Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_

F.I.T.T. Diagram

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Health related fitness | Variables | | | |
|  | **F**  **Frequency** | **I**  **Intensity** | **T**  **Time** | **T**  **Type** |
| Cardiovascular Endurance (aerobic) | 3 to 5 times per week | Moderate to vigorous intensity (60%-85% of maximum heart rate) **THR** | Minimum of 20 minutes | Continuous motion of large muscle groups such as running, and cycling. |
| Muscular Strength | Alternate days 3 times per week | High resistance (sets to maximum capability) | 1 to 3 sets of 8 to 12 repetitions | * Free weights * Universal Gym * Resistance bands |
| Muscular Endurance | Alternate days 3 times per week | Low to moderate resistance | 3 sets of 10 to 20 repetitions | * Free weights * Universal gym * Resistance bands |
| Flexibility | Daily | Slow and controlled movement | 20 to 30 seconds | Static |

Weekly Tracker

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Date |  |  |
| 1 |  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
| 2 |  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
| 3 |  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
| 4 |  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
| 5 |  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |
|  | Objective: | |
| Reflection:   1. Did you meet the objective you set for yourself today? (Circle One)   Yes No   1. Explain, in details, what contributed to your success or failure to meet today’s objective? 2. Create your next steps for your next workout to ensure success. | |