

Med-Fit Clinic

Sports Medicine Consultations *because Exercise is Powerful Medicine!*

Technician: _____ / _____ Date: _____

Exercise Rx for: _____ Med-Fit Score: _____%

Take: _____ Doses of Exercise x _____ times/day x _____ days/week = _____ doses/week

___ Increase as tolerated, ___ Log Daily Doses **Follow-Up** in _____ weeks ___ Bring a friend!

Exercise Dose Equivalents: 250 Steps:_____; 30 Squats:_____; 25 Leg-Raises:_____; 20 Push-Ups:_____;

24 Lunges:_____; 25 Sit-Ups:_____; 30 Rows:_____; 10 Burpees:_____. **Time:** 1 min/dose = _____ min/day

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