

**POWER STANDARD 2: I Can Train Myself and Others****FITT PROJECT**

Name: \_\_\_\_\_

\_\_\_\_\_ I have acquired the knowledge of skills necessary to maintain a health-enhancing level of physical fitness.

\_\_\_\_\_ I am able to create and implement a fitness plan according to my body-type needs, goals, and fitness maintenance.

Please choose one of the following assignments:

1. Create a two-week calendar that shows that the FITT principle has been applied. This calendar should include all of the fitness components along with the frequency, intensity, type of activities, and time.
2. Write an essay that explains what the FITT principle is, how to apply this principle to each of the fitness components, and the reasoning behind this principle.
3. Create a plan for Sally using the FITT principle. Sally is a 15-year-old girl who has not worked out in a long time. Share how Sally would apply the FITT principle to each fitness component.