PRINTABLE 28-DAY PROGRAM

28-Day Walking *Tai Chi* Challenge

A gentle daily walking practice for balance, steadier steps and calm. 12 illustrated steps and moves, a day-by-day plan, balance check-ins and trackers, built for women who want to walk with more ease and confidence.

10–25 MIN A DAY | INDOORS OR OUT | ALL LEVELS



Created by
Coach Luke

NASM-CPT · CES · PES
coachluke.com

WELCOME

Slow steps. Steadier you.

Tai chi walking is walking with intention: soft knees, short steps and a full, slow shift of weight from one foot to the other, timed with your breath. It trains balance, leg strength and calm at the same time, and all you need is a hallway or a quiet path.

This challenge gives you 12 illustrated steps and moves, from your first standing posture to a full walking flow with classic tai chi arms, plus a simple plan that builds a little each week. Every move has a supported version, so you can start next to a kitchen counter.

WHAT'S INSIDE

- Before-you-start safety, space and shoes
- The 5 walking basics
- 12 illustrated steps and moves, each with a supported and a harder option
- Balance check-ins for Day 1, 14 and 28
- 28-day calendar and 4 weekly sessions
- Daily tracker and Day 1 vs Day 28 reflection
- One-page quick-reference poster
- **Bonus:** morning and evening mini-walks, a rainy-day hallway flow, a Weeks 5–8 plan and your certificate
- **Free:** 28 days of coaching emails (next page)

WHAT YOU MAY NOTICE

- Steadier turns and more confident steps
- Quieter, lighter feet
- Legs that feel worked in a good way
- A calmer, slower breath
- A daily walk you look forward to

Everyone is different. Go at your own pace.

ABOUT YOUR COACH

I'm Coach Luke, a NASM-certified personal trainer (CPT, CES, PES) and NESTA nutrition coach with 20+ years in health and fitness. I've trained in seven martial arts, including tai chi, and I write no-gimmick fitness and nutrition guides for women at coachluke.com.

YOUR FREE BONUS

A coach in your inbox for all 28 days

Get a short email from me each day of your challenge, with that day's focus, one form tip and a little encouragement to keep you going.

- **28 daily coaching emails** that match your calendar, so you always know what today is about
- **Form fixes** for the steps most people rush
- **Access to my Free Resource Library** of printable guides
- **My Tuesday Weekly Reads newsletter** with no-gimmick tips (unsubscribe any time)

Scan with your phone camera
or visit **coachluke.com/walking-bonus**

How to start: sign up before Day 1, and your first email arrives within a few minutes. Today becomes Day 1. This bonus is optional: everything you need for the challenge is already in this PDF.

I'll only use your email to send the coaching emails and my newsletter. No spam, and you can unsubscribe in one click.

BEFORE YOU START

Set up for a safe, steady practice

YOUR PRACTICE LINE

- About 10 feet (3 m) of clear, level space
- A hallway, a loop through two rooms, or a smooth path outside
- No rugs, cords or pets underfoot
- A kitchen counter or sturdy chair within reach

YOUR SHOES

- Flat, thin, flexible soles so you can feel the floor
- Bare feet on carpet is great indoors
- Skip slippers, socks on hard floors and thick running shoes
- No ankle weights or weighted vests

MOVE WITHIN COMFORT

- Work at about 5 out of 10 effort, never strain
- Shorter steps are always fine
- Keep breathing; never hold your breath
- Use the “with support” option on wobbly days

STOP AND REST IF YOU FEEL

- Sharp or joint pain, especially in a knee
- Dizziness or light-headedness
- Chest pain or unusual shortness of breath
- Anything that doesn’t feel right

Important: This program is for general fitness and educational purposes only and is not medical advice. Check with your doctor or physical therapist before starting any new exercise program, especially if you have a balance disorder, have fallen recently, have a joint replacement or heart condition, are recovering from surgery, or are pregnant. Practice next to support whenever your balance feels unsure.

THE BASICS

5 rules that make it tai chi walking

1

Soft knees

Both knees stay unlocked the whole time. Not a squat, just soft. This is what makes your legs work.

2

Empty, then full

Place each foot with no weight on it, then pour your weight in. Never fall into a step.

3

Short steps

Step about half your normal length. Short steps make balance easier and the shift complete.

4

Breath sets the pace

Inhale on one step, exhale on the next. If you run out of breath, slow the steps.

5

Eyes level

Look ahead, not at your feet. A level gaze keeps your posture tall and your balance honest.

Keep these five in mind during every step. They matter more than getting the arms “perfect.”



01

Tai Chi Stance

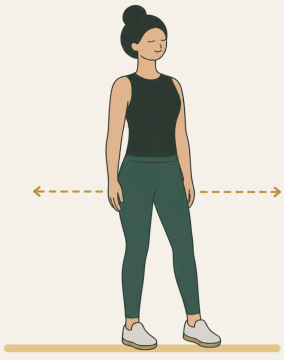
POSTURE · GROUNDING

1. Stand with your feet hip-width apart, toes pointing forward.
2. Unlock both knees so they are soft, not bent into a squat.
3. Let your tailbone drop, lengthen up through the crown of your head.
4. Relax your shoulders and arms. Breathe low into your belly.

DO
6 slow breaths

WITH SUPPORT
Stand with one hand resting on a counter.

HARDER
Close your eyes for the last 3 breaths, near support.



02

Weight Pour

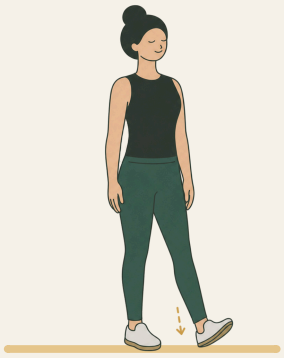
BALANCE · LEGS

1. From Tai Chi Stance, slowly pour your weight into your right leg.
2. Keep going until your left foot feels light enough to lift.
3. Pour the weight back through the middle and into your left leg.
4. Keep your head level, like it is sliding along a shelf.

DO
8 each way

WITH SUPPORT
Keep a hand on the counter and shift halfway.

HARDER
Take 5 slow seconds for each pour.



03

Empty Step

CONTROL · BALANCE

1. Sink your weight fully into your right leg, knee soft.
2. Reach your left foot forward a short step and touch the heel down.
3. Keep almost no weight on it. You could still lift it away.
4. Draw the foot back beside you and switch legs.

DO
6 each leg

WITH SUPPORT
Hold the counter and make the step tiny.

HARDER
Hover the heel just above the floor for 2 breaths.



04

Tai Chi Step

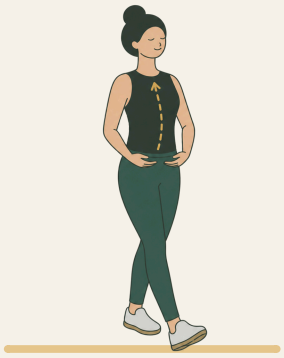
WALKING · WEIGHT TRANSFER

1. Take an Empty Step forward with your left foot.
2. Roll your weight onto it slowly: heel, then the whole foot.
3. When the left leg is fully loaded, let the right foot peel off.
4. Bring the right foot past the left and place its heel. Repeat.

DO
10 steps, turn, 10 back

WITH SUPPORT
Walk alongside a counter or wall.

HARDER
Pause for 3 seconds on each empty heel.



05

Breathing Steps

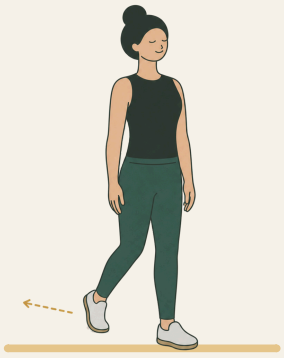
BREATH · RHYTHM

1. Walk your Tai Chi Steps at an easy, slow pace.
2. Breathe in as one foot steps forward.
3. Breathe out as the other foot steps forward.
4. If that feels rushed, use two steps in and two steps out.

DO
3 minutes

WITH SUPPORT
Walk next to a wall and keep the steps short.

HARDER
Float your hands up on the inhale and let them sink on the exhale.



06

Backward Step

BALANCE · CALVES

1. Stand tall with your weight in your right leg.
2. Reach your left foot back and touch down with the toes first.
3. Roll your weight back onto it slowly, toes to heel.
4. Continue with the other leg. Short steps only.

DO
6 steps back, 6 forward

WITH SUPPORT
Keep one hand sliding along a counter.

HARDER
Look back over your shoulder as each foot reaches.



07

Cloud Steps

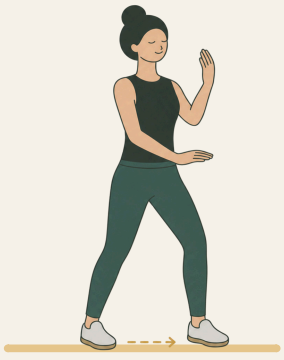
HIPS · SIDE BALANCE

1. Pour your weight into your right leg.
2. Step your left foot out to the side and touch down lightly.
3. Shift your weight across to the left leg.
4. Bring your right foot in beside it. Keep stepping sideways.

DO
6 steps each way

WITH SUPPORT
Face a counter and hold it lightly.

HARDER
Lower your stance a little, keeping knees over toes.



08

Cloud Hands Walk

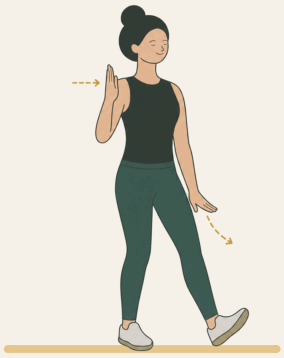
COORDINATION · WAIST TURN

1. Walk your Cloud Steps sideways at a slow pace.
2. One hand floats at face height, palm facing you; the other is at belly height.
3. Turn gently from your waist toward the top hand as you step.
4. Switch hands as you change direction. Let your eyes follow the top hand.

DO
6 steps each way

WITH SUPPORT
Do the arms with only 2 side steps.

HARDER
Slow each step down to a count of 4.



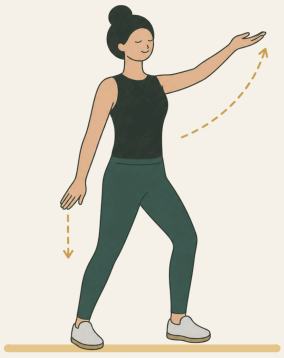
09

Brush Knee Step

UPPER BODY · COORDINATION

1. Step forward with an Empty Step, left heel touching.
2. Let your left hand brush down toward your left knee.
3. Bring your right hand up beside your shoulder, palm facing forward.
4. Roll your weight onto the left foot as the right palm pushes forward. Switch.

DO	WITH SUPPORT	HARDER
6 each side	Stand still and just do the arms.	Pause on the empty heel before each push.



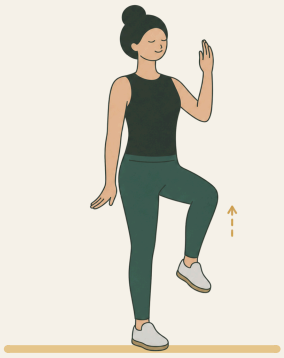
10

Wild Horse Step

CHEST OPENER · POSTURE

1. Hold an imaginary ball in front of you, right hand on top.
2. Step forward with your left foot, heel first.
3. As your weight rolls forward, sweep the left hand up and out, palm up.
4. The right hand presses down by your hip. Gather the ball and switch.

DO	WITH SUPPORT	HARDER
6 each side	Sweep the hand only to shoulder height.	Hold the end position for one full breath.



11

Golden Rooster

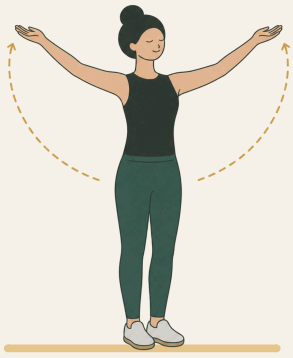
SINGLE-LEG BALANCE

1. Stand beside a counter with your weight in one leg.
2. Lift the other knee a few inches as the hand on the same side floats up to face height.
3. Your other hand presses gently down beside your hip.
4. Hold for 2 breaths, lower slowly and switch sides.

DO
4 each side

WITH SUPPORT
Keep one hand on the counter the whole time.

HARDER
Hold for 4 breaths each side.



12

Closing Form

CALM · RECOVERY

1. Stand tall with your feet together, knees soft.
2. Float your arms out and up in a wide circle as you breathe in.
3. Breathe out and lower your palms slowly down the front of your body.
4. Rest your hands on your belly and take a few quiet breaths.

DO
3 rounds + 3 quiet breaths

WITH SUPPORT
Keep the circle small.

HARDER
Close your eyes for the final breaths, near support.

BALANCE CHECK-INS

See your progress on Day 1, 14 and 28

Three quick tests, about 3 minutes. Always do them next to a counter or sturdy chair, with a hand ready to catch yourself. Better numbers are great; steadier-feeling numbers count too.

Single-leg stand

Stand beside a counter, hand hovering just above it. Lift one foot a few inches and count the seconds until you need to touch down. Stop at 30. Do both sides.

Heel-to-toe stand

At the counter, place one foot directly in front of the other, heel touching toes. Count the seconds you can hold it, up to 30. Switch feet.

The pause test

Walk 10 Tai Chi Steps. On each step, freeze with the front heel just touching for 3 seconds. Count how many of the 10 pauses felt steady.

TEST	DAY 1	DAY 14	DAY 28
Single-leg stand, right (sec)			
Single-leg stand, left (sec)			
Heel-to-toe, right in front (sec)			
Heel-to-toe, left in front (sec)			
Pause test (steady out of 10)			

YOUR 28 DAYS AT A GLANCE

The challenge calendar

Tick each day as you go. Easy Days keep the habit going while your legs recover.

WEEK 1 · FOUNDATIONS · 10 MIN

1	2	3	4	5	6	7
Week 1 session · Balance check ☐	Week 1 session ☐	Week 1 session ☐	Week 1 session ☐	Week 1 session ☐	Week 1 session ☐	Easy Day · 8 min ☐

WEEK 2 · BREATH & DIRECTION · 15 MIN

8	9	10	11	12	13	14
Week 2 session ☐	Week 2 session ☐	Week 2 session ☐	Week 2 session ☐	Week 2 session ☐	Week 2 session ☐	Easy Day · 8 min · Balance check ☐

WEEK 3 · FLOWING ARMS · 20 MIN

15	16	17	18	19	20	21
Week 3 session ☐	Week 3 session ☐	Week 3 session ☐	Week 3 session ☐	Week 3 session ☐	Week 3 session ☐	Easy Day · 8 min ☐

WEEK 4 · FULL FLOW · 25 MIN

22	23	24	25	26	27	28
Week 4 session ☐	Week 4 session ☐	Week 4 session ☐	Week 4 session ☐	Full flow + 5 min walk ☐	Full flow + 5 min walk ☐	Final flow + balance check ★ ☐

WEEK 1 OF 4 · 10 MIN

Foundations

Learn to stand, shift and step like tai chi. Short, slow steps. Form only, no Breathing Steps yet.

		MOVE	DO
01		**Tai Chi Stance**	6 slow breaths
02		**Weight Pour**	8 each way
03		**Empty Step**	6 each leg
04		**Tai Chi Step**	10 steps, turn, 10 back
12		**Closing Form**	3 rounds + 3 quiet breaths

Then repeat your Tai Chi Steps up and down your practice line until the session time is up. Finish with Closing Form.

COACH TIP Find your practice line: a hallway, a loop through two rooms or a quiet path outside.

DAY 7 Easy Day: Tai Chi Stance, Weight Pour, 3 minutes of Tai Chi Steps and Closing Form (8 min)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐

WEEK 2 OF 4 · 15 MIN

Breath & Direction

Add breathing steps and learn to step backward and sideways.

		MOVE	DO
01		**Tai Chi Stance**	6 slow breaths
02		**Weight Pour**	8 each way
03		**Empty Step**	6 each leg
04		**Tai Chi Step**	10 steps, turn, 10 back
05		**Breathing Steps**	3 minutes
06		**Backward Step**	6 steps back, 6 forward
07		**Cloud Steps**	6 steps each way
12		**Closing Form**	3 rounds + 3 quiet breaths

Then repeat your Tai Chi Steps up and down your practice line until the session time is up. Finish with Closing Form.

COACH TIP Slow the steps, not the breath. Your breath sets the pace.

DAY 14 Easy Day: Tai Chi Stance, Weight Pour, 3 minutes of Tai Chi Steps and Closing Form (8 min)

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
☐	☐	☐	☐	☐	☐	☐

WEEK 3 OF 4 · 20 MIN

Flowing Arms

Bring the arms in. Each step now carries a classic tai chi movement.

		MOVE	DO
01		**Tai Chi Stance**	6 slow breaths
02		**Weight Pour**	8 each way
03		**Empty Step**	6 each leg
04		**Tai Chi Step**	10 steps, turn, 10 back
05		**Breathing Steps**	3 minutes
06		**Backward Step**	6 steps back, 6 forward
07		**Cloud Steps**	6 steps each way
08		**Cloud Hands Walk**	6 steps each way
09		**Brush Knee Step**	6 each side
10		**Wild Horse Step**	6 each side
12		**Closing Form**	3 rounds + 3 quiet breaths

Then repeat your Tai Chi Steps up and down your practice line until the session time is up. Finish with Closing Form.

COACH TIP Legs first, arms second. If the arms make you wobble, shorten the step.

DAY 21 Easy Day: Tai Chi Stance, Weight Pour, 3 minutes of Tai Chi Steps and Closing Form (8 min)

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
☐	☐	☐	☐	☐	☐	☐

WEEK 4 OF 4 · 25 MIN

Full Flow

Walk the full 12-move flow. On days 26 and 27, add a 5-minute outdoor or hallway walk at the end.

		MOVE	DO
01		**Tai Chi Stance**	6 slow breaths
02		**Weight Pour**	8 each way
03		**Empty Step**	6 each leg
04		**Tai Chi Step**	10 steps, turn, 10 back
05		**Breathing Steps**	3 minutes
06		**Backward Step**	6 steps back, 6 forward
07		**Cloud Steps**	6 steps each way
08		**Cloud Hands Walk**	6 steps each way
09		**Brush Knee Step**	6 each side
10		**Wild Horse Step**	6 each side
11		**Golden Rooster**	4 each side
12		**Closing Form**	3 rounds + 3 quiet breaths

Then repeat your Tai Chi Steps up and down your practice line until the session time is up. Finish with Closing Form.

COACH TIP Notice what has changed since Day 1: steadier turns, quieter feet, a calmer mind.

DAY 28 Final flow: the full 12-move flow, then your Day 28 balance check-in and reflection.

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
☐	☐	☐	☐	☐	☐	☐

DAILY CHECK-IN

Track your 28 days

DAY	MIN	STEADINESS 1–5	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

DAY	MIN	STEADINESS 1–5	NOTES
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			

Steadiness: 1 = wobbly, 5 = rock solid. Use Notes for anything you noticed: quieter feet, an easier turn, a better night's sleep.

REFLECTION

Day 1 vs Day 28

Answer the left side before your first session and the right side after Day 28. The difference is your progress.

DAY 1

How steady do I feel when I turn or step back?

How do my knees, hips and feet feel when I walk?

How calm do I feel after a session? (1–10)

Which step feels easiest? Which is hardest?

Why did I start this challenge?

DAY 28

How steady do I feel when I turn or step back?

How do my knees, hips and feet feel when I walk?

How calm do I feel after a session? (1–10)

Which step feels easiest? Which is hardest?

Why did I start this challenge?

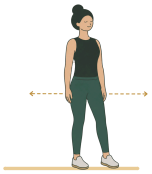
QUICK REFERENCE · PRINT & KEEP BY YOUR PRACTICE LINE

The 12-move flow



01

Tai Chi Stance



02

Weight Pour



03

Empty Step



04

Tai Chi Step



05

Breathing Steps



06

Backward Step



07

Cloud Steps



08

Cloud Hands Walk



09

Brush Knee Step



10

Wild Horse Step



11

Golden Rooster



12

Closing Form

Soft knees · Empty, then full · Short steps · Breath sets the pace · Eyes level

BONUS · MINI-WALKS

Short on time? Do a 5-minute walk

Use these on busy days, or add one to your day for an extra boost. Same rules: soft knees, short steps, breath sets the pace.

5 MIN · MORNING

Morning Wake-Up Walk

Wakes up your legs, balance and breath before the day starts.

	**Tai Chi Stance**	3 breaths
	**Weight Pour**	5 each way
	**Tai Chi Step**	2 minutes up and back
	**Cloud Steps**	4 steps each way
	**Closing Form**	1 round

5 MIN · EVENING

Evening Calm Walk

Slower and softer, like a walking meditation before bed.

	**Tai Chi Stance**	6 breaths, long exhale
	**Breathing Steps**	3 very slow minutes
	**Closing Form**	3 rounds + quiet breaths

BONUS · RAINY-DAY FLOW

The 10-minute hallway flow

10 MIN · INDOORS

Hallway Flow

For rainy days or small spaces. All you need is one hallway or a clear line through a room.

	**Tai Chi Stance**	3 breaths
	**Weight Pour**	6 each way
	**Tai Chi Step**	3 minutes up and back
	**Backward Step**	6 back, 6 forward
	**Cloud Hands Walk**	6 steps each way
	**Closing Form**	2 rounds

WALK ANYWHERE

Indoors

Treat every turn as its own exercise: small steps, weight fully shifted, no pivoting on a loaded knee.

Outdoors

Start on smooth, level ground. Short grass is a good Week 3 upgrade. Save trails for when the steps feel automatic.

Stack it

Attach practice to something you already do daily: after coffee, before lunch, after the evening news.

Film it

Once a week, film 10 seconds of your steps. Watching your own weight shift teaches faster than any description.

BONUS · KEEP GOING

Weeks 5–8: your next month

The benefits of tai chi walking come from regular practice. This simple plan keeps you moving after Day 28.

Week 5	Full flow, 4–5 days. Pick 3 moves and use their “harder” option.
Week 6	Take it outside: full flow on a level path, then 5 minutes of Breathing Steps.
Week 7	Slow tempo: two breaths per step. Add 2 extra Golden Rooster holds each side.
Week 8	Build your own 15-minute flow from your 6 favorite moves, then redo your balance check-in.

Tick off each day you practice:

29 ☐	30 ☐	31 ☐	32 ☐	33 ☐	34 ☐	35 ☐
36 ☐	37 ☐	38 ☐	39 ☐	40 ☐	41 ☐	42 ☐
43 ☐	44 ☐	45 ☐	46 ☐	47 ☐	48 ☐	49 ☐
50 ☐	51 ☐	52 ☐	53 ☐	54 ☐	55 ☐	56 ☐

CERTIFICATE OF COMPLETION

28-Day Walking *Tai Chi* Challenge

This certifies that

_____

showed up for herself for 28 days, walked with patience, and built a habit that supports balance, steadier steps and calm.

_____ *Coach Luke*

Date completed | Coach Luke · NASM-CPT, CES, PES



YOU DID IT

28 days. Now keep walking.

Finishing this challenge means you built a real daily habit. To keep the benefits, practice the full flow 3 to 5 times a week. Some ideas for what's next:

- Repeat the challenge using the "harder" options
- Take your flow outdoors on a level path or short grass
- Use the Weeks 5–8 plan and the mini-walks in this guide
- On tired or rainy days, switch to the **28-Day Chair Tai Chi Challenge**, the seated companion in your bundle
- Not on the free coaching emails yet? Join at **coachluke.com/walking-bonus** for more free printables and my weekly newsletter

Loved this challenge? Reply to any of my coaching emails and tell me how it went. I read every one. Thank you!

— Coach Luke

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