PRIMEFORMEN / TRAINING & RECOVERY

Seven days of cardio and recovery

Record your usual pattern, one adjustment and what happens at the next familiar session.

One adjustment I am reviewing: _____

Day / date	Activity / minutes	Effort in words	Sleep / hours	Next session / unusual symptoms
1				
2				
3				
4				
5				
6				
7				

After seven days: keep / simplify / seek advice _____

Planning record, not a diagnosis or medical clearance. Follow individual restrictions; seek urgent help for severe symptoms.

Guide and sources: https://primeformen.com/cardio-and-cortisol/