
20. Zone 5 Burst Progress Tracker - 6 Weeks

Start Date: _____

Burst Strategy I chose (hill climb, stairs, walking surge, short run, other): _____

How Often I Plan to Practice:

☐ Once a week ☐ Twice a week ☐ Other: _____

Post-Burst Check-ins (up to 6 times)

For each check-in, record perceived effort, device data, recovery notes, and one thing you noticed.

Week ____ date of burst _____

Perceived Effort: 0 1 2 3 4 5 6 7 8 9 10

Device (smart watch, smart phone) (if any) _____

Device (Heart Rate) Data _____

Recovery Notes: _____

One thing I noticed: _____

Week ____ date of burst _____

Perceived Effort: 0 1 2 3 4 5 6 7 8 9 10

Device (smart watch, smart phone) (if any) _____

Device (Heart Rate) Data _____

Recovery Notes: _____

One thing I noticed: _____

Week ____ date of burst _____

Perceived Effort: 0 1 2 3 4 5 6 7 8 9 10

Device (smart watch, smart phone) (if any) _____

Device (Heart Rate) Data _____

Recovery Notes: _____

One thing I noticed: _____

Week ____ date of burst _____

Perceived Effort: 0 1 2 3 4 5 6 7 8 9 10

Device (smart watch, smart phone) (if any) _____

Device (Heart Rate) Data _____

Recovery Notes: _____

One thing I noticed: _____

Week ____ date of burst _____

Perceived Effort: 0 1 2 3 4 5 6 7 8 9 10

Device (smart watch, smart phone) (if any) _____

Device (Heart Rate) Data _____

Recovery Notes: _____

One thing I noticed: _____

Week ____ date of burst _____

Perceived Effort: 0 1 2 3 4 5 6 7 8 9 10

Device (smart watch, smart phone) (if any) _____

Device (Heart Rate) Data _____

Recovery Notes: _____

One thing I noticed: _____

After 6 weeks, What I noticed:

- ☐ Faster recovery
- ☐ Easier breathing after bursts
- ☐ Increased confidence
- ☐ I could increase effort or duration
- ☐ Improved device measurements
- ☐ Other: _____

One sentence to my future self about this strategy:

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
