My 60-day movement tracker

Small steps. Flexible progress. Recovery counts.

Name: _____ Start date: _____

HOW TO USE THIS TRACKER

Record workouts, rest days, and gentle movement on the following pages.

Alternate Workout A and Workout B from the accompanying blog post.

Begin with two sessions a week; add a third only if comfortable and recovered.

Leave at least one day between workout sessions. Missed days need no catch-up.

Repeat an earlier phase whenever needed. The dates are a guide, not a deadline.

PHASE 1 | Days 1-14

20 sec activity / 40 sec rest. Four exercises; start with 1 circuit, build to 2.

PHASE 2 | Days 15-42

30 sec activity / 30 sec rest. Four exercises; complete 2 circuits.

PHASE 3 | Days 43-60

Optional: 40 sec activity / 20 sec rest. Two circuits; rest 1 min between.

Warm up and cool down every session. Use the full post for exercise instructions.

My two usual workout days: _____

My optional third day: _____

One small goal: _____

BEFORE YOU BEGIN

General fitness tracker, not postpartum rehabilitation. Seek individual advice after recent birth, C-section, or with recovery concerns. Stop movements causing pain, pelvic pressure, leakage, or abdominal doming and seek professional guidance.

Days 1-20

A / B = workout | R = rest | G = gentle movement

Phase: 1 (days 1-14), 2 (15-42), 3 (43-60) - repeat earlier stages as needed.

Day	Date	A/B/R/G	Phase	Circuits / timing	Energy / comfort / notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

A small achievement I noticed:

What I will keep or adjust:

Rest is part of the plan. Resume at a comfortable level after a break.

Days 21-40

A / B = workout | R = rest | G = gentle movement

Phase: 1 (days 1-14), 2 (15-42), 3 (43-60) - repeat earlier stages as needed.

Day	Date	A/B/R/G	Phase	Circuits / timing	Energy / comfort / notes
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					

A small achievement I noticed:

What I will keep or adjust:

Rest is part of the plan. Resume at a comfortable level after a break.

Days 41-60

A / B = workout | R = rest | G = gentle movement

Phase: 1 (days 1-14), 2 (15-42), 3 (43-60) - repeat earlier stages as needed.

Day	Date	A/B/R/G	Phase	Circuits / timing	Energy / comfort / notes
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					
53					
54					
55					
56					
57					
58					
59					
60					

A small achievement I noticed:

What I will keep or adjust:

Rest is part of the plan. Resume at a comfortable level after a break.