

30 Day Activity Plan

Set your own challenge and targets

Physical activity is a crucial component to weight loss and weight maintenance for the role it plays in increasing your energy expenditure (kilojoules burnt) and helping boost your metabolism. **We recommend aiming for 8,000 steps per day, and 30 minutes of strength training 3 times each week.** Start by using this 30 Day Activity Plan to stay on track. *Don't forget to gradually increase your targets each week!*

Day	Activity Type & Duration	Daily Steps
Example Day 1	Walking, 2 x 15 minutes	7500
Example Day 2	Strength training 1 x 30 minute video	6000
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