

FORM 9.2 Weight Management Prescription Worksheet

Aerobic Segment

Component objective: _____

Decisions	Key points
1. Needs and goals	
2. Activities and equipment	
3. Training method	
4. Intensity and workload	
5. Volume (duration and frequency)	
6. Progression and monitoring	
7. Warm-up and cool-down	

Resistance Segment

Component objective: _____

Exercise (brief description)	Body area, muscles	Intensity and weight	Reps	Sets	Rest between sets	Precautions

Method of progression:
