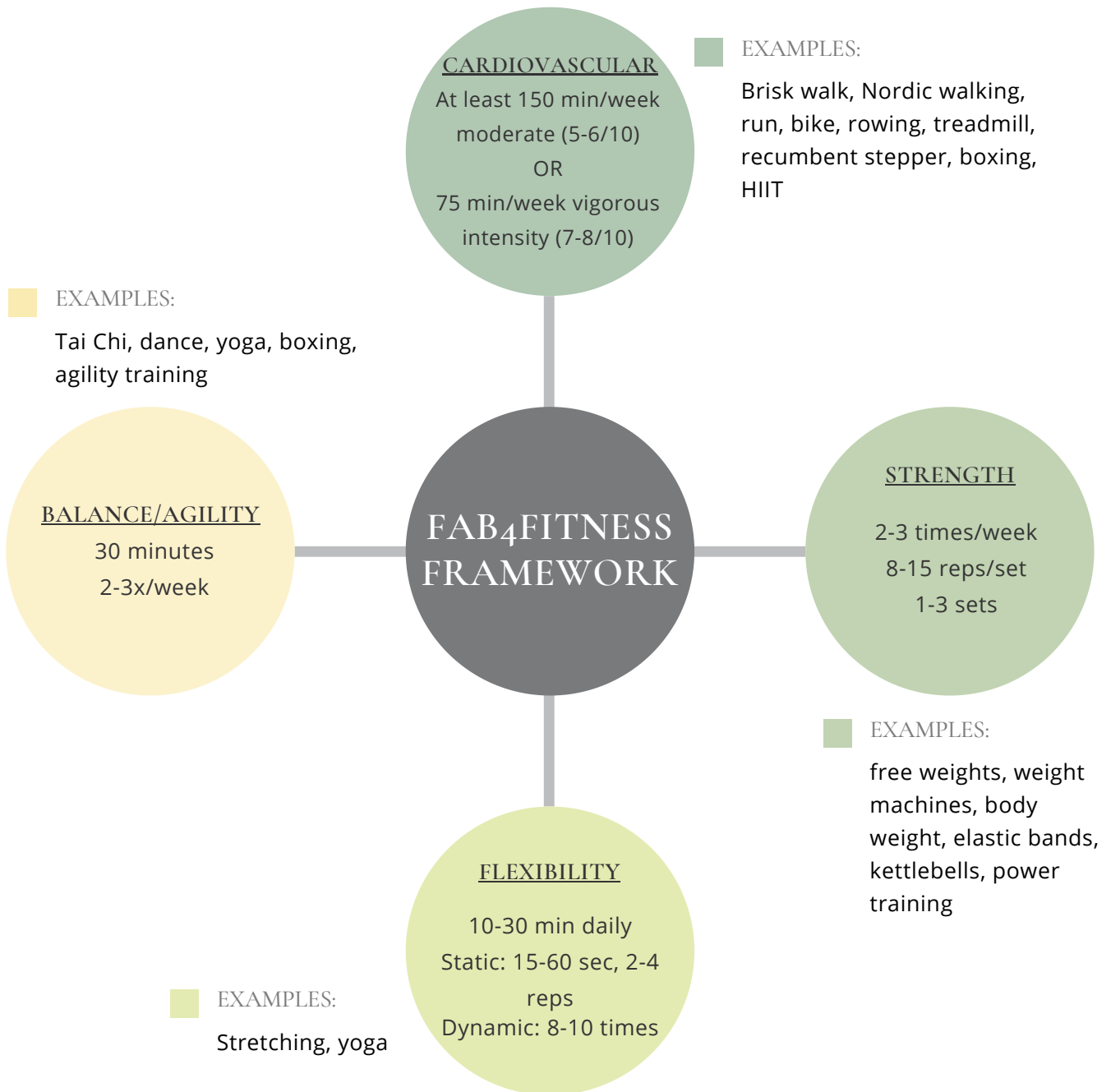


# FAB<sub>4</sub>FITNESS BENCHMARKS:

Here's the Fab4Fitness Framework for people with Parkinson's!



NOTES

---

---

---

---

(Sources: Martignon 2020, U.S. Department of Health and Human Services 2018)

# 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)*

# MY FAB<sub>4</sub>FITNESS PLAN:

Research tells us exercising regularly is good for our body and our brains. It is important that you get your Fab4Fitness activities in each week: Cardiovascular fitness ("cardio"), strength, flexibility, and balance. Below, your exercise professional will write out your Fab4Fitness plan:

CARDIO	

STRENGTH	

FLEXIBILITY	

BALANCE/AGILITY	

NOTES	

# MY FAB<sub>4</sub>FITNESS PLAN:

Research tells us exercising regularly is good for our body and our brains. It is important that you get your Fab4Fitness activities in each week: Cardiovascular fitness ("cardio"), strength, flexibility, and balance. Below, your exercise professional will write out your Fab4Fitness plan:

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

NOTES	

# MY FAB<sub>4</sub>FITNESS PLAN:

Research tells us exercising regularly is good for our body and our brains. It is important that you get your Fab4Fitness activities in each week: Cardiovascular fitness ("cardio"), strength, flexibility, and balance. Below, your exercise professional will write out your Fab4Fitness 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: \_\_\_\_\_

<b>GOAL</b>
-------------

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

<b>NOTES</b>
--------------