

Circle the benefits below that you want. I want to:

- ❖ Reduce my risk for fatal heart attacks by as much as 30 percent
- ❖ Reduce my risk of strokes by as much as 30 percent
- ❖ Improve my cholesterol
- ❖ Decrease my blood pressure
- ❖ Decrease my risk of colon cancer
- ❖ Improve my immune system
- ❖ Unload daily stress
- ❖ Improve my sleep
- ❖ Improve my mood
- ❖ Decrease pain
- ❖ Improve mental function and decrease risk of dementia
- ❖ Improve strength and build muscle
- ❖ Reduce my risk for injuries
- ❖ Improve my tone and look better
- ❖ Improve balance and decrease my risk for falling
- ❖ Slow down my aging process
- ❖ Improve my performance in a sport
- ❖ Decrease my risk of breast and pancreatic cancer
- ❖ Lose weight
- ❖ Improve my endurance

Your maximum heart rate is calculated as: $220 - \text{age} = \underline{\hspace{2cm}}$. Your **heart rate training zones** are a pulse rate per minute of: Moderate $\underline{\hspace{2cm}} - \underline{\hspace{2cm}}$. Vigorous $\underline{\hspace{2cm}} - \underline{\hspace{2cm}}$.

The suggested **length** of your aerobic sessions in your training heart rate zone is $\underline{\hspace{4cm}}$.

The suggested **frequency** of your exercise sessions is $\underline{\hspace{4cm}}$.

How to **progress**: $\underline{\hspace{4cm}}$.

Your **exercise options** are: $\underline{\hspace{4cm}}$.

Write the dates of the present month below. Record in each box the aerobic activity engaged in, the amount of time, and your heart rate. If you did nothing that day, write a note to describe why you did not exercise.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Strength Training: Lunges front and side, squats (squat w/arm push), biceps curls, triceps pulley extension, seated chest press, lat pull down, row, push-ups (wall), knee extension

Balance: _____ **Stretching:** Achilles, hamstrings, quads, _____