

Gentle Endurance Builder

Build from an amount you can repeat comfortably. Record what feels manageable, how long recovery takes, and when you may be ready for a small increase.

Keep the starting point manageable. The goal is not to finish exhausted. Use familiar activities and increase only when your current amount feels reasonably comfortable and recovery is predictable. Stop and seek appropriate medical attention for chest pain, fainting, severe dizziness, or unusual shortness of breath.

Activity	My starting amount	Fatigue during?	Recovery time	Felt okay later?	Ready to add a little?
Walk					
Errand					
Housework					
Meal preparation					
Other: _____					

What tells me I have done enough for today?

☐ Pace slows noticeably ☐ Need to sit ☐ Legs feel heavy ☐ Breathing feels much harder ☐ Form / control worsens ☐ Recovery takes longer than usual ☐

Other: _____

My easiest repeatable activity:

The activity that tires me fastest:

My next small increase:

Helpful reminder: Endurance usually grows from repeatable activity and gradual progression - not from pushing to exhaustion.

steadierafter60.com