

# 30-Day Checklist – HIIT vs Indoor Walking

Check only after completion. Missed days are left blank. No makeup days.

Day	Workout Type	Time (min)	Done	Notes
1	Indoor Walking	40		
2	HIIT	30		
3	Indoor Walking	45		
4	HIIT	30		
5	Indoor Walking	40		
6	HIIT	30		
7	Indoor Walking + Check	30		
8	Indoor Walking	45		
9	HIIT	30		
10	Indoor Walking	40		
11	HIIT	30		
12	Indoor Walking	45		
13	HIIT	30		
14	Indoor Walking + Check	30		
15	Indoor Walking	45		
16	HIIT	30		
17	Indoor Walking	40		
18	HIIT	30		
19	Indoor Walking	45		
20	HIIT	30		
21	Indoor Walking + Check	30		
22	Indoor Walking	40		
23	HIIT (short)	25–30		
24	Indoor Walking	45		
25	HIIT (short)	25–30		
26	Indoor Walking	40		
27	Indoor Walking	30–35		
28	Indoor Walking + Clothing	30		
29	Indoor Walking	30		
30	Light + Final Check	20		