



AIM-HI FITNESS PRESCRIPTION **SAMPLE**

Patient name: John Smith

Date: 6/2/07

	Physical Activity	Healthy Eating	Emotional Well-Being
Opportunity (What do I want to do?)	Go for a walk or ride a bike. Use the stairs when possible. Wear a step counter to track steps. Play a game.	Ask yourself, "Am I hungry?" before eating. Try 2 cups instead of 4 cups of coffee each day. Try 1 or 2 more fruits & vegetables, and dairy each day.	Read a book or go to a library. Try yoga or deep breathing. Go fishing. Listen to music
Goal (My target)	Be more active every day.	Be aware of what you eat. Make mindful choices.	Relieve stress and relax.
Dose (How much how often)	At least 30 mins, a day or try 15 mins, twice a day.	Eat only when hungry. Stop eating before feeling full.	Try to do something every day.
Benefits (What's in it for me?)	More energy, quality time with the kids, better health, less money spent on prescriptions.	Be in charge of eating habits and choices.	Reduce stress and take your mind off things.

Personal Goal(s): _____

Use the Food & Activity Journal and bring it back to the next visit.

Next follow-up visit scheduled for: _____

Physician signature: _____

Patient signature: _____

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