

SheMed®

JULY WALKING CHALLENGE

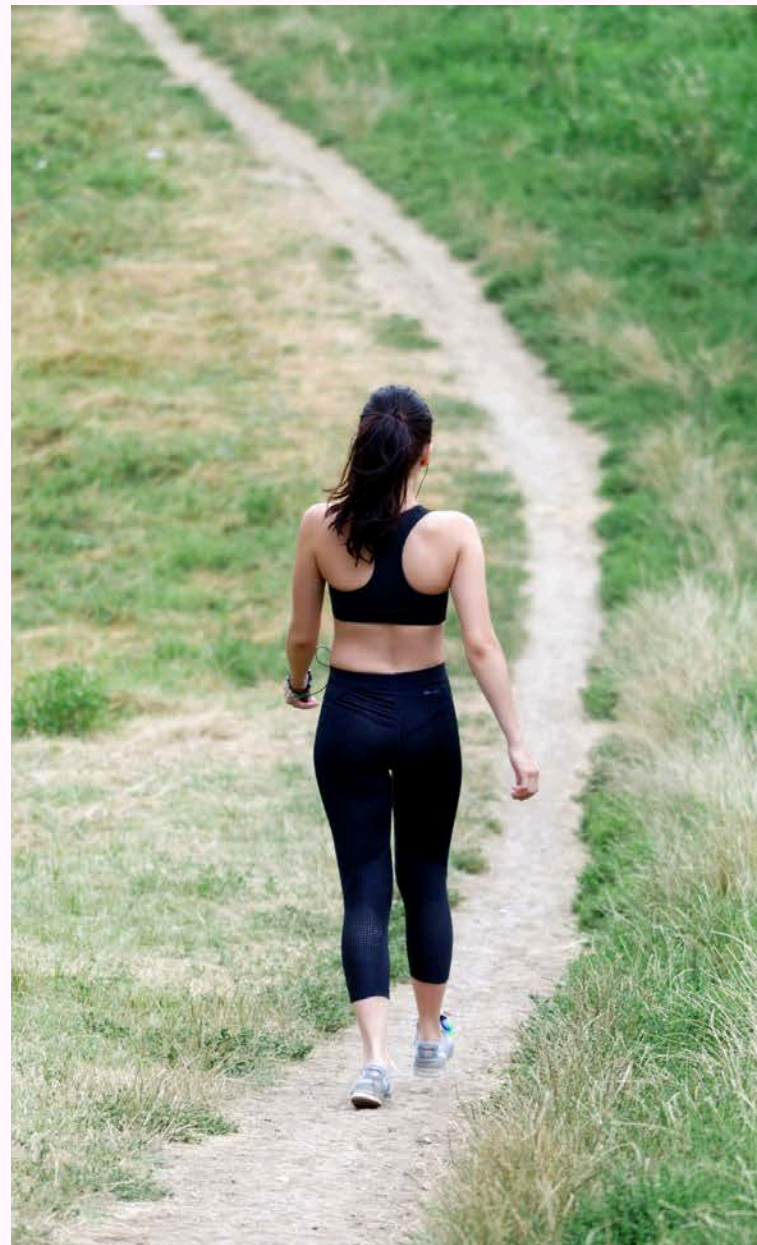
Empower Your Journey.
Embrace Every Step.



WELCOME TO YOUR NEW BEGINNING

At SheMed, we know that starting a weight loss journey—especially when living with obesity—is deeply personal. Adding a GLP-1 medication to your wellness plan is a powerful step forward, but medication alone isn't the whole picture. Your daily actions matter, and walking is one of the simplest and most impactful ways to move your body, build confidence, and feel better.

This challenge is not about perfection—it's about gentle progress. Whether you're walking 1,000 steps or 10,000, every step is a celebration of your strength.



31-DAY WALKING CHALLENGE OVERVIEW

Each week we'll gently increase your daily walking goal. The goal is consistency, not intensity. This plan is designed for real women, real schedules, and real bodies.

Consistency

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Confidence

Week 1: July 1-7		
3,000 steps/day	Establish the habit	Walk in 10-minute intervals. Use reminders. Wear comfy shoes.
Week 2: July 8-14		
4,000 steps/day	Build routine	Try walking before breakfast. Stretch before & after.
Week 3: July 15-21		
5,000 steps/day	Boost endurance	Add light hills or longer routes. Track your mood.
Week 4: July 22-31		
6,000 steps/day	Feel empowered	Celebrate milestones. Walk with a friend. Reflect daily.

WEEK 1

Use this tracker to monitor your physical steps and emotional progress. Walking is a tool not only for weight loss, but also for mental clarity, emotional regulation, and self-trust.

WEEK: July 1-7	GOAL: 3,000 steps/day	FOCUS: Establish the habit	TIP: Walk in 10-minute intervals. Use reminders. Wear comfy shoes.
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DAY	TIME	STEPS	WEATHER	MOOD
1				
2				
3				
4				
5				
6				
7				

REFLECTION:

WEEK 2

Start small, stay consistent,
and let every walk remind
you of your progress.

WEEK: July 8-14	GOAL: 4,000 steps/day	FOCUS: Build routine	TIP: Try walking before breakfast. Stretch before & after.
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DAY	TIME	STEPS	WEATHER	MOOD
8				
9				
10				
11				
12				
13				
14				

REFLECTION:

WEEK 3

Missing a day? That's okay.
Start fresh tomorrow.

WEEK: July 15-21	GOAL: 5,000 steps/day	FOCUS: Boost endurance	TIP: Add light hills or longer routes. Track your mood.
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DAY	TIME	STEPS	WEATHER	MOOD
15				
16				
17				
18				
19				
20				
21				

REFLECTION:

FINAL PUSH

Be proud of your achievements, big or small!

WEEK: July 22-31	GOAL: 6,000 steps/day	FOCUS: Boost endurance	TIP: Add light hills or longer routes. Track your mood.
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DAY	TIME	STEPS	WEATHER	MOOD
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

You did it!

STAY MOTIVATED: *REAL-LIFE TIPS*

Make It Enjoyable

Create a “Walking Joy” playlist or try a new podcast. Sound can turn a simple walk into a self-care ritual.

Schedule It Like a Meeting

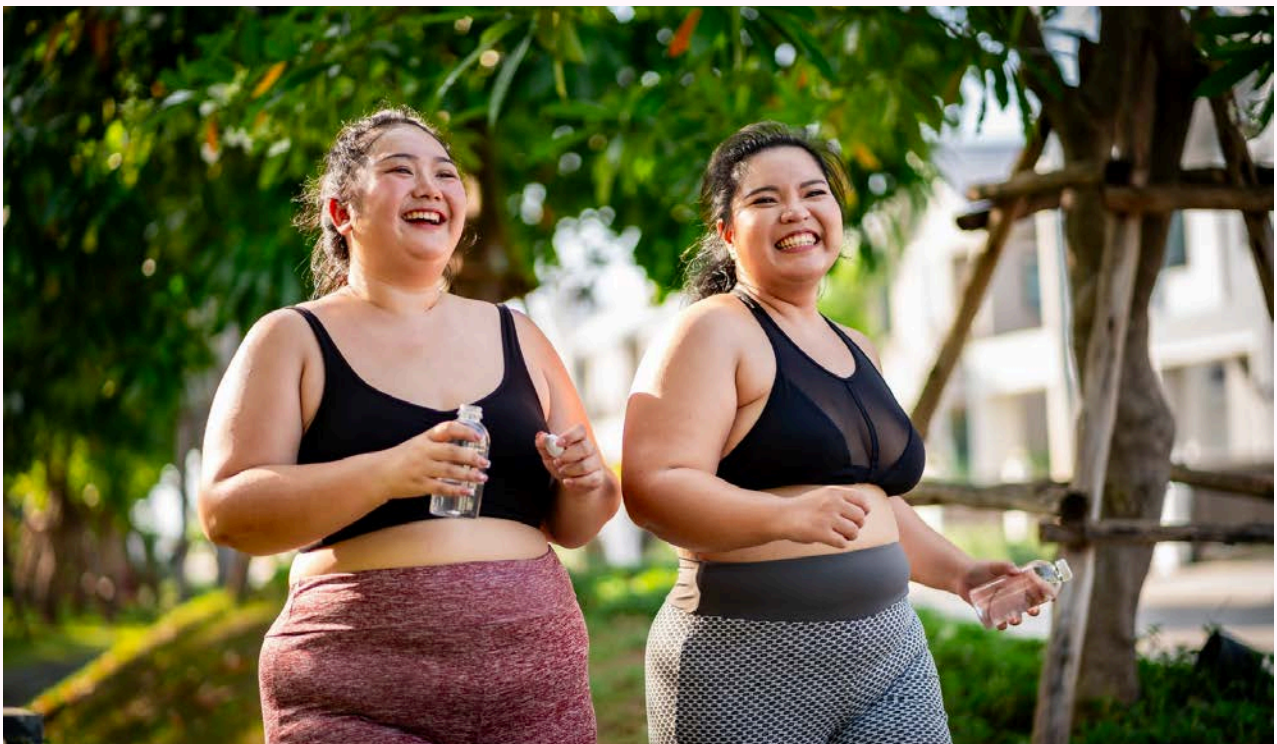
Block walking time on your calendar—even 10 minutes matters. You wouldn't cancel a doctor's appointment. Don't cancel on yourself.

Visual Motivation

Snap a daily photo of something beautiful—sunlight, flowers, your shadow—and watch your perspective bloom.

Accountability

Tell a friend. Share updates in the SheMed community. Walking with support makes the journey lighter.



HOW TO FIT IT INTO YOUR SCHEDULE



Morning Reset

- Walk for 10–15 minutes after breakfast
- Boosts metabolism and energy

Midday Mental Break

- Short stroll after lunch
- Reduces blood sugar spikes and stress

Evening Reflection

- Gentle 10-minute walk after dinner
- Improves digestion and helps unwind

Just three 10-minute walks a day equals a massive transformation over time

WALKING + GLP-1: A POWERFUL PAIR

GLP-1 medications help regulate appetite and blood sugar, but combining them with light, consistent movement **accelerates results.**

Walking supports digestion, reduces side effects like constipation, and improves insulin sensitivity.

Plus, it's low-impact and accessible—perfect for any body size and fitness level.



CELEBRATE WINS, *BIG OR SMALL*

- Got outside today? Win.
- Walked while making a phone call? Win.
- Beat yesterday's step count by 100? Major win.

Keep a jar, calendar, or journal where you record your daily "WINS"—no matter how small. Over time, these wins stack into strength.

Real Talk: What If I Miss a Day?

That's not failure—it's life. Start again. Reframe "missed days" as **rest days**, and honor your body's cues.

"Progress, not perfection" is more than a mantra—it's your truth.



A FINAL LOVE NOTE

You are not just working toward weight loss—you're cultivating self-respect, inner peace, and **lasting well-being**. The SheMed community stands beside you with encouragement, compassion, and evidence-based support.

Every step you take this July moves you toward the woman you're becoming.

We're so proud of you.

