

Moda Health: Move Well Series

Putting it all together: Creating a functional fitness routine

The goal of Moda Health's Move Well Series is to improve employees' overall quality of life by educating and implementing strategies on injury prevention, better movement, and health and wellness. This worksheet will take you through the steps of how to create a functional fitness routine.

Exercise History

1. How many days per week do you exercise? ____ *days/week*
2. What types of exercise do you like to do? (*Check all that apply*)
 - ☐ Strength Training
 - ☐ Aerobic Training/Cardio
 - ☐ Flexibility/Stretching/Yoga
 - ☐ Other: _____
 - ☐ None of the above
3. Injury History:

Health and Fitness Goal

1. What is your health and fitness goal?

2. Make it a S.M.A.R.T. Goal:

- Specific: _____
- Measurable: _____
- Attainable: _____
- Realistic: _____
- Timely: _____

Exercise Program Design

1. Mesocycle Length: ____ weeks
2. F.I.T.T. – *Frequency, Intensity, Time, Type*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							

Dates of Program: _____