Developing Your Cardiorespiratory Endurance Program

1. Set a general goal for your program:

2. Select activities and organize your exercise program:

Activity	Frequency (times per week)	Intensity	Duration	Days of the Week	Time of Day

3. Set specific goals:

4. Set a start date: _____
5. Use the following log to record your program:

Date	Activity	Intensity	Duration	Comments