



STEADFAST

STRENGTH AND MOBILITY

Gym Starting Point Scorecard

Plan your direction before choosing your workout.

Name: _____ Date: _____

01 MY GOAL AND REALISTIC SCHEDULE

In four to six weeks, I want to be able to:

I will measure progress by:

Training days: _____ Minutes per visit: _____

02 WHAT MY PLAN MUST ACCOMMODATE

Record relevant restrictions, pain, injuries, balance or floor access difficulties, and any guidance you need before selecting exercises.

A suitable adjustment or person to ask:

03 MY PLAN CLARITY SCORE

Circle one score per statement: 0 = not yet, 1 = partly, 2 = clearly. This is a planning checklist, not a fitness test or medical clearance.

1. I can name my main goal and a way to track it. **0 1 2**

2. I have identified limitations and clarified any needed guidance. **0 1 2**

3. I have chosen realistic training days and session lengths. **0 1 2**

4. I know my exercise options and how to adjust their setup. **0 1 2**

5. I know how to choose a manageable starting effort. **0 1 2**

6. I know what to record and when to repeat, reduce, or progress. **0 1 2**

Total: _____ / 12

Use each 0 or 1 to choose a question to resolve. A higher score means a clearer plan, not greater fitness or permission to ignore symptoms or restrictions.

My next action: _____



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My Baseline and Workout Log

Record comfortable practice. Compare yourself with your own starting point.

04 MY STARTING POINT

Date: _____ Review date, about four weeks later: _____

Chair stand: chair height/support used _____

Comfortable cardio: activity _____ minutes _____ pace/resistance _____

Could I speak comfortably? _____ Relevant symptoms/notes: _____

05 MY REPEATABLE SESSION

Record the weight or exercise variation, plus repetitions for each set. Use the notes for machine settings or adjustments. Start with one set if appropriate.

Exercise	Setup / variation	Weight	Set 1 reps	Set 2 reps

Session date: _____ Recovery / movement notes: _____

06 MY NEXT SESSION DECISION

REPEAT if you are still learning or the current amount remains challenging. REDUCE or adjust if recovery is poor. Stop an exercise that causes sharp or joint pain.

PROGRESS one element when ready. At a settled set count, build from 8 toward 12 reps. After two controlled sessions at 12 reps per set with about two more possible, try the smallest weight increase.

Next session: _____ One change, if any: _____

General planning tool. Follow your individual medical restrictions and exercise guidance.