Personalized Fitness Plan

**Overview**: You will be designing a 28 day (4 Week) **personal** fitness plan utilizing the FITT (frequency, intensity, time, type) principles. You will need to include the health related components (NA Body Comp.) that contribute to an active healthy lifestyle. Each week you need to record the exercise/fitness you are doing by using the FITT principle as a guide and then discussing the health related components of fitness that you are performing with it that day. This project is worth 100 pts.

**\* You can create your fitness plan in Word, Powerpoint, Smart Notebook, etc. It must have all of the following criteria included.**

**The fitness plan must contain the following:**

\_\_\_\_/14- Your resting heart rate, target heart rate range, and BMI. Must also

include a brief description of your present fitness level.

\_\_\_\_/16- Each component of the FITT principle each week

Exp. M-W-F Jogging 30 Minutes Treadmill 60% of THR on Manual Program

\_\_\_\_/16- Include all (4) of the health related components of fitness during

each week. (NA Body Comp.) Exp. Stretching- Flexibility

**~ Remember cardio training and flexibility training are done almost everyday and strength training is done three times a week.**

\_\_\_\_/40- After each week you must include at least a ½ page reflection

describing why you chose the exercises/workouts that you did.

Remember, you want to change up your workouts so you do not

plateau.

\_\_\_\_/14- Overall organization, creativity and real life effectiveness

throughout your fitness plan.

\_\_\_\_\_/100 Overall Score

Comments: