Session log

Record the variation and setup as well as the amount. Compare like with like; this is a working record, not a fitness score.

Session date: _____

Warm-up / easier rehearsal: _____

01 Exercise / variation / support: _____

Sets x reps / seconds: _____

Next choice: _____

02 Exercise / variation / support: _____

Sets x reps / seconds: _____

Next choice: _____

03 Exercise / variation / support: _____

Sets x reps / seconds: _____

Next choice: _____

04 Exercise / variation / support: _____

Sets x reps / seconds: _____

Next choice: _____

One next choice is enough: repeat the setup, use less work, leave a movement out or ask for individual guidance. Do not record private medical details. Stop a movement that hurts; a log cannot diagnose symptoms.