

FORM 6.1 Client-Centered Cardiovascular Exercise Prescription Worksheet

Decisions	Key Points
1. Consider client needs and goals.	Goal: Needs and preferences: Assessment interpretation (e.g., functional): Limitations:
2. Select activities and equipment.	Equipment: Activity: Specific exercises:
3. Select training method and mode.	Continuous: Interval: Circuit: Other:
4. Set intensity and workload.	Training zone (e.g., % $\dot{V}O_2$ reserve, % max METs, % HRR, %HRmax, RPE): Corresponding workload:
5. Set volume (duration and frequency).	Duration: Frequency: Intervals (duration of work and rest):
6. Address progression and monitoring.	Methods of progression—FITT: Rate of progression: Monitoring to suit client's objectives: Primary safety precautions:
7. Design warm-up and cool-down.	Warm-up: Cool-down: