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-minLow% | MET-minLow% | KcalLow% | KcalLow% |
| 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 ConsiderationsSee 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):