

# Exercise Prescription

**Frequency:** \_\_\_\_\_ times each week.

## Intensity

■ target heart rate

\_\_\_\_\_ to \_\_\_\_\_ beats per minute. ( \_\_\_\_\_ to \_\_\_\_\_ beats in 10 seconds.)

■ rating of perceived exertion (RPE)

\_\_\_\_\_ to \_\_\_\_\_

## Time

30 – 45 – 60 minutes (circle one)

Add \_\_\_\_\_ to \_\_\_\_\_ minutes to total time each week.

## Type

aerobic activity: \_\_\_\_\_

strength training: \_\_\_\_\_

## Notes

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