

Strong Again

A planning pack for the week you actually have.

Use one page. Leave the rest for later.

This pack helps you plan, record and ask useful questions.

It is not a prescribed workout or a health assessment.

No equipment, supplement or purchase is needed to use it.

Pages include a weekly plan, a progress note and a review.

Type into fields in a compatible PDF reader, or print and write.

You can keep this file private. We do not receive your answers.

If you need personal training or health advice, ask a qualified professional.

One thing I would like to make easier this week

Your actual week

Start with what is fixed. Then make a little space.

Fixed commitments and practical constraints

A suitable activity or appointment, and when it could fit

A smaller appropriate backup if the plan changes

Support, access or information I need first

A progress note

Facts first. No grades or comparison photos required.

Date and what I intended to do

What I actually did

What felt manageable, and questions to ask

One adjustment for next time

Good questions count

Bring this page to an appropriate professional if useful.

What activity is suitable for my current circumstances?

What should I learn before progressing?

What concerns should I discuss before starting?

My questions (keep sensitive information private)

One practical request I could make for support

Keep what helps

Review after a week or two. Change the tool if it is not useful.

What helped me make room?

What made the plan harder to use?

One thing I want to change next week

Things that can wait

Sources & sensible limits

Original planning pages. Reviewed 14 October 2026.

CDC guidance for adults includes aerobic and muscle-strengthening activity.

Some physical activity is better than none. Individual suitability still matters.

A planning page cannot determine your appropriate exercises or intensity.

Ask for individual guidance if you have health or injury concerns.

The worksheets are our editorial tools, not a tested intervention.

We have not shown this pack improves strength, health or adherence.

Nothing in this pack is evidence for a Blushmallow product.

For a fuller explanation, read the linked article and CDC guidance.

Open the sources

CDC adult activity guidance

The realistic strength restart

No purchase or email signup is required to download our free packs.