

FITT Principles Chart

Fitness and/or Health Benefit	Variables			
	F Frequency	I Intensity	T Time	T Type
Cardiovascular endurance (aerobic)	<ul style="list-style-type: none"> 3 to 5 times per week 	<ul style="list-style-type: none"> moderate to vigorous intensity (60% to 85% of maximum heart rate) 	<ul style="list-style-type: none"> minimum of 20 minutes 	<ul style="list-style-type: none"> continuous motion of large muscle group[s] such as running, cycling, xc-cross skiing

Number of Adults Over 18 | Number of Children | Ages

Muscular strength

Muscular endurance

Cardiovascular endurance

Flexibility

Balance

Coordination

Agility

Speed

Power

Reaction time

Body composition

Rest and recovery

Progression

Specificity

Overload

Reversibility

Individuality

Consistency

Enjoyment

Goal setting

Monitoring and evaluation

Warm-up and cool-down

Hydration

Nutrition

Rest and recovery

Progression

Specificity

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