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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).
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| **I** | **INTENSITY** – HOW HARD YOU TRAIN IN A WORKOUT* Between 65% to 85% of your Target Heart Rate (THR)
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| **T** | **TIME** – THE DURATION OF THE WORKOUT* 30 to 60 minutes per workout. The harder you work, the shorter the workout and vice versa.
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| **T** | **TYPE** – THE TYPE OF ACTIVITY* What activity are you doing? Running, cycling, swimming, walking, dancing, sports etc.
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