

*\*Your Name\**

*\*Class Color\**

*\*Period\**

*\*Roll Call #\**

Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

I would like to share my fitness experience this year. As you can see from my attached graph, my fitness levels have improved. My biggest strength is the \_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_ results. The health-related fitness component that matches this strength is \_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_.

My weakness appears to be the \_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_ results. The health-related fitness component that matches that test is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I am proud of all of the improvements in my fitness this year.

My summer plan to continue focusing on my health includes three SMART goals; exercise, nutrition and mental strength. My exercise plan is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  I learned that the *frequency* of this exercise plan should be 6 days a week of moderate to vigorous activity; the *intensity* level should be within my target heart range of \_\_?\_\_.   The *time* spent exercising should add up to 60 minutes a day.  My nutrition plan is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and my mental strength plan is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Staying focused on these three goals will help me maintain a balanced, healthy lifestyle.

What I need from you to achieve this healthy plan is \_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  I could also benefit from \_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  I would appreciate it if you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Finally, thank you for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Your support continues to help me grow and be the best I can be.

In conclusion, this freshmen year has been a life changing experience.  I have worked hard on my personal fitness and maintaining a positive mental attitude. Here are some of the positive aspects that I experienced. The achievements I am most proud of includes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My favorite activities in this Fit2LiveandLearn class were \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  I am grateful for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  It has been a full and eventful freshmen year of physical, mental and social growth here at Benson High School.

Sincerely, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Sign Here\*

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