Strength and Stamina

Weekly action worksheet • Check each step and write what worked for you.

☐ Try 2 strength training sessions

- ☐ Choose two nonconsecutive days to allow recovery.
- ☐ Try a few controlled movements such as sit-to-stand or wall push-ups.
- ☐ Record the exercises and any modifications.

MY TWO STRENGTH SESSIONS

☐ Increase walking duration to 30 minutes

- ☐ Build toward 30 minutes at a comfortable pace.
- ☐ Use shorter segments if a single walk is too much.
- ☐ Note how the added time feels before increasing again.

WALK DURATION AND COMFORT

Strength and Stamina

Weekly action worksheet • Check each step and write what worked for you.

☐ Track energy levels before and after exercise

- ☐ Rate your energy before each session in your own words.
- ☐ Check it again afterward and note any discomfort.
- ☐ Use the pattern to plan easier or harder days.

ENERGY BEFORE AND AFTER

☐ Set fitness goals for next 4 weeks

- ☐ Write one realistic movement goal for the next month.
- ☐ Plan when and where you will do it.
- ☐ Include rest and an easier backup option.

MY FOUR-WEEK FITNESS GOAL