

My weekly cardio and strength record

Keep planned work separate. Record actual time and observed effort.

Week beginning

Activity and strength pattern

Actual total includes your timed session; moderate minutes require qualifying effort.

Leave blank if unrecorded. Zero means no cardio. This log excludes vigorous equivalents.

Day	Total cardio min	Moderate min	Strength / effort notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Response afterward, interruptions and next review

Self-reported record only; this does not assess fitness or medical suitability.

Get guidance for unfamiliar activity, symptoms, restrictions or unresolved concerns.

Stop for pain or feeling unwell. Heart-attack warning signs require emergency help.