

## RESISTANCE TRAINING PROGRAM

Sets	
Reps	
Rest	

NAME	
TRAINER	
DATE	

Limitations							
Goals							
Days of Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

EXERCISE	NOTES	MACHINE	Date																						
			Set	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
			WEIGHT																						
			REPS																						
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			WEIGHT																						
			REPS																						

Stretches <hr style="border-top: 1px dashed black;"/>
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## CARDIO TRAINING PROGRAM

Sets	
Reps	
Rest	

NAME	
TRAINER	
DATE	

Limitations							
Goals							
Days of Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

EXERCISE	NOTES	Date															
		TIME															
INTENSITY																	
SPEED																	
INCLINE / RESIST																	
TIME																	
INTENSITY																	
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INCLINE / RESIST																	

Stretches

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## MOTIVATION AND ADHERENCE

Pre-Contemplation	Contemplation	Preparation	Action	Maintenance
<p><b>Physical and Psychological Characteristics:</b></p> <ul style="list-style-type: none"> <li>No participation,</li> <li>No intention to begin,</li> <li>Sedentary lifestyle,</li> <li>The person has more reasons for not exercising than they do for exercising,</li> <li>They don't want to make changes to their lifestyle,</li> <li>They don't recognise that they have a problem,</li> <li>They are pessimistic about their ability to make change,</li> <li>They deny negative effects of their current habits, and</li> <li>This is referred to as 'denial' stage.</li> </ul>	<p><b>Physical and Psychological Characteristics</b></p> <ul style="list-style-type: none"> <li>No participation,</li> <li>There is an intention to begin participation,</li> <li>People can stay in this stage for years without taking action,</li> <li>They are thinking about starting an exercise program,</li> <li>They recognise it is something that they need to change but it is not high on their list of priorities, and</li> <li>They are in the process of weighing up the costs with the benefits.</li> </ul>	<p><b>Physical and Psychological Characteristics</b></p> <ul style="list-style-type: none"> <li>Occasional participation,</li> <li>Sporadic / not regular,</li> <li>The person intends on starting a fitness program in the very near future they may have past experience in fitness or exercise,</li> <li>They may make minor adjustments to their behaviour,</li> <li>They person makes contact with someone from a fitness centre,</li> <li>They acknowledge that a change is required,</li> <li>They acknowledge that their current lifestyle choices are unhealthy.</li> </ul>	<p><b>Physical and Psychological Characteristics</b></p> <ul style="list-style-type: none"> <li>Regular participation for up to 6 months,</li> <li>People at this stage are at the greatest risk of relapse,</li> <li>Exercise is not habitual yet,</li> <li>Excuses for not exercising are common, and</li> <li>Requires continual external motivation and encouragement.</li> </ul>	<p><b>Physical and Psychological Characteristics</b></p> <ul style="list-style-type: none"> <li>Regular participation for 6 months,</li> <li>Successful, sustained lifestyle modification,</li> <li>Exercise patterns are regular, and</li> <li>The person has learnt to deal with lapses in participation.</li> </ul>
<p><b>Most appropriate form of motivation</b></p> <ul style="list-style-type: none"> <li>It is nearly impossible to motivate someone who is in the pre-contemplation stage,</li> <li>It may take a dramatic event or an emotional trigger for them to be motivated to move into the next stage, and</li> <li>Strategies that may be useful, include: <ul style="list-style-type: none"> <li>provide advice on reasons to exercise,</li> <li>engage the person in discussion about fitness, health and lifestyle, and look for reasons to increase exercise or movement.</li> </ul> </li> </ul>	<p><b>Most appropriate form of motivation</b></p> <ul style="list-style-type: none"> <li>Setting goals and visualising results can be powerful in getting someone out of this stage,</li> <li>Getting the person to focus on how it would feel to reach their goal – lose weight, get fit so that the benefits outweigh the cost,</li> <li>Being supportive and encouraging,</li> <li>Highlighting the benefits of exercising, and</li> <li>Assisting in building self confidence.</li> </ul>	<p><b>Most appropriate form of motivation</b></p> <ul style="list-style-type: none"> <li>Getting the person to commit to making an appointment with a Personal Trainer,</li> <li>Getting the person to committing to buying a gym membership,</li> <li>Assist the person in planning when and where to exercise,</li> <li>Making a date to start,</li> <li>Highlighting positive reasons and benefits of exercise,</li> <li>Provide information (articles, flyers, websites) about exercise, and</li> <li>Following up with the person once they have made contact.</li> </ul>	<p><b>Most appropriate form of motivation</b></p> <ul style="list-style-type: none"> <li>Getting the person to write down SMART goals,</li> <li>Encouraging them to write a contract,</li> <li>Teaching visualisation,</li> <li>Finding an emotional trigger,</li> <li>Building a support group,</li> <li>Requires continual support,</li> <li>Encouraging with positive feedback, and</li> <li>Teaching strategies to deal with lapses.</li> </ul>	<p><b>Most appropriate form of motivation</b></p> <ul style="list-style-type: none"> <li>People at this stage don't need a lot of external motivation as their motivation is internal,</li> <li>Monitoring and changing their exercise program to match the person's fitness requirement,</li> <li>Adding variety to training sessions to avoid boredom, and</li> <li>Reassess and modify short and long term goals.</li> </ul>

**Reasons for Discontinuation:**

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