

Exercises March; chair squats; wall push-ups; step-touch; bird dogs

Dose
3 rounds: 2 min; 10; 8; 60 sec; 8/side

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Sustainable Routine Review

30

Exercises Easy walk; gentle stretch; review consistency, energy, and recovery

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](#).