



Get Back on
Your Bike

30 Day Challenge Journal

30 Days of Inspiration &
Motivation to Ride

Real Women

Every Day

Compass  se Consulting

30 Days to *Embrace Riding* & Get Back on Your Bike

Hey there, rider!

Welcome to the Back on the Bike Challenge Ride Journal!!

I'm Donna Price, founder of Bike Women Bike, and I'm so excited to welcome you to the Back on the Bike Challenge—a journey that's about more than just miles. It's about showing up for yourself, finding your joy, and riding your way—whatever that looks like.

I created this challenge for everyday women—women who are getting back on their bikes, discovering cycling for the first time, or simply wanting to ride more often and feel stronger doing it. I love to ride. I believe that every ride's a good ride!!





What This Challenge Is About

Over the next 30 days, you'll reconnect with your bike, your body, and your boldness. You'll set your own mileage goal (no pressure, just possibility), and each day you'll get:

- A bite-sized riding prompt or mindset challenge
- A space to track your ride, reflect, and reset
- And a motivational card to inspire your ride and keep you moving

You don't need fancy gear or a certain number of miles to "do this right."

You just need to start. One ride. One pedal stroke. One moment at a time.

How to Use This Journal

- Use the daily pages to log your ride (or your rest!) and reflect on how you felt
- Read the daily motivation card—think of it as a note from your future self
- If you miss a day? No stress. Come back when you can. Every ride counts.
- Share your journey using #BikeWomenBikeChallenge to connect with other riders

This journal isn't about perfection—it's about presence.

I hope by the end of these 30 days, you feel stronger, more inspired, and fully back on your bike—in every sense.

Let's ride.

Donna

Set Your Back on Your Bike Challenge Goals...

What are 3 things you want to accomplish during this 30 day challenge? It can be things like:

- Ride my bike 3 x per week
- Ride **X** number of miles or more
- Ride at least **X** number of minutes or more
- Check in on the challenge each day
- Move my body in healthy ways each day







Day #1



You don't have to
go far. You just
have to go.

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #2



One pedal stroke
at a time. That's
how we move
forward.



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

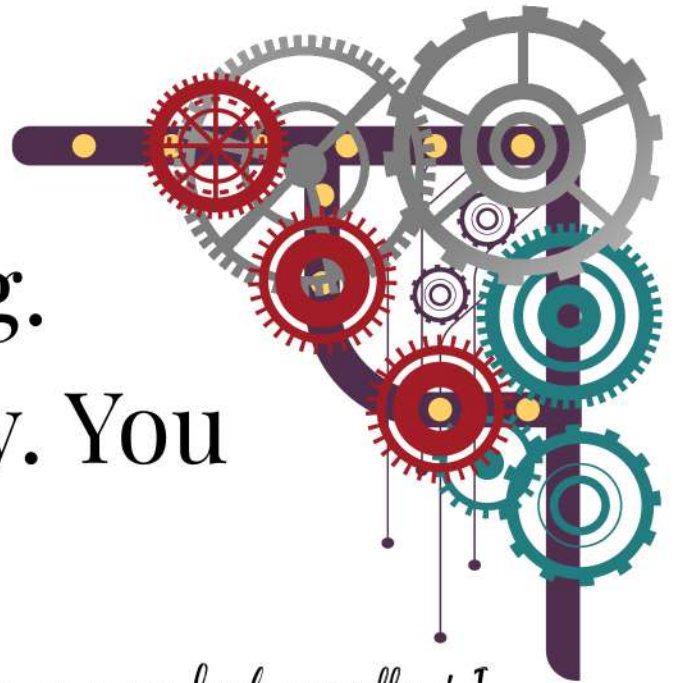
How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #4



You are strong.
You are steady. You
are enough.



*Sometimes I chant this one...in my head, especially if I
am having a harder day!! Donna*

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

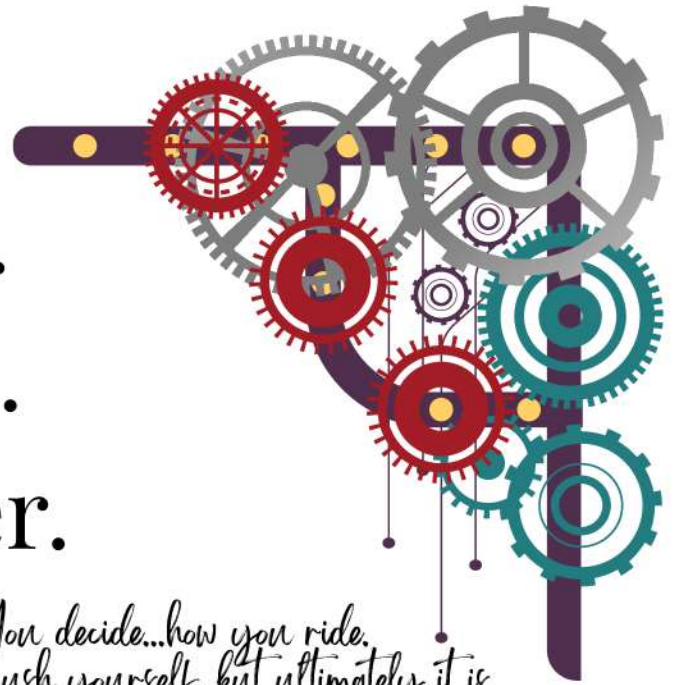
Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #5



Your ride.
Your pace.
Your power.

*This is about you!! You decide...how you ride.
Challenge yourself, push yourself, but ultimately it is
your choice!!*

Danya

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #6



Today's ride is a
gift to your
future self.

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #7



Confidence grows with every turn of the wheels.



*When you get bac on your bike, it can help you build
confidence in your body and yourself...don't give up.*

Danya

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Week #1 Reflection

Take a moment to reflect on your accomplishments this week!! How did it go?? What are you celebrating.

Be sure to post your accomplishments in the group so we can celebrate with you!!

What did you learn about yourself this week?







Which ride felt the most meaningful?

What challenges did you overcome?

What do you want to try or shift next week?

Let's Ride!!

Day #8



You are not
starting over—you
are starting!

That's it! Just start. It builds from there!
Donna



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #9



This is more than
a ride. This is your
return to joy.

*Biking is definitely my happy place. I love to see what
is over the next horizon... around the bend. It fills me.
It is a meditation in motion.*

Danya

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #10



Every mile is a moment of courage.



Getting out there takes courage and commitment. It is easy to make excuses and put off the ride.... Good for you for getting out!!!

Danya

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

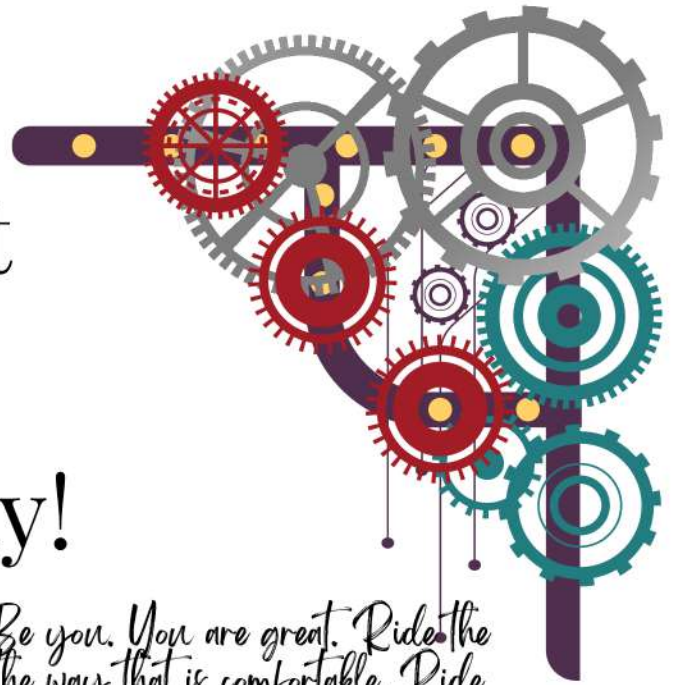
Day #11



Progress, not perfection... Ride your way!

This is so important. Be you. You are great. Ride the bike you have, dress the way that is comfortable. Ride your way!!

Danya



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #12



Let the ride clear
your mind and
open your heart.

This!! This!! This is Why We Ride!!

Donna



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #13



You showed up.
That's the win!!

Some days it is hard to show up!! Congrats for doing it!
Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

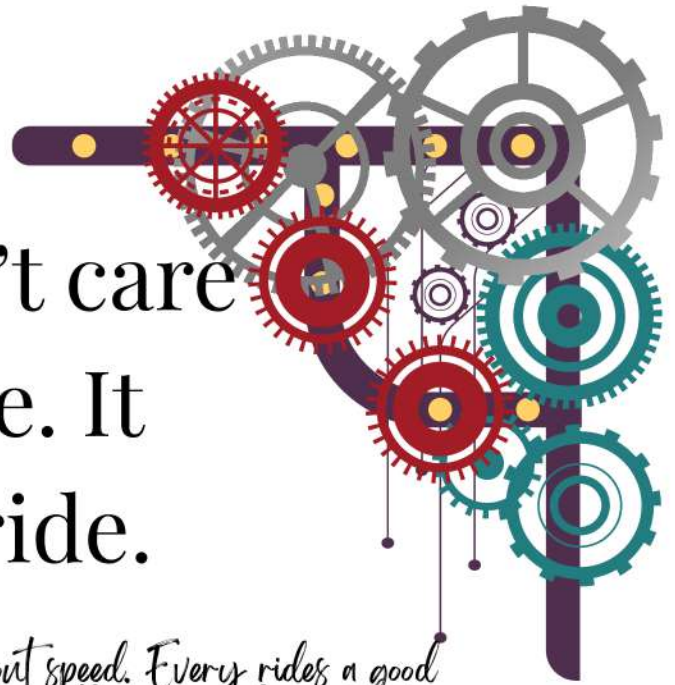


Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #14



The bike doesn't care
how fast you are. It
cares that you ride.



It doesn't have to be about speed. Every ride is a good ride, slow, fast, short, long... They are each good rides.

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Week #2 Reflection

First, let's celebrate!! YOU have completed TWO weeks of the Back on Your Bike Challenge!! Congrats!! That is awesome!!

Take a few minutes to look back at the second week and reflect on what you accomplished and what you still want to achieve. We have TWO more weeks to go!! You've got this!!

What did you learn about yourself this week?







Which ride felt the most meaningful?

What challenges did you overcome?

What do you want to try or shift next week?

Let's Ride!!

Day #15



You are rewriting your story—one ride at a time.



*What is your new story? You are a cyclist. It opens
new adventures for you. There are trails & roads &
rides to explore!!*

Danqa

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #16



Feel the wind. Feel
your strength. Feel
alive.



*I love that I can get on my bike and create wind! I can
build strength and in that it feels so good.*

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #17



There's no wrong
way to ride. Just
YOUR way.

*This is so important! Don't get bogged down in should's
or ways to do it. Just do it your way!! Your pace!*

Donna



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #18



Every time you ride,
you prove to yourself:
I can!

Yes!! You've got this!! You can!!

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #19



Let the ride carry what you no longer need to hold.



Ride on, ride on...

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #20



Your courage is louder than your doubt.



Believe it!

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Day #21



Ride like the woman you're becoming.

*You have reached the end of week #3!! And you are
becoming that woman.*

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

Week #3 Celebrate & Reflect

Wow!! Week #3 is done!! You are doing it!! Congratulations!! So... what are you celebrating this week?? What has gone well?? What is coming up??

Spend a few minutes looking back at where you started and what you have accomplished.

What did you learn about yourself this week?







Which ride felt the most meaningful?

What challenges did you overcome?

What do you want to try or shift next week?

Let's Ride!!

Day #22



Your ride today is the foundation for your dreams tomorrow.

You are doing an incredible job building a foundation that you can nurture and grow in ways you hadn't imagined...
Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #23



You're not behind—
you're exactly where
your story starts again.

I've stopped riding several times. In fact, when I biked across the country, I had just started riding again. You are where you are.

Danqa

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #24



Breathe.
Pedal.
Believe.

It's that simple!!

Danya



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #25



It's not about going
faster—it's about
going anyway.

*I always feel better when I go for the ride and stop
listening to the excuses not to.*

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

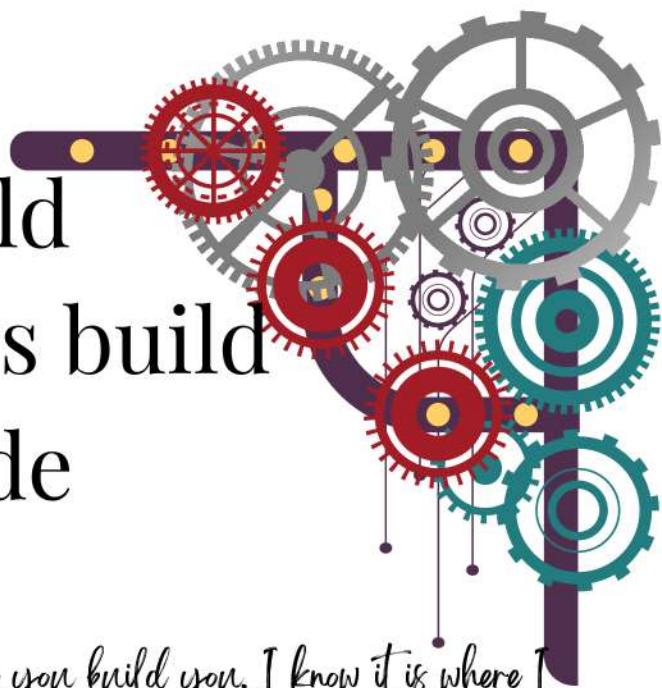


Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #26



Some rides build muscles. Others build belief. Every ride builds you.



Your bicycle can be the place you build you. I know it is where I have built my strength, my athleticism, and where I go to regroup, meditate and so much more.

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #27



Every ride's a good ride

For me, I used to feel that a ride needed to be long to be worthwhile but I found when caring for my mom, that any ride, short, long, easy, hard, fast, slow... was a good ride!

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:

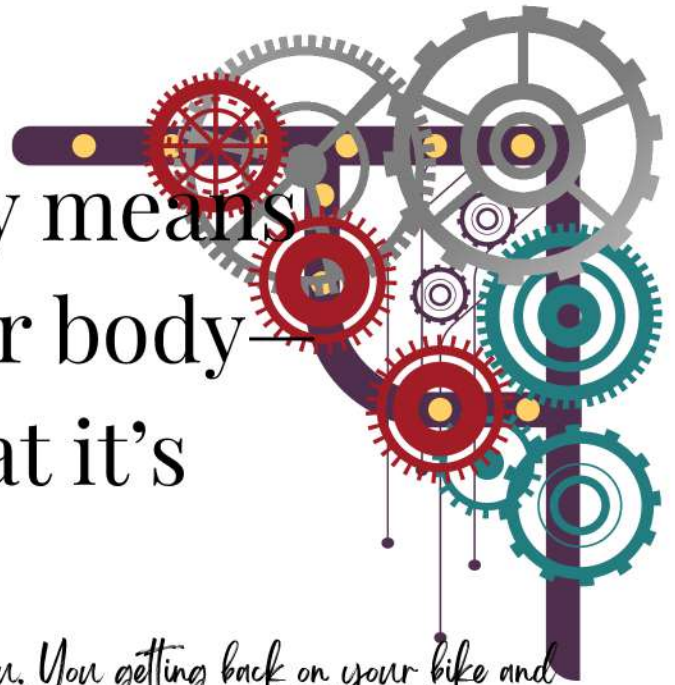


Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #28



Riding your way means
listening to your body—
and trusting that it's
enough.



This challenge is all about you. You getting back on your bike and liking it or maybe even loving it. That means not listening to yourself and trusting yourself.

Donna

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

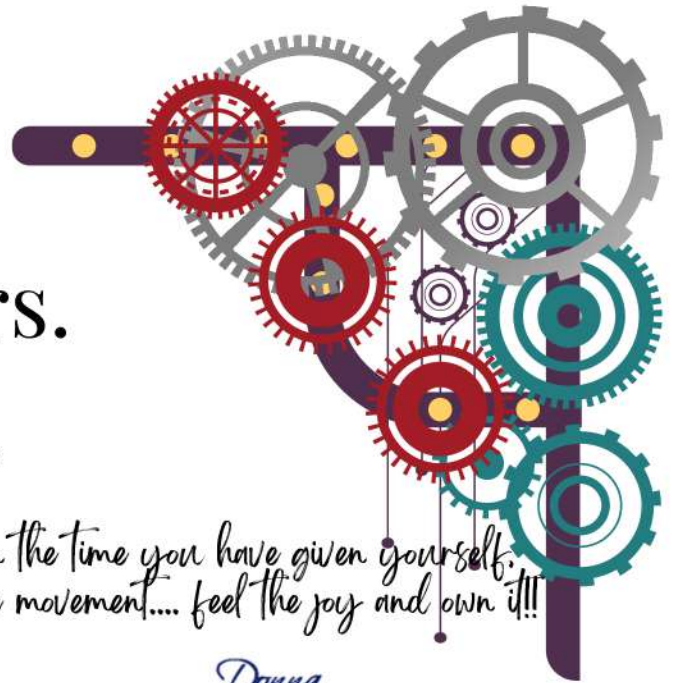
How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #29



The ride is yours. Own it with joy.

*Joy in the landscape, joy in the time you have given yourself,
joy in your body, joy in the movement.... feel the joy and own it!!
It is yours.*

Danya

Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Day #30



We're here!! You
DID it!!
Congratulations!!

*Wow!! This is it!! You did it!! You completed the 30 day
Back on Your Bike Challenge!! I am cheering for you!!*
Danya



Date: _____

Ride Time (minutes): _____ Distance (miles): _____

Weather / Conditions: _____

Route / Terrain: _____

How I Felt Before the Ride: _____

How I Felt After the Ride: _____

One Win or Reflection from Today:



Be sure to post your success, celebrate and comment in the Facebook Group: [BikeWomenBikeChallenge](#)

Week #4 BIG Celebration & Reflection

Congratulations!! You did it!! 30 Days of getting back on your bike, reconnecting with cycling, your body, your confidence and building!

Take a look back at this week – and then turn the page to look back at the full 30 days!!

What did you learn about yourself this week?







Which ride felt the most meaningful?

What challenges did you overcome?

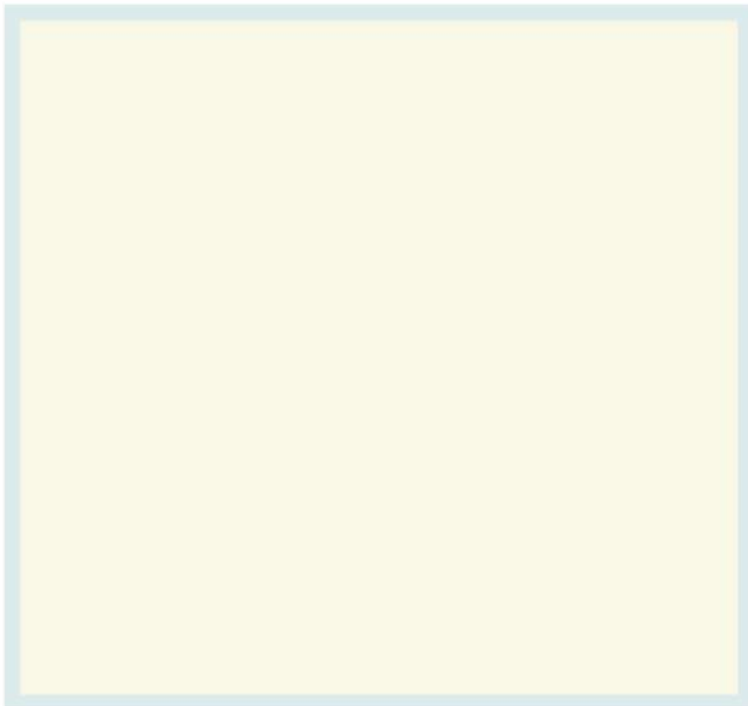
What do you want to try or shift next week?

Let's Ride!!

30 Day Wrap-Up!!

Take a look back at your goals from Day #1. How did you do?? You are here on Day #30!! That is something!!

So...what are you celebrating??



Share Your Success!!

We want to celebrate with you, so be sure to share your successes in the group!! Getting here took work, persistence, showing up, regrouping and recommitting!! It's a journey!! And you have started!!

Thank YOU for being a part of it!! Keep riding, keep building and enjoy!!

Donna

Ready to keep riding with us?

You don't have to ride alone. Join the Bike Women Bike community to share your wins, ask questions, and stay inspired with other women just like you.

👉 Find us at [Facebook.com/groups/BikeWomenBike](https://www.facebook.com/groups/BikeWomenBike)

Or follow the journey on Instagram @BikeWomenBike

Tag your rides with #BikeWomenBike to be featured!

I'd love to cheer you on. ❤️

I have a BIG vision for this community and it would be great to have you continue to be part of it!!

Donna

