

## FORM 9.3 Weight Management Prescription Card

Client name

Trainer name

Client goal	Special considerations

### Circulatory Warm-Up

Equipment and mode	Workload	Time	Objective

### Stretching Warm-Up (Name and Brief Description)

Name and brief description	Guidelines

### Aerobic Workout

Intensity and training range
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Lower limit: \_\_\_\_\_%HRR \_\_\_\_\_beats/min \_\_\_\_\_RPE Upper limit: \_\_\_\_\_%HRR \_\_\_\_\_beats/min \_\_\_\_\_RPE

Equipment	Training method	Frequency	Kcal/session
1			
2			

Phase	Workload	Time	Phase	Workload	Time
Warm-up			Warm-up		
Peak			Peak		
Cool-down			Cool-down		

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## Progression and monitoring

## Resistance Workout

Equipment type (e.g., free weights)	Training method

Goals	Guidelines

Exercise (brief description)	Muscles	Weight	Reps	Sets	Precautions

## Progression

## Cool-Down

Name and brief description	Guidelines

Note: HR = heart rate; RPE = rating of perceived exertion.

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).