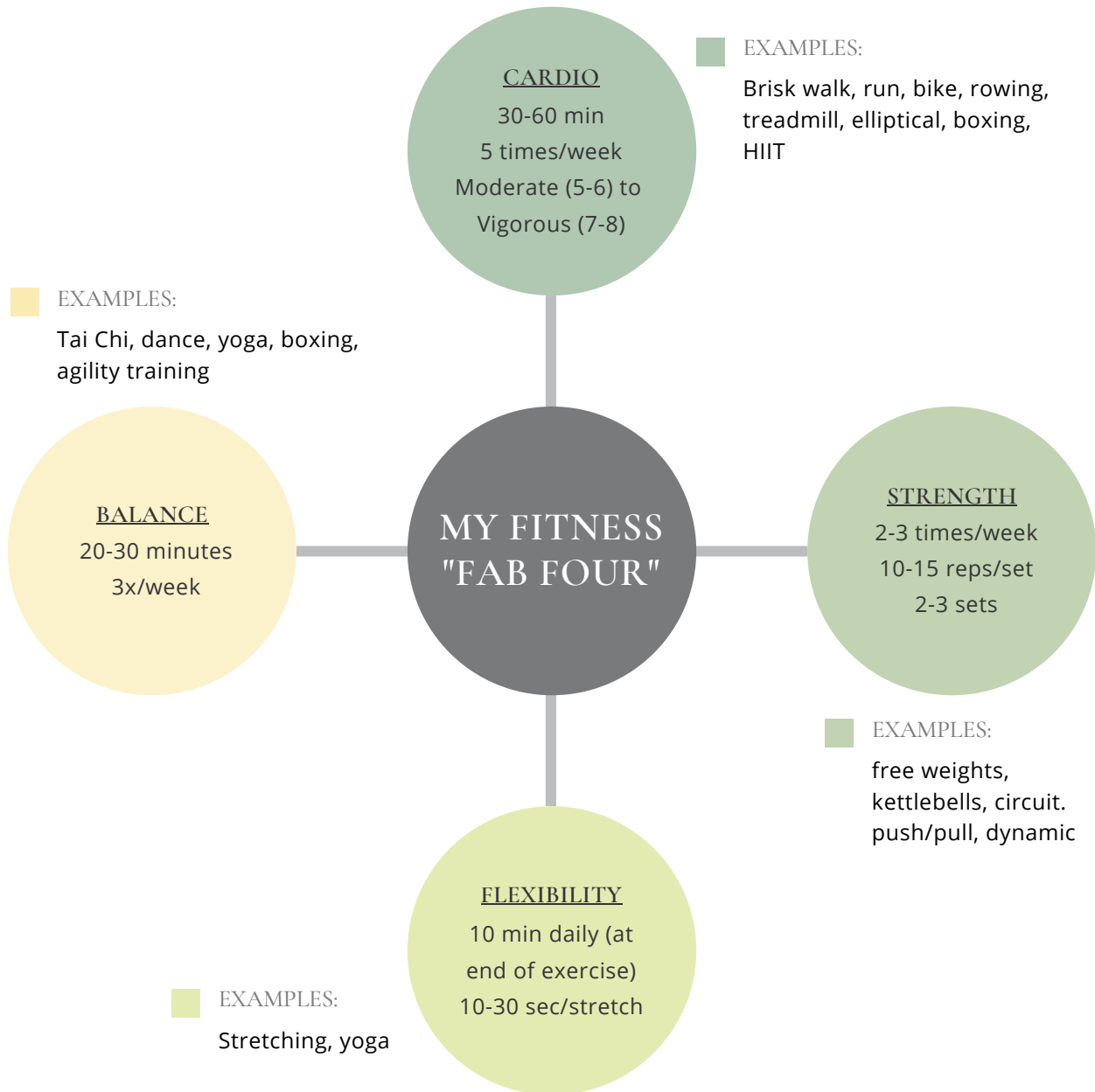


FITNESS PLAN BENCHMARKS:

Here are the fitness "FAB FOUR" for people with Parkinson's!



NOTES

(Based on ACSM recommendations for older adults and adults with chronic conditions)

HOW HARD AM I WORKING?

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

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)

MY FAB FOUR PLAN:

Research tells us exercising regularly is good for our body and our brains. It is important that you get your FAB FOUR fitness activities in each week. Below, your fitness coach will write out your FAB FOUR plan:

CARDIO	

STRENGTH	

FLEXIBILITY	

BALANCE	

NOTES	

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Research tells us exercising regularly is good for our body and our brains. It is important that you get your FAB FOUR fitness activities in each week. Below, your fitness coach will write out your FAB FOUR plan:

	CARDIO	STRENGTH	FLEXIBILITY	BALANCE
SUN				
MON				
TUES				
WED				
THURS				
ERI				
SAT				

NOTES	

MY FAB FOUR PLAN:

Research tells us exercising regularly is good for our body and our brains. It is important that you get your FAB FOUR fitness activities in each week. Below, your fitness coach will write out your FAB FOUR 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

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