My Fitness Progress Tracker

Three simple ways to measure whether your fitness is improving.

SECTION 1 — MY THREE PROGRESS MARKERS

1. Cardiovascular Fitness — Same Activity, Less Effort

Activity: _____

Route / Distance / Duration: _____

Average heart rate (optional): _____

Effort level (1–10): _____

Breathing / talk-test observation: _____

☐ Same pace feels easier

☐ Breathing feels more controlled

☐ Lower heart rate at the same workload, if measured

☐ Can maintain a faster pace at similar effort

2. Strength — More Repetitions, Better Control

Exercise: _____

Resistance / Weight: _____

Number of controlled repetitions: _____

Weight or resistance used: _____

Quality of movement / form: _____

☐ More clean repetitions

☐ Same repetitions feel easier

☐ Slightly more resistance with good form

3. Recovery and Everyday Function

Choose one repeatable everyday activity: climbing stairs, carrying groceries, walking a familiar route, or returning to normal activities after exercise.

My chosen activity: _____

How difficult does it feel? _____

Do I need fewer pauses? _____

How easily do I return to normal activities after exercise?

☐ Fewer pauses or less effort during the same task

☐ Easier return to normal activities after exercise

☐ Everyday movement feels more manageable over time

This worksheet is for general educational use. Stop exercising and seek medical advice if you experience chest pain, severe breathlessness, dizziness, or other concerning symptoms.

SECTION 2 — MY PROGRESS LOG

Repeat the same measurement every 2–4 weeks.

Keep the activity, route or exercise, pace or resistance, and conditions as similar as possible.

Measurement	Starting Point	Check 2 (2–4 weeks)	Check 3 (4–8 weeks)
Cardio test			
Strength test			
Everyday activity			

SECTION 3 — IMPORTANT REMINDERS

☐ I compared the same activity under similar conditions.

☐ I maintained good form during strength testing.

☐ I looked at trends rather than one unusually good or bad day.

☐ I did not use sweating, soreness, exhaustion or daily weight as my main fitness score.

SECTION 4 — MY NEXT STEP

My biggest improvement so far: _____

One thing I will work on next: _____

My next check-in date: _____

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