

Med-Fit Exercise Rx Guidelines

Score %	Doses per Session	Sessions per Day	Doses per Day	Days per Week	Doses per Week	Duration in weeks
90-100	9	3	27	6	162	4
80-89	8	3	24	6	144	4
70-79	7	3	21	6	126	4
60-69	6	3	18	6	108	4
50-59	5	3	15	6	90	4
40-49	4	3	12	6	72	4
30-39	3	3	9	6	54	4
0-29	2	3	6	6	36	4

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