



My Strength Progress Tracker™

Record what you did, how it felt and the small signs that your strength is building.



Progress may mean more resistance, more repetitions, steadier form, a larger comfortable range or the same work feeling easier.

Focus period: _____ to _____

My strength goal: _____

Equipment I am using: Dumbbells / Bands / Machines / Body weight / Other: _____

Track Four Strength Sessions

Exercise	Session 1 Date: _____ Energy: Low / Okay / Good	Session 2 Date: _____ Energy: Low / Okay / Good	Session 3 Date: _____ Energy: Low / Okay / Good	Session 4 Date: _____ Energy: Low / Okay / Good
1. _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____
2. _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____
3. _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____
4. _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____
5. _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____	R: _____ S × Reps: _____ Effort: _____

R = resistance used

S × Reps = sets times repetitions

Effort: Easy / Moderate / Challenging

Use the same unit each time, such as pounds, kilograms, band color or machine setting.

Signs of Progress I Notice

- | | |
|--|--|
| ☐ I used a little more resistance | ☐ My comfortable range improved |
| ☐ I completed more repetitions | ☐ I needed less support |
| ☐ I added a set | ☐ The same workout felt easier |
| ☐ My form felt steadier | ☐ Everyday tasks felt easier |

Another change I noticed: _____

The exercise that felt strongest: _____

The exercise that needs more practice: _____

My plan for the next session: _____

Choose One Next Step

Repeat Keep the same plan and build consistency.	Add Repetitions Add 1 or 2 repetitions while form stays steady.	Add Resistance Use the smallest available increase.	Adjust or Recover Reduce the load, range or volume when needed.
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Change one thing at a time. You do not need to progress every session.

Pause & Reassess



- Sharp, increasing or joint pain
- Form changes that you cannot correct
- New dizziness, numbness, weakness or unusual shortness of breath
- Pain or soreness that is affecting normal daily movement

Stop and seek medical guidance for severe or sudden symptoms.



Gentle Reminder

A steady week is progress too.
Your tracker is a record,
not a report card.



Martine's Midlife Wellness Tip

Write down your resistance before you leave the workout.
It is much easier than trying to remember next time.



When to Ask for Guidance

A qualified trainer or physical therapist can help if you are unsure how to progress or pain limits your training.