
An "Embarrassingly Easy" First Week

An activity I don't hate (Chapter 6): _____

First two weeks: three sessions a week, 15 to 20 minutes, at a level where **you can talk but have to pause**.

Session	Date	Minutes	While exercising I felt: pleasant / neutral / unpleasant
1			
2			
3			
4			
5			
6			

- Talk test:** talk smoothly (light) · can talk but have to pause (moderate, good for week one) · only a few words (too hard for a beginner).
- ☐ Two “unpleasant” sessions in a row: I’ll change the activity or ease off.
 - ☐ Sore the day after the first session: I’ll still take a gentle 10-minute walk.
 - ☐ Only increase when it feels easy: add 5 minutes **or** one session, not both.

Do I need to ask a doctor before exercising hard? (see the safety flag in Chapter 6) Yes ☐ No ☐