

# Frequency

- How often to exercise?
- ex. 1, 2, 3 days per week

# Intensity

- How hard to exercise?
- ex. Use RPE scale or Heart Rate zone

# Time

- How many reps, sets, or time to exercise?
- ex. Strength (4-8 reps), Endurance (>15 reps)

# Type

- Which exercises to perform?
- ex. Flexibility, Muscular Fitness, Cardio