

Beginner core practice log

Record what you actually completed; use the full guide for instructions.

Date / floor or standing route / rounds

Breathing: comfortable rhythm / position

Heel slide or supported march: reach / reps per side

Bridge if used: range / reps / comfort

Wall plank: stance / seconds / breathing

Rest / actual session time

Control / symptoms / changes or skipped exercise

Next practice: repeat or change one exercise

Breathe comfortably; shorten the reach when the trunk shifts.

General practice record, not a back-pain treatment or medical clearance.