

My first home practice record

Write what you actually did, including support and rests.

Date and place

Chair, wall and floor setup

Exercise versions and support used

Actual repetitions, per side where relevant

Rests and total time

What happened during and after practice

Detail to repeat or question to discuss

Next practice date and other notes

Example practice record, not a fitness test or exercise clearance.
Stop and get appropriate help for new symptoms or unclear restrictions.
Keep the same setup before comparing repetition counts.