

# Workout Tracker

Use one row for each workout session. Record enough detail to notice patterns, without turning the page into a complicated training app.

| Date | Workout / movement | Sets | Reps / time | Effort 1–10 | Notes |
|------|--------------------|------|-------------|-------------|-------|
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## End-of-week review

Sessions completed: \_\_\_\_\_

Movement I enjoyed: \_\_\_\_\_

One adjustment for next week: \_\_\_\_\_

Use movements that fit your current ability and stop if something feels unsafe. This tracker is a general planning resource, not medical advice.