Your January 2027 fitness calendar

Start on any date. If you miss a day, return to the next printed session.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 ☐ Baseline walk	2 ☐ Walk 10-20 min	3 ☐ Rest
4 ☐ Walk 10 min	5 ☐ Strength A	6 ☐ Rest	7 ☐ Walk 10 min	8 ☐ Strength B	9 ☐ Walk 10-20 min	10 ☐ Rest
11 ☐ Walk 10 min	12 ☐ Strength A	13 ☐ Rest	14 ☐ Walk 10 min	15 ☐ Strength B	16 ☐ Walk 10-20 min	17 ☐ Rest
18 ☐ Walk 10 min	19 ☐ Strength A	20 ☐ Rest	21 ☐ Walk 10 min	22 ☐ Strength B	23 ☐ Walk 10-20 min	24 ☐ Rest
25 ☐ Walk 10 min	26 ☐ Strength A	27 ☐ Rest	28 ☐ Walk 10 min	29 ☐ Strength B	30 ☐ Walk 10-20 min	31 ☐ Repeat walk

Jan 1 and 31: walk the same route for 10 min. Optional photos: repeat your camera height, distance and lighting.

A: chair stands and wall push-ups. B: familiar leg exercise and row, or repeat A. Allow up to 15 min per session.

My route: _____ My exercise and setup: _____

Jan 1 notes: _____ Jan 31 notes: _____