

PARK Prescription

PRESCRIPTION FOR OUTDOOR ACTIVITY

Name: _____

Walk / Hike 2x / wk 3-5x / wk Daily

Run / Jog 2x / wk 3-5x / wk Daily

Fish 2x / wk 3-5x / wk Daily

Bike 2x / wk 3-5x / wk Daily

Fitness Class 2x / wk 3-5x / wk Daily

Row 2x / wk 3-5x / wk Daily

Play 2x / wk 3-5x / wk Daily

Swim / Aquatics 2x / wk 3-5x / wk Daily

Athletic League 2x / wk 3-5x / wk Daily

Basketball 2x / wk 3-5x / wk Daily

Other: _____

Health Care Provider Signature

Date



Visit scgov.net/parks for more information!