

My one-change training experiment

One goal, one adjustment and notes from comparable sessions.

My goal and the outcome I will compare:

Conditions to keep similar (exercise, technique, timing):

One adjustment and why I chose it:

Review date or next comparable opportunity:

Date	Task / load / reps	Rest / effort	Notes / symptoms

At review: keep / gather better observations / seek advice

A review date is a planning choice, not a deadline for progress.

Planning worksheet, not a diagnosis or medical clearance. Follow individual restrictions.

Seek help for concerning symptoms. Guide: primeformen.com/overcoming-fitness-plateaus/