



Scan for 12-week program support or click [Link](#)

## 12 week overview EXAMPLE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week								RPE
1	Rest	ADL/10	Rest	ADL/10	Rest	ADL/10	F/D	10-11
2	Rest						F/D	
3	Rest						F/D	
4	Rest						F/D	
5	Rest						F/D	
6	Rest	ADL/20	*Gym/20	PAL/20	Rest	ADL/20	F/D	11-12
7	Rest		Gym				F/D	
8	Rest		Gym				F/D	
9	Rest		Gym		Circuit/25	PAL/25	F/D	
10	Rest		Gym		Circuit		F/D	
11	Rest		Gym		Circuit		F/D	
12	Rest	ADL/30	Gym/30	PAL/30	Circuit/30	PAL/30	F/D	12-13

Frequency= Number of activities developing a progressing pattern throughout the intervention

No two rest days back to back.

Week 12 possible exit strategy 150 minutes of low to moderate intensity 5 times per week

Time= Progressing time on each activity throughout the intervention

Times are for main section of activity and don't include warm up and cool down times

Type= Mode of activity ADL/PAL/NEAT/Gym/Circuit

Wide variety of volitional activity with psychosocial support where relevant

Intensity= RPE progression over the intervention

Progress from low (RPE10-11) to moderate (RPE12-13) gradually

Warm up and cool down would remain the same throughout (RPE 9)

ADL= Activities of Daily Living. Housework, daily tasks and chores

PAL= Physical Activity Levels. Dog walking, group social activity,

**\*Section 5 of the case study= Provide a detailed example of a typical session**