

### 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"> <li>3 to 5 times per week</li> </ul>	<ul style="list-style-type: none"> <li>moderate to vigorous intensity (60% to 85% of maximum heart rate)</li> </ul>	<ul style="list-style-type: none"> <li>minimum of 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>continuous motion of large muscle group[s] such as running, cycling, xc-cross skiing</li> </ul>

Number of Adults Over 18 \_\_\_\_\_ Number of Children \_\_\_\_\_ Ages \_\_\_\_\_

per week \_\_\_\_\_

Muscular end \_\_\_\_\_

ESTABLISHED INCOME \_\_\_\_\_

2. Craft Parents/Carers Packet without plan worksheet.doc