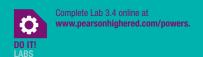
## LABORATORY 3.4



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.

Wook	Dhaca	Intensity (% of HHR	Exercise	Duration (min/day)	Manday	Tuonday	Wadnaaday	Thursday	Evidou	Cotundou	Cundou
Week	Phase	or RPE)	Mode	(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).