Make room before adding work

Reviewed 31 October 2026 · General adult education

Use when the calendar has no suitable slot, recovery is poor or you need to record your current routine. This sheet does not authorize exercise when symptoms or clinical restrictions are present.

Monday — current commitments	
Tuesday — current commitments	
Wednesday — current commitments	
Thursday — current commitments	
Friday — current commitments	
Saturday — current commitments	
Sunday — current commitments	

Make one deliberate decision

Commitments to keep	
Optional commitment to remove	
Recovery priority	
What I want help with	

Do not squeeze sessions together, remove needed rest or add work to compensate for a missed session. If you choose to free a day, update the planner and generate a new result.

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.