

My strength progression log

Record actual sets and one decision for the next session.

Date and exercise

Setup, load and units (per hand or total)

Set 1: completed reps and effort

Set 2: completed reps and effort

Set 3, if used: completed reps and effort

Technique, breathing and symptom notes

Response after the session and other demands

Next decision and question for review

Example ranges are programming choices, not medical clearance.

Do not continue a painful movement or use this record to diagnose symptoms.

Seek urgent care for chest pain, fainting or severe unusual breathlessness.