



Petal & Paper

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30-day fitness challenge



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30 DAYS OF PROGRESS

30-day challenge

My challenge

Exercise: _____

Day 1 target: ____ Day 30 target: ____

Daily increase: ____ Rest days: day 7, 14, 21, 28

Start date: ____ End date: ____

Week 1 (days 1–7)

Day 1: ____ reps/secs Done: ☐

Day 2: ____ reps/secs Done: ☐

Day 3: ____ reps/secs Done: ☐

Day 4: ____ reps/secs Done: ☐

Day 5: ____ reps/secs Done: ☐

Day 6: ____ reps/secs Done: ☐

Day 7: REST Done: ☐

Weeks 2–4

Week 2: completed ____ / 7 days

Week 3: completed ____ / 7 days

Week 4: completed ____ / 7 days

Total completed: ____ / 30 Missed: ____

Before and after

Starting weight / measurement: ____

Ending weight / measurement: ____

How I feel at day 30 vs day 1:

Will I continue? yes / modified / different challenge