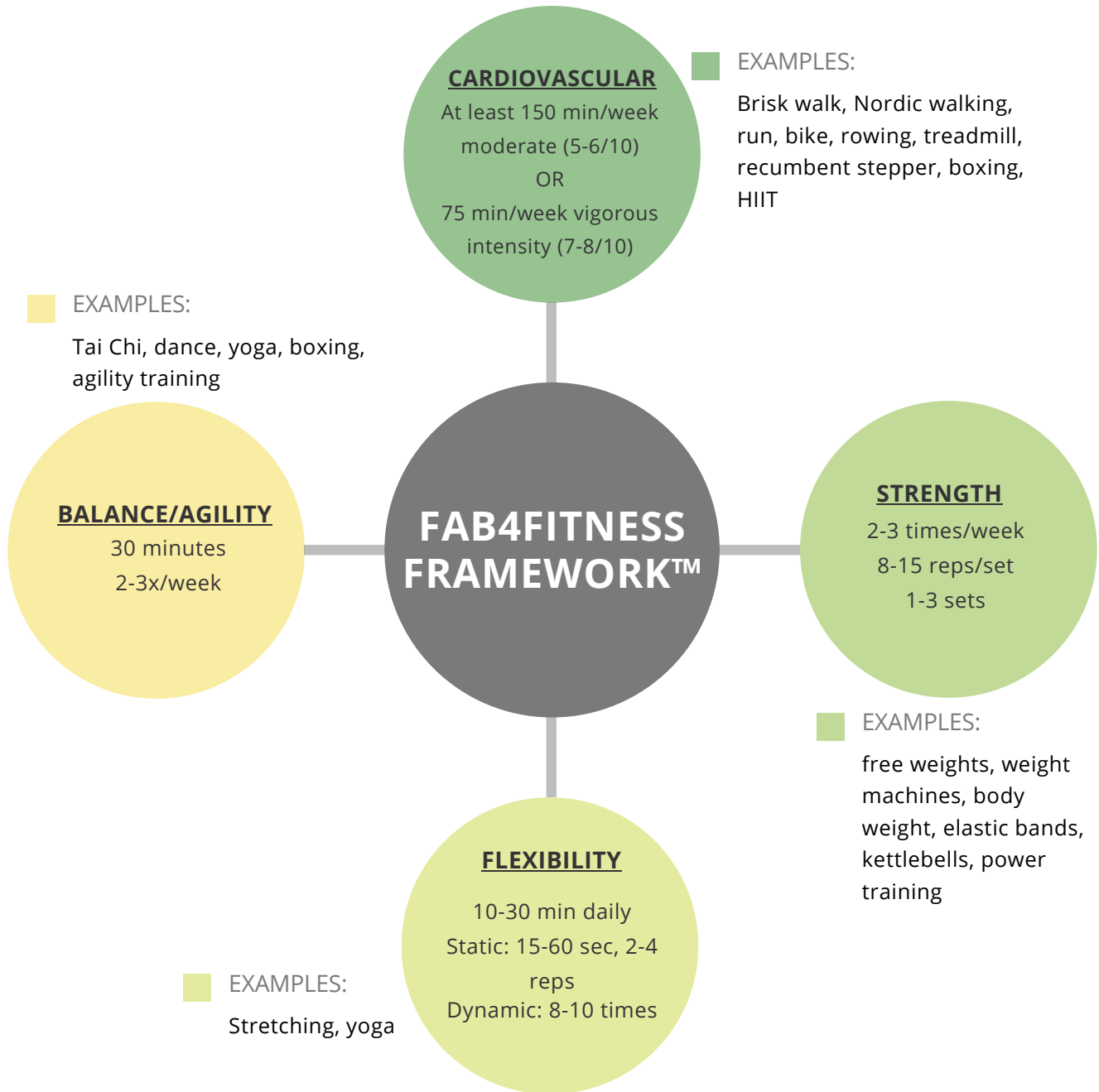


FAB₄FITNESS FRAMEWORK™:

Here are the four exercise program "active ingredients" for people with Parkinson's!



NOTES

(Johansson H 2022, Liguori G, ed. 2022, Dauwan M 2021, Parkinson's Foundation 2021, De Freitas TB 2020, Johansson H 2020, Martignon C 2020, da Silva FC 2018, Hirsch MA 2018, U.S. Department of Health and Human Services 2018, Ramazzina I 2017, Moore GE, ed. 2016, Canning CG 2015, Cruickshank TM 2015, Conradsson D 2015, Marusiak J 2015, Milanović Z 2015, Tambosco 'L 2014, Li F 2012)

MY FAB₄FITNESS FRAMEWORK™

Research tells us regular exercise is good for both our bodies and brains. It is important to work toward your **Fab4Fitness Framework™ active ingredients** each week. Here is your personalized Fab4Fitness Framework™ plan:

CARDIO	

STRENGTH	

FLEXIBILITY	

BALANCE/AGILITY	

NOTES	

MY FAB₄FITNESS FRAMEWORK™

Research tells us regular exercise is good for both our bodies and brains. It is important to work toward your **Fab4Fitness Framework™ active ingredients** each week. Here is your personalized Fab4Fitness Framework™ plan:

	CARDIO	STRENGTH	FLEXIBILITY	BALANCE/AGILITY
SUN				
MON				
TUES				
WED				
THURS				
FRI				
SAT				

NOTES	

MY FAB₄FITNESS FRAMEWORK™

Research tells us regular exercise is good for both our bodies and brains. It is important to work toward your **Fab4Fitness Framework™ active ingredients** each week. Here is your personalized Fab4Fitness Framework™ plan:

SUNDAY	
Planned Workout	Actual Workout

MONDAY	
Planned Workout	Actual Workout

TUESDAY	
Planned Workout	Actual Workout

WEDNESDAY	
Planned Workout	Actual Workout

THURSDAY	
Planned Workout	Actual Workout

FRIDAY	
Planned Workout	Actual Workout

SATURDAY	
Planned Workout	Actual Workout

HOW HARD AM I WORKING?

This is the Rate of Perceived Exertion (RPE) Scale. Use this scale to determine how intense you are working during cardiovascular fitness activities.

10

MAXIMAL EFFORT

I am completely exhausted and I can't keep going.

9

VERY HARD INTENSITY

I can barely breathe or speak a single word. I should slow down.

8

VIGOROUS INTENSITY

If you ask me a question, I can say 1-2 words or grunt in response. I can only keep this pace up for a short time.

7

VIGOROUS INTENSITY

I can still talk - but I don't really want to! I'm sweating a lot now.

6

MODERATE INTENSITY

I can still talk but I'm a little breathless. I'm definitely sweating.

5

MODERATE INTENSITY

I'm a little above comfortable. I can still talk easily but I am sweating more.

4

LIGHT MODERATE INTENSITY

I'm sweating a little. I feel good and I can chat with others comfortably.

3

LIGHT INTENSITY

I'm still comfortable, but am breathing a little bit harder.

2

LIGHT INTENSITY

I'm comfortable and can keep up this pace all day long.

1

VERY LIGHT INTENSITY

I am lounging on the couch and eating bon bons.

(Based on the Modified Borg Rating of Perceived Exertion Scale)

THIRTY DAY STEPS TRACKER

DATE: _____

GOAL

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

NOTES