

GLOWBACK WALK & STEPS TRACKER



30 Days of Movement, Regulation & Mental Clarity

This is not cardio. This is medicine.

WHY WALKING IS NON-NEGOTIABLE

Walking is the most underrated transformation tool for women over 40.

It: Regulates cortisol, Improves digestion, Supports fat loss, Reduces anxiety, Clears emotional buildup, Improves sleep, Builds discipline without burnout

You don't walk to burn calories.

You walk to come back into your body.

HOW TO USE THIS TRACKER

✓ **One page per day**

✓ **Any pace**

✓ **Any distance**

✓ **Any time of day**

✓ **Indoors or outdoors**

Your only job is to show up.

WALKING GUIDELINES

Minimum: 20 minutes

Ideal: 45–60 minutes

Pace: Conversational or reflective

Phone: Optional

Podcast or silence: Both count

GlowBack Rule:

If you feel overwhelmed — you walk.



DAILY WALK TRACKER (REPEAT FOR 30 DAYS)

DAY ____ | DATE _____

WALK DETAILS

Time of walk: Morning Afternoon Evening

Duration (minutes): _____

Steps (if tracked): _____

BEFORE THE WALK

Mood before walking (circle):

Stressed | Heavy | Tired | Anxious | Neutral | Calm

Energy level before:

1 2 3 4 5 6 7 8 9 10

DURING THE WALK

- Walked in silence
- Listened to podcast
- Listened to music
- Focused on breath

Podcast / audio listened to (optional):

AFTER THE WALK

Mood after walking (circle):

Calmer | Clear | Energized | Grounded | Peaceful

Energy level after:

1 2 3 4 5 6 7 8 9 10

MENTAL RELEASE

One thought I released on this walk:

One thing I gained clarity on:

BODY FEEDBACK

Breathing felt: Shallow Deeper Regulated

Body tension after walk: Less Same Gone

Digestion after walk: Better Same Worse

INTENTION

Today I walked as a woman who:



WEEKLY WALK SUMMARY (USE EVERY 7 DAYS)

WEEK _____

Total walks completed: _____

Average duration: _____ minutes

My most consistent walking time: _____

What walking changed for me this week:

Where I noticed emotional release:

How my body responded:

WHEN I DON'T FEEL LIKE WALKING

Read this first: You are not lazy.

You are overstimulated.

- Put shoes on
- Walk for 5 minutes
- Decide after

Most breakthroughs happen after minute 7.

.OPTIONAL: WALK INTENTION LIST

(Use before you leave)

- To calm my nervous system
- To process emotion
- To clear my mind
- To support fat loss
- To reconnect with myself
- To release stress



CLOSING PAGE

Walking is where women:

Stop spiraling

Stop reacting

Start listening

Start trusting themselves again

GlowBack Mantra

“With every step, I return to myself.”