30 DAYS · 60 KM · NOV 1 – 30, 2026

November Walking Challenge

HARDER

2 km a day, or 10 minutes outside on hard days. 60 km by November 30.

MON | TUE | WED | THU | FRI | SAT | SUN

HOW IT WORKS

1. Walk 2 km (about 25 minutes).
2. Log today's km and your total.
3. Colour one circle. Both count the same.

Two levels

- ◯ **Full: 2 km a day, 60 km in the month**
- ◯ **Minimum: 10 minutes outside, any pace**

1
SUN · NOV 1
START
On track: 2 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

2
MON · NOV 2
On track: 4 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

3
TUE · NOV 3
On track: 6 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

4
WED · NOV 4
On track: 8 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

5
THU · NOV 5
On track: 10 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

6
FRI · NOV 6
On track: 12 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

7
SAT · NOV 7
On track: 14 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

8
SUN · NOV 8
On track: 16 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

9
MON · NOV 9
On track: 18 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

10
TUE · NOV 10
On track: 20 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

11
WED · NOV 11
HALF MARATHON PASSED
On track: 22 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

12
THU · NOV 12
On track: 24 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

13
FRI · NOV 13
On track: 26 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

14
SAT · NOV 14
On track: 28 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

15
SUN · NOV 15
HALFWAY · 30 KM
On track: 30 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

16
MON · NOV 16
On track: 32 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

17
TUE · NOV 17
On track: 34 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

18
WED · NOV 18
On track: 36 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

19
THU · NOV 19
On track: 38 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

20
FRI · NOV 20
On track: 40 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

21
SAT · NOV 21
On track: 42 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

22
SUN · NOV 22
MARATHON PASSED!
On track: 44 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

23
MON · NOV 23
On track: 46 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

24
TUE · NOV 24
On track: 48 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

25
WED · NOV 25
On track: 50 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

26
THU · NOV 26
On track: 52 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

27
FRI · NOV 27
On track: 54 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

28
SAT · NOV 28
On track: 56 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

29
SUN · NOV 29
On track: 58 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

30
MON · NOV 30
FINISH LINE
On track: 60 km
KM TODAY _____
TOTAL _____
◯ 2KM ◯ 10MIN

Finish line · Nov 30

My total for November: _____

60 km or 30 days outside. Both count.

Both circles count the same: 10 minutes outside on a rainy day is a finished day. Behind? Don't walk double, just walk today. Miss once, never twice.

HARDER

Colour Every Kilometre

One circle = 1 km. Colour them as you go. You pass a half marathon and a full marathon on the way.

1	2	3	4	5	6	7	8	9	**10** 10 KM
11	12	13	14	15	16	17	18	19	20
21	**22** HALF MARATHON · 21.1 KM	23	24	25	26	27	28	29	**30** HALFWAY · 30 KM
31	32	33	34	35	36	37	38	39	40
41	42	**43** MARATHON · 42.2 KM	44	45	46	47	48	49	**50** 50 KM
51	52	53	54	55	56	57	58	59	**60** 60 KM · FINISH

WEEKLY TOTALS

Nov 1–8		8 days
Nov 9–15		7 days
Nov 16–22		7 days
Nov 23–30		8 days

WINTER WALKING KIT

- ◯ Layers: base, warm, waterproof
- ◯ Hat and gloves
- ◯ Something reflective or a light after 4 pm
- ◯ Shoes with grip for wet leaves and ice
- ◯ Phone charged, route known
- ◯ A reason: podcast, a call, a coffee

Inspired by Movember's Move challenge (60 km in November). Independent printable, not affiliated with Movember.