

My next training adjustment

One recurring problem, a practical fix, and a short review.

The issue that keeps coming back:

One adjustment I will make:

My manageable backup for a busy week:

Advice or restrictions I need to follow:

Review my next three sessions

Session 1: date, what I did, and what I should adjust

Session 2: date, what I did, and what I should adjust

Session 3: date, what I did, and what I should adjust

Keep / simplify / seek advice:

Planning worksheet, not a fitness score or medical assessment. Individual restrictions take priority.

Evidence and full guide: primeformen.com/common-fitness-mistakes/