



# 31-DAY FITNESS CHALLENGE

# DAILY FITNESS CALENDAR

Starting on July 1, this daily fitness schedule below will help prepare you to walk, jog or run in the *Live Well San Diego* 5K on July 30, 2017. The training plan is meant to guide you. If you can't do it all, then just do the best you can. If it's not enough, then do more. You can log your actual time, distance or step count below each day to keep track of your progress.

## Baseline time, distance or steps:

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- DAY 1: Set A Fitness Goal!**  
Walk/Jog 15-30 min (Aim for a distance of 1.0 mile or add +2200 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 2: Learn To Prevent Injuries!**  
Walk/Jog 15-30 min (Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_
- DAY 3: Maintain Your Hydration!**  
Walk/Jog 15-30 min (Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_
- DAY 4: REST - Be Sure To Take A Breather!**
- DAY 5: Improve Your Flexibility!**  
Walk/Jog 15-30 min (Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_
- DAY 6: BOOST Your Workout with Interval Training!**  
Walk/Jog 20-40 min (Aim for a distance of 1.5 miles or add +3300 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 7: Fuel Your Workout!**  
Walk/Jog 20-40 min (Aim for 1.5 miles or add +3300 steps)  
Today: \_\_\_\_\_

- DAY 8: Get Inspired By Nature!**  
Walk/Jog 20-40 min (Aim for 1.5 miles or add +3300 steps)  
Today: \_\_\_\_\_
- DAY 9: REST - Take the Day Off!**
- DAY 10: Be Safe on the Road!**  
Walk/Jog 20-40 min (Aim for 1.5 miles or add +3300 steps)  
Today: \_\_\_\_\_
- DAY 11: BOOST Your Workout with Cross-Training!**  
Walk/Jog 30-50 min (Aim for a distance of 2.0 miles or add +4400 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 12: Get Family and Friends in the Mix!**  
Walk/Jog 30-50 min (Aim for 2.0 miles or add +4400 steps)  
Today: \_\_\_\_\_
- DAY 13: Take Care of Sore Muscles!**  
Walk/Jog 30-50 min (Aim for 2.0 miles or add +4400 steps)  
Today: \_\_\_\_\_
- DAY 14: Beat the Summer Heat!**  
Walk/Jog 30-50 min (Aim for 2.0 miles or add +4400 steps)  
Today: \_\_\_\_\_
- DAY 15: BOOST Your Workout with Buddies!**  
Walk/Jog 30-60 min (Aim for a distance of 2.5 miles or add +5500 steps to your baseline routine)  
Today: \_\_\_\_\_



Learn more about the *Live Well San Diego* 31-Day Challenge at [LiveWellSD.org/31-Day](http://LiveWellSD.org/31-Day)

Consult with your personal physician before starting any exercise routine.

- DAY 16: REST – And Plan to Attend the 5K EXPO!**
- DAY 17: Increase All Types of Physical Activity!**  
Walk/Jog 30-60 min (Aim for 2.5 miles or add +5500 steps)  
Today: \_\_\_\_\_
- DAY 18: Set a Healthy Eating Goal!**  
Walk/Jog 30-60 min (Aim for 2.5 miles or add +5500 steps)  
Today: \_\_\_\_\_
- DAY 19: Step Up Your Cross-Training with Advanced Moves!**  
Walk/Jog 30-60 min (Aim for 2.5 miles or add +5500 steps)  
Today: \_\_\_\_\_
- DAY 20: BOOST Your Workout with Public Transit!**  
Walk/Jog 40-70 min (Aim for a distance of 3.0 miles or add +6600 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 21: Plan For A Healthy Snack!**  
Walk/Jog 40-70 min (Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 22: Change Up Your Routine with a New Location!**  
Walk/Jog 40-70 min (Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 23: REST – And Find the Good Each Day!**
- DAY 24: Get Active at Work or While Running Errands!**  
Walk/Run 40-70 min (Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 25: Motivate with Music!**  
Walk/Run 40-70 min (Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_

- DAY 26: BOOST Your Workout with an Exercise Class!**  
Walk/Run 50-80 min (Aim for a distance of 3.5 miles or add +7700 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 27: Fight Germs to Stay Healthy!**  
Walk/Run 50-80 min (Aim for 3.5 miles or add +7700 steps)  
Today: \_\_\_\_\_
- DAY 28: Maintain a Healthy Weight!**  
Walk/Run 50-80 min (Aim for 3.5 miles or add +7700 steps)  
Today: \_\_\_\_\_
- DAY 29: REST – And Support Walkable Communities!**
- DAY 30: Attend the *Live Well San Diego* 5K & Partner Discovery EXPO**  
Walk/Run 50-80 min (Aim for 3.1 miles or +7000 steps)  
Today: \_\_\_\_\_
- DAY 31: Set Your Future Fitness Goals!**  
Walk 15-20 min (Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_



**LIVE WELL SAN DIEGO 5K & PARTNER DISCOVERY EXPO**

**WHEN:** SUNDAY, JULY 30, 2017  
On-site registration 6:30 a.m.  
5K Start time: 7:30 a.m.

**WHERE:** County Administration Center  
Waterfront Park  
1600 Pacific Hwy  
San Diego, CA 92101

Visit the *Live Well San Diego* booth at the 5K Partner Discovery EXPO with your log sheet to receive a free *Live Well San Diego* item, while supplies last. Take a picture at our photo booth and connect with other 5K Fitness Challenge participants.

