

My cardio choice and session record

Choose an accessible activity. Record actual time and effort separately.

Date and activity

Access, setup and skill checks

Questions or restrictions to discuss first

Planned easy preparation / working time / easy finish

Actual total session time (minutes)

Actual moderate time (minutes) and talk-test notes

Comfort during the session and response afterward

Next review: repeat, adjust one thing or seek guidance

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

Get guidance for symptoms, restrictions or uncertainty before trying a session.

Stop for pain or feeling unwell; severe symptoms can require emergency help.