

PrimeForMen Weekly Strength, Cardio & Recovery Planner

Week of: _____ Primary outcome: _____ Minimum successful week: _____

Plan	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength							
Cardio							
Mobility / balance							
Sleep target							
Recovery signal							

WEEKLY REVIEW	Notes
Performance trend	
Joint / pain signal	
Energy and motivation	
Keep / change / remove	

Plan the minimum first. Add optional work only when sleep, joints, and performance remain stable. Educational resource - not medical advice.