

LABORATORY 3.4



Complete Lab 3.4 online at www.pearsonhighered.com/powers.

Name _____ Date _____
Instructor _____ Section _____

Developing Your Personal Exercise Prescription

Develop your personal exercise program based on your current fitness level and goals. Record the appropriate information in the spaces provided below.

Week	Phase	Intensity (% of HHR or RPE)	Exercise Mode	Duration (min/day)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											

Review the behavior change strategies, and write two strategies that can help you begin or maintain your aerobic exercise program (e.g., substituting behaviors—I will take a walk and talk with my friend Mary after class instead of having a text conversation with her).

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.