

Name:

Month:

Year:

Recommendations:

Aerobic Exercise

Frequency: ≥5 days/week of moderate aerobic exercise, or ≥3 days/week of vigorous aerobic exercise, or a combination of ≥3-5 days/week of moderate/vigorous aerobic exercise.

Intensity: Exercise at a low to moderate intensity = 3-6 on a 10-point scale (where 0 = sitting, 5 = “can talk while walking but breathing is elevated”, and 10 = all-out effort). Vigorous exercise would illicit a 7-8 RPE.

Time: 30-60 minutes/day of moderate aerobic exercise, or 20-60 minutes of vigorous exercise. If prolonged exercise sessions are not tolerated, use bouts of exercise (5-10 minutes). Progress your time as you become stronger and build your endurance.

Resistance Training

Frequency: ≥2 days/week (non-consecutive days).

Intensity: Start with a light intensity (3-5 on a 10-point scale) working your way up to a moderate intensity (6-7 on a 10-point scale).

Time: Start with 1 set of 8-15 repetitions; progress to 1-3 sets of 8-12 repetitions of 8-10 different exercises.

Type: Use resistance bands, body weight, hand weights, or household items for weights.

Flexibility / Balance Exercise / Other Exercise

Frequency: ≥2 days/week

Intensity: Flexibility (hold stretches to the point of feeling tightness); Balance (progressively difficult postures)

Time: ≥15-30 minutes

Day of Week:

Date:

Aerobic Exercise

Strength Exercise

Flexibility / Balance

Other Exercise