

Your Personal Fitness Plan

1. What is a fitness plan?



2. What should be included in your fitness plan?

FITT Formula

- 3. The FITT formula is used to determine how much physical _____ you should be doing for each of the _____ fitness components.
- 4. Define each component of the FITT formula by filling in the diagram.

Frequency	
Intensity	
Time	
Type	

Cardiorespiratory Endurance and FITT Formula

Using table 6.3, answer the following questions.

5. Frequency: _____ days a week
6. Intensity: 4 to _____ on the RPE or _____ % of maximum heart rate
7. Time: _____ minutes at moderate intensity
8. Type: _____ activity

Muscular Strength and Endurance and FITT Formula

9. Using table 6.4, answer the following questions.

Muscular strength FITT formula	
Frequency	_____ days a week
Intensity	Moderate to _____ weights
Time	1 to _____ sets of _____ to 12 reps
Type	Muscular training activities
Muscular endurance FITT formula	
Frequency	_____ days a week
Intensity	_____ to moderate weights
Time	_____ to 3 sets of _____ to 20 reps
Type	Muscular training activities

Flexibility FITT Formula

Using table 6.5, answer the following questions.

10. Frequency: _____
11. Intensity: To the point of _____
12. Time: Hold each static stretch for 10 to _____ seconds
13. Type: _____ and _____ stretching

Training Principles

14. What are the three training principles?

1. _____
2. _____
3. _____

Setting SMART Goals

15. Complete the following table to create a fitness plan for one day of a cardiorespiratory endurance activity.

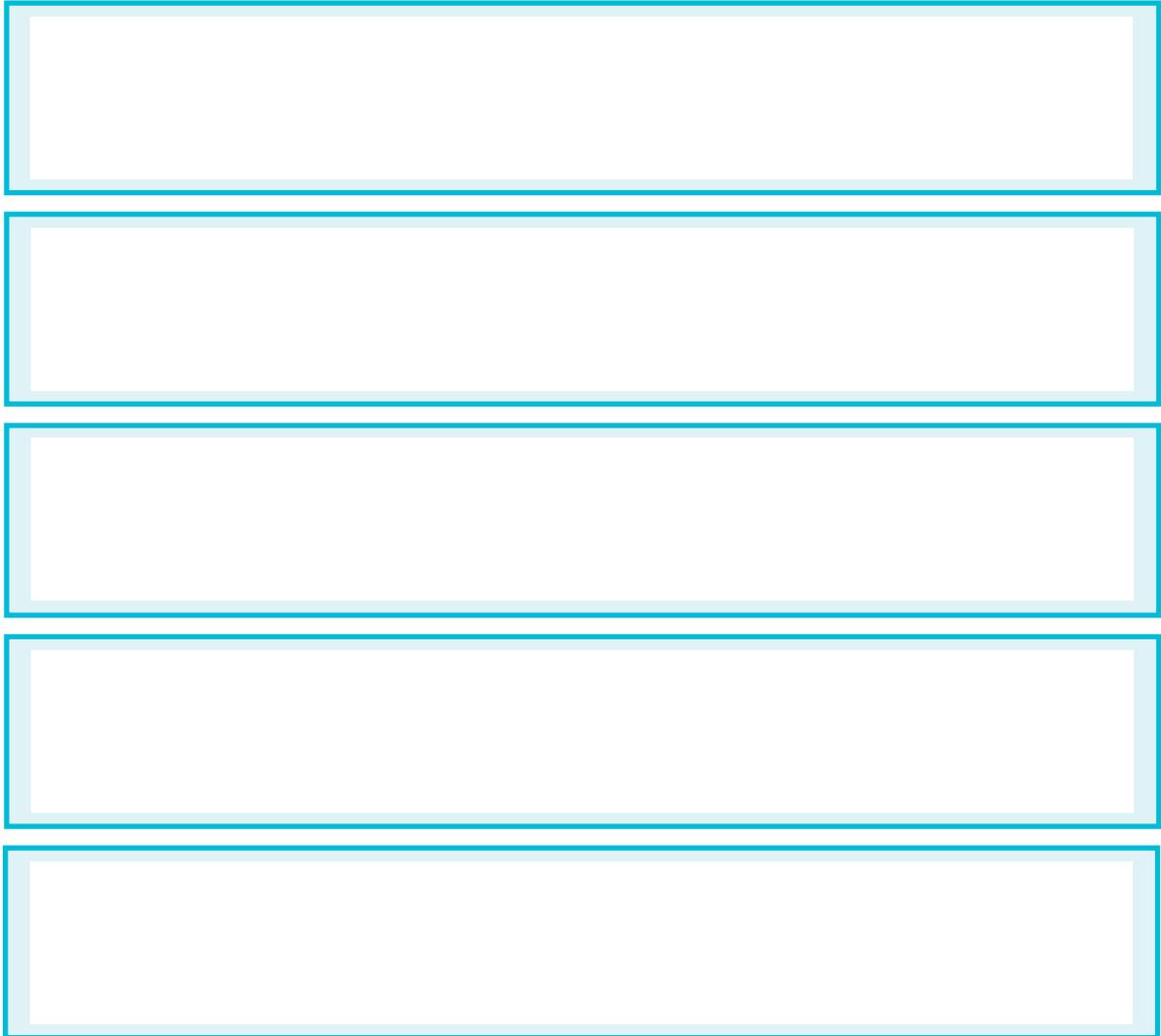
Day and date	Activity	Type	Time
Tuesday			

16. Complete the following table to create a fitness plan for one day of a muscular endurance activity.

Day and date	Activity	Type	Time
Tuesday			

Monitoring Your Fitness Plan

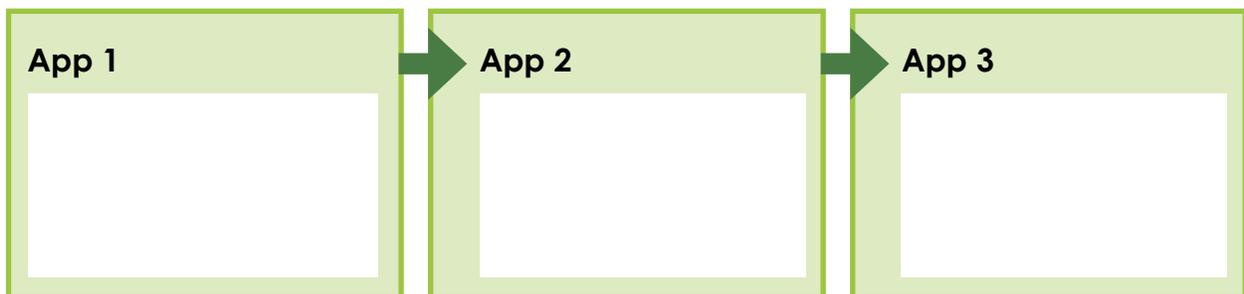
17. What are five reasons to monitor your fitness plan?



Five empty rectangular boxes with blue borders, arranged vertically, for writing the five reasons to monitor a fitness plan.

Planning Your Fitness With Technology

18. List three apps you could use to monitor your workout or give you exercise ideas.



Three green rectangular boxes with rounded corners, arranged horizontally. Each box has a white header area with the text 'App 1', 'App 2', and 'App 3' respectively. Below each header is a white rectangular area for writing. Green arrows point from the right side of the first box to the left side of the second box, and from the right side of the second box to the left side of the third box.