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| **F** | **FREQUENCY** - HOW OFTEN A WEEK YOU WILL EXERCISE   * Usually between 3 to 5 day per week (Dependent upon intensity levels of workouts). |
| **I** | **INTENSITY** – HOW HARD YOU TRAIN IN A WORKOUT   * Between 65% to 85% of your Target Heart Rate (THR) |
| **T** | **TIME** – THE DURATION OF THE WORKOUT   * 30 to 60 minutes per workout. The harder you work, the shorter the workout and vice versa. |
| **T** | **TYPE** – THE TYPE OF ACTIVITY   * What activity are you doing? Running, cycling, swimming, walking, dancing, sports etc. |