

DIRECTIONS. Make a fitness plan by answering the following questions.

1. What is your fitness goal? It must be from one of the 5 components of fitness that we discussed. Indicate which component of fitness you are using. Your goal must be measurable...saying you want to be stronger is not measurable...you need a numerical measurable amount. And it also must have a deadline. Ex. I want **to increase my flexibility by 3 inches** on the **sit and reach exercise** in **3 months**. **This is the flexibility component**. What is your fitness goal?

2. How are you going to achieve the goal? Use the FITT principal. Ex. I am going to use **running** (type) at **60% of my target heart rate** (intensity) **40 minutes** (time) on **3 days of the week** (frequency) **to lower my body fat percentage**.

3. Where are you going to do the activities? _____

4. What extra expenses might occur? YOU MUST have at least one thing that you might have to spend money on whether it's a membership, clothing, equipment etc.

5. How can you monitor your progress? How are you going to measure if you are improving or not?

6. How can you measure if you have achieved the goal or not? When will you know if you've achieved the goal or not?

7. What are some obstacles that might get in the way of achieving your goal? What are some things that might happen that will make it difficult to finish?

8. What are 3 alternative activities that could be used in case you get tired of the one you chose? (Remember the activity needs to help you achieve your goal.)

a. _____

b. _____

c. _____

9. Show an example week of the program you chose. Include a warm up, workout, and cool / down stretching. Use the FITT principal. For the workout, make sure you include an **intensity** and **time**. The frequency and type will be shown in the table. Every box must be filled in even if it's just a rest day (ex. Tuesday – Rest).

Warm Up

Exercise

Cool Down

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday