

Home cardio session and effort log

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

Date / planned duration / space / support

Movement choices / easier alternatives

Actual warm-up minutes / effort

Actual main minutes / working and easy periods

Actual cool-down minutes / total time

Talk-test observation / moderate minutes actually observed

Symptoms / extra pauses / changes or early stop

Next session: repeat or add manageable time

Session time does not automatically equal moderate activity time.

Stop for chest pain, faintness or unusual breathlessness; seek help as appropriate.