

My fitness habit pilot

One routine, two weeks, practical observations.

Routine I want to make easier:

One change I will try:

How I will record it:

Likely obstacle and backup plan:

Date / followed my plan? / context or obstacle

Day 01	
Day 02	
Day 03	
Day 04	
Day 05	
Day 06	
Day 07	
Day 08	
Day 09	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	

Review: What fitted ordinary days? What should I adjust?

Planning aid, not an efficacy test or medical advice. Clinical restrictions take priority.

Evidence and full guide: primeformen.com/biohacking-for-fitness/