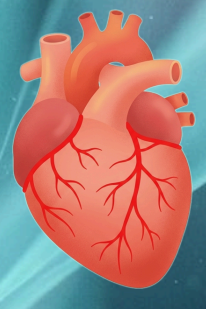
FOR YOUR FRIDGE

Move more: *the 20% pathway*

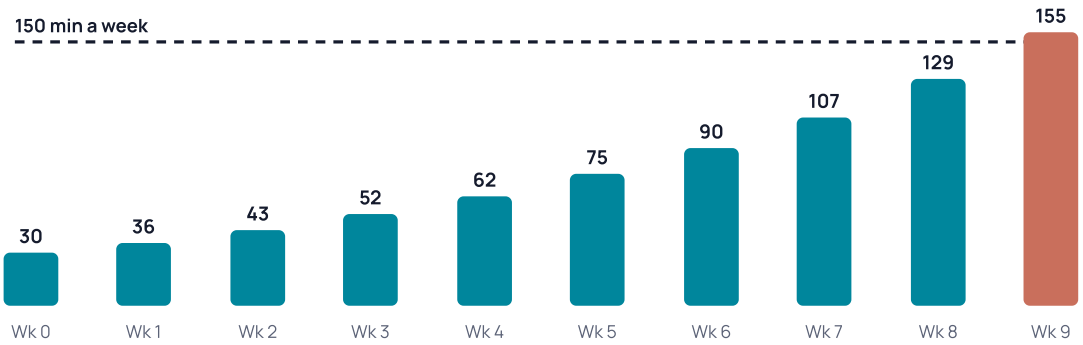
You're not competing with anyone else. Each week, beat last week by about a fifth. That's it.



My only rule
This week = last week + about 20%. Missed a week? Repeat it. No shame, just start again.

Pair it with something I like
A walk with a podcast, a bike ride with a friend, dancing in the kitchen. Any movement counts.

How 20% a week adds up (starting at 30 minutes)



Example only. From 30 minutes a week, adding about 20% each week passes 150 minutes in week 9.

Quick 20% table

LAST WEEK	THIS WEEK	WEEKS TO 150
10 min	**12 min**	15 weeks
20 min	**24 min**	12 weeks
30 min	**36 min**	9 weeks
45 min	**54 min**	7 weeks
60 min	**72 min**	6 weeks
90 min	**108 min**	3 weeks

My weeks

WEEK	GOAL (MIN)	DID (MIN)

Read this every morning: I'm doing this for my heart. I'm only competing with last week's me. Small steps, repeated.

New chest pain, fainting or unusual shortness of breath during activity: stop and get checked. If you have heart disease or symptoms, ask your clinician before you step up.

Target of at least 150 minutes of moderate activity a week from the US Physical Activity Guidelines (2018), also used by the ACC/AHA primary prevention guideline. Weekly numbers are arithmetic, not a prescription. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.