

Name: _____ Date: _____

S: _____

O: Weight _____ lbs RHR _____ bpm BP _____

A: **Aerobic Exercise** _____ minutes _____ days/week _____ NONE

__ walk/jog __ bike __ nustep __ elliptical trainer

__ water aerobics __ swimming track __ aerobic tapes/dance __ other _____

Heart rate _____ target range. RPE _____ target range.

Start/continue with _____ minutes of _____ at the recommended intensity. Maintain a frequency of _____ days/week.

Comments: _____

Strength exercises _____ set(s) of _____ reps _____ days/week _____ NONE

_____ weights used. RPE _____ target range.

Comments: _____

Body Composition BMI = _____ (_____ total) % Fat measured at _____ % (_____ % total)

Fat weight = _____ lbs. (_____ lbs. total) Lean weight = _____ lbs. (_____ lbs. total)

Circumference measurements show a(n) _____ of _____ inches (_____ inches total)

Fitness Test _____ performed _____ scheduled date: _____ NA

6 minute walk shows a pace of _____ mph (_____ total). Heart rate _____ RPE _____

P: _____

Signature _____ Date: _____ Time: _____