



PERFORMANCE LOG

TWELVE WEEKS OF TRAINING RECORDS
AND USEFUL REVIEWS.



ORIGIN

Record the work you do

Use this log alongside a training plan appropriate for you. It does not prescribe exercises, loads or progression. Record sessions consistently enough to compare like with like. If pain or an unusual symptom occurs, stop and seek appropriate advice rather than using the log to push through.

For strength: record exercise, sets, reps and load. For running or other activity: use the session details page for time, distance and conditions. Keep a consistent scale if you record effort; explain your scale on the baseline page.

Define your measures

My training focus and current plan

Measures and units: kg or lb; km or miles; minutes

My effort scale and what its endpoints mean

A useful goal for this block

A comparable record

Session: Tuesday, 18:00. Squat: three sets of eight at the same recorded load. Effort: 6 on my own 1-10 scale. Context: shorter sleep than usual. Observation: final set felt slower. Adjustment to discuss or test: allow more time between sets. This is a logging example, not a recommended workout.

How I want to record my sessions
