

CLIENT ASSESSMENT MATRIX	Name: Carl			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	Since the client walks 50 minutes a t least 5 days, Since he is not interested in cardio I would suggest he continues to walk to class.	Moderate / vigorous intensity	1 hour before classes begin. Football game on Saturdays	Speed walking or light jog. Flag football
Muscular strength and endurance	Training will be performed 3 days a week	Since the client has not perform any strength training I am suggesting 70% 1RM	Before intramural games client can go to campus rec room	Client would like to build upper body: Chest press 2 sets/10 reps Bicep curl 2 sets 10 reps Dumbbell fly 2 sets/10 reps Leg press 2 sets/10reps
Flexibility	1 days a week	Moderate	30minutes	Arm, shoulder and back stretch
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	Carl can continue to maintain his current cardio routine	Client should continue to make walking to class and playing football a regular part of his routine	Due to EIA would not overload clients cardio	Carl can try a differnt type of cardio such as swimming
Muscular strength and endurance	Client after 2 weeks client can add additional	Client should schedule time at the rec center for weight training.	With each increase in reps add 5 lbs	Will work on upper body routine 3 out of 5

	day per week until he reaches 5 days			
Flexibility	Increase to 2 days stretching per week.	Client should schedule time at the rec center for flex training.	Add rowing routine to flex exercises to build upper body strength	

CLIENT ASSESSMENT MATRIX	Name: Sally			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	2 days per week	Low intensity	In the mornings before work 10 minutes During 10 minutes during lunch break and 10 minutes in between jobs	Walking
Muscular strength and endurance	1 day per week	Light resistance band	In morning before work or	Arm curls 1 set 10 reps
Flexibility	1 day per	Moderate	In the morning before work	Chair sit and reach
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	After 3 weeks add another day of cardio and continue to add day a per week until 5 weeks	Will utilize calendar to perform cardio same time every day	Client will perform cardio in add 5 minutes to each 10 minute session	Find a senior walking group to participate in or walk with grandson each day
Muscular strength and endurance	After 4 weeks add another day of strength training	Use calendar to schedule days for strength training and define muscle groups worked	Add training exercises for legs in addition to arms	Incorporate leg squats to routine
Flexibility	Increase days per week	Flex exercises on opposite days to strength training	Have client try seated yoga	Client eventually attempt standing yoga

CLIENT ASSESSMENT MATRIX	Name: Jennifer			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	3 days per week-30 minutes	moderate	After work	Walking in park
Muscular strength and endurance	1 day a week	70% 1RM	After work alternate day from walking	Due to finances Resistance bands Triceps extension 2 sets/10 Chest press 2 set/10 and 10 Squats Abdominal crunches
Flexibility	1 day a week	moderate	After work alternate from strength training	Static stretches since for legs since goal is cardiac endurance
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	After 2 weeks progress add a day each week until 7 days of walking	Client should work out same time every day, set calendar and journaling	At 7 days of walking increase to jog	Bring children when walking/jogging
Muscular strength and endurance	After 7 day goal is reached increase strength to 2 days a week	Set calendar to schedule flex training opposite days such as weekends	Add 1 set for triceps extensions chest press add 5 squats	Schedule specific day for each muscle group
Flexibility	After 7 day goal is reached increase flex to 2 days a week incorporate	Suggest low cost yoga class		Playing games with children such as tossing ball



with strength
training



CLIENT ASSESSMENT MATRIX	Name: Justin			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	30 minutes / 5 days	moderate	After school	Walking in the park or play ground/ riding a bike
Muscular strength and endurance	1 day week	75%1RM	After school while walking	Hand held weights Arm curls 1 set/8 reps Squats with weight 1 set/10 reps
Flexibility	1 day week	moderate	After school while out in the park	Tossing football with friends Sit and reach
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	Increase frequency time by 10 minutes a session until 60 minutes total	Set up study schedule to allow for regular exercise each day	Add strength building activity such as pushups to cardio routine Add vigorous activity such as running	Set up specific challenges and give rewards for meeting challenges Incorporate friends
Muscular strength and endurance	Once 60 minute goal is reach can increase number of days to 2	Set up study schedule to allow for regular exercise each day	Add obstacle course with sit up/ pull ups	Include games such as tug of war
Flexibility	Increase number of days to 2	Set up study schedule to allow for regular exercise each day	Incorporate jump rope	Incorporate squats and lunges to build leg strength

