1. Initial Screening Status concerning Medical Referral and Exercise Intensities:
2. Number of cardiovascular risk factors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State Identified Risk Factor(s):

1. Classifications (Use percentiles when possible):  
   Cardiovascular = \_\_\_\_\_\_\_\_\_ Blood Pressure = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Body Fat = %Fat: \_\_\_\_\_\_ BMI: \_\_\_\_\_\_\_\_\_ BMI-Waist Cir: \_\_\_\_\_\_\_\_ Waist Cir: \_\_\_\_\_\_\_\_\_  
   Muscle = Bench: \_\_\_\_\_ Leg Press: \_\_\_\_\_\_\_\_\_ Push-up: \_\_\_\_\_\_\_ YMCA Bench: \_\_\_\_\_\_\_  
   Muscle = Curl-up/Crunch: \_\_\_\_\_\_\_\_  
   Flexibility = Sit & Reach (cm): \_\_\_\_\_\_\_\_
2. Three Primary Objectives:   
   •   
   •  
   •
3. Initial Exercise Prescription:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Intensity | |  | Duration | Frequency | MET-min  Low% | MET-min  Low% | Kcal Low% | Kcal Low% |
| Low% | High% |  | /Session | /Week | /session | /week | /session | /week |
| %HRR |  |  | units |  |  |  |  |  |  |
| EHR = |  |  | *units* |
| VO2 R=  (Relative) |  |  | *units* |
| VO2 R =  (Absolute) |  |  | *units* |
| MET = |  |  | *units* |
| Calorie =   (Relative) |  |  | *units* |
| Calorie =   (Absolute) |  |  | *units* |
| RPE = (6-20 Scale) |  |  | *units* |
| RPE = (0-11 Scale) |  |  | *units* |

1. MODES with Rationale (Three):   
   • \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rationale:

• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rationale:

• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rationale:

1. Program Progression for three months (16 weeks).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week | Intensity Range (HRR % Low - High)  \* no change = / | Duration \* no change = / | Frequency  \* no change = / | Mode(s)  \* no change = / | Major Considerations  See Addition Comments below  \* no change = / |
| 1 | ― |  |  |  |  |
| 2 | ― |  |  |  |  |
| 3 | ― |  |  |  |  |
| 4 | ― |  |  |  |  |
| 5 | ― |  |  |  |  |
| 6 | ― |  |  |  |  |
| 7 | ― |  |  |  |  |
| 8 | ― |  |  |  |  |
| 9 | ― |  |  |  |  |
| 10 | ― |  |  |  |  |
| 11 | ― |  |  |  |  |
| 12 | ― |  |  |  |  |
| 13 | ― |  |  |  |  |
| 14 | ― |  |  |  |  |
| 15 | ― |  |  |  |  |
| 16 | ― |  |  |  |  |

Major Considerations (additional comments):