

## FORM 1.5 Focus on Lifestyle

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One way of increasing activity is by altering daily routines to encourage more exercise. Ask your client questions that will indicate which of the following aspects of her lifestyle you can target to provide the best prescription. Use the following list to record appropriate notes and check off the ones you can target for modification.

\_\_\_ Current work routine

\_\_\_ Current leisure routine

\_\_\_ Most convenient times