

Basic Exercise Prescription For:



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**F** Frequency

- At least 3 times per week
- 3-5 times per week
- 6-7 times per week

**I** Intensity

- Light (Activities that require a small effort but don't cause you to sweat or become out of breath)
- Moderate (Activities that require a moderate effort, increase your heart rate a little, and cause a light sweat but can be continued without stopping for rest or breath. You should be able to carry on a conversation during moderate activity)

**T** Time

- 5-10 minutes per session
- 10-30 minutes per session
- 30 or more minutes per session

**T** Types of Activity

- No restrictions
- The following activities are NOT recommended for you:

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