

Your Personal Fitness Plan

1. What is a fitness plan?



2. What should be included in your fitness plan?

FITT Principle

- 3. The FITT principle is used to determine how much physical _____ you should be doing for each of the _____ fitness components.
- 4. What does FITT stand for?

Frequency	
Intensity	
Time	
Type	

CHAPTER 5: Staying Active and Healthy

Lesson 5.4

Cardiorespiratory Endurance Guidelines Using the FITT Principle

Using table 5.2, 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 Muscular Endurance Guidelines Using the FITT Principle

9. Using table 5.3, answer the following questions.

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

Flexibility Guidelines Using the FITT Principle

Using table 5.4, 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

CHAPTER 5: Staying Active and Healthy

Lesson 5.4

Goal Setting Using SMART Goals

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

Day and date	Activity	Type	Time
Tuesday			

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

Day and date	Activity	Type	Time
Tuesday			

Training Principles

16. What are the three training principles?

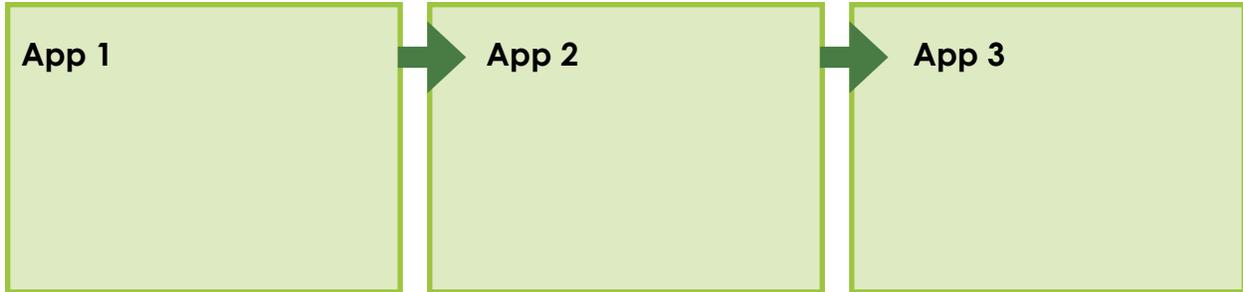
1 _____

2 _____

3 _____

Planning Your Fitness With Technology

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



Monitoring Your Fitness Plan

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