Name_____Period_____Roll Call____

Fitness Plan Worksheet

Goals, Activities, FITT and Recognizing Obstacles

A very important aspect of designing your personalized fitness plan is to set fitness goals. The goals that you establish should take into account your current fitness level as well as where you would like your level of fitness to be. Well written goals will drive your activity selection and FITT formula.

WHAT CRITERIA SHOULD YOU FOLLOW TO SET GOALS

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CARDIOVASCULAR FITNESS (MILE RUN)

Fastest Time Ever: When: Fall Time: End of year/Spring:

Short Term Goal (Theme: Mile Run)			
Activity 1			
Activity 1 FIT	**F**	**I**	**T**
Activity 2			
Activity 2 FIT	**F**	**I**	**T**
Activity 3			
Activity 3 FIT	**F**	**I**	**T**
Long Term Goal			
Possible Obstacles			

MUSCULAR STRENGTH/ENDURANCE FITNESS (PUSH-UPS)

FitnessGram: When: Fall Scores: End of year/Spring:

Short Term Goal (Theme: Push-ups)			
Activity 1			
Activity 1 FIT	**F**	**I**	**T**
Activity 2			
Activity 2 FIT	**F**	**I**	**T**
Activity 3			
Activity 3 FIT	**F**	**I**	**T**
Long Term Goal			
Possible Obstacles			