

Example Personal Fitness Plan Template

Standard PEBPE4: Achieves and maintains a health-enhancing level of physical fitness.

- Element B: The learner will set and modify personal fitness goals (gender and aged based) based upon pre/mid assessment results.
- Element D: The learner will implement a comprehensive fitness plan and adjust FITT Principles (frequency, intensity, type, time) and Principles of Conditioning (specificity, overload, progression) necessary to maintain a healthy level of fitness.
- Element F: The learner will design an exercise program based upon age, gender, and current levels of fitness.

"I can statements":

1. I can monitor my own fitness levels through collecting and analyzing data that relates to my health.
2. I can design a comprehensive fitness plan that helps me address my fitness goals and maintain a healthy lifestyle.
3. I can implement my comprehensive fitness plan, and make fitness a part of my everyday life.
4. I can challenge myself, make myself uncomfortable, and maintain a high level of safety while executing my fitness plan.

Name:

Period:

Instructor:

Year: 2015

MY PERSONAL FITNESS PLAN CONTRACT

Fitness Contract for Self

I, (Insert Name), am going to make a commitment to helping build lifelong fitness and nutrition habits that will aid me in sustaining a long, healthy lifestyle. I will make an attempt to follow most, if not all, of the guidelines I have designed in my fitness plan. My fitness plan will identify areas where I need improvements in both fitness and nutrition. I will design realistic, achievable and measurable goals. My activities will be ones that I can consistently incorporate into my current lifestyle. I will do my very best to keep fitness logs so that I can actually see if I am achieving the guidelines of my fitness plan as well as seeing improvements in my overall fitness. I will plan this for (Insert before and after dates here).



Benefits of a Fitness Plan

In this section, you are going to list 5 reasons why it is important for you to design and follow a fitness plan.

1. To Maintain A Healthy Body
2. So I Won't Become Overweight
3. So I Can Bulk Up
4. To Help You Increase Muscle, Bulkiness, etc. In A Specific Region of Your Body
5. So I Won't Become Unathletic

Fitness Plan Project

When you complete this project, you will accomplish the following:

- Setting specific short-term and long-term fitness goals
- Identify fitness activities that will help you accomplish your goals
- Determine how often, how hard and how long you will do the activities in a proposed calendar
- Track your progress
- Compare what you planned to what you accomplished and reflect on the process

Fitness Plan Questions

- A. What are 2 things that you think you can do to make sure you stay motivated to execute your fitness plan?
 1. Not Do The Same Exercise Every Time
 2. Think About How Much Better You Will Look And Execute When Your Done
- B. What are 2 BIG obstacles that you think will stand in your way from consistently following your fitness plan?
 1. Going There On Those Days When I Need To Exercise
 2. Actually Trying Hard, And Not Going 50%

I understand the conditions of my fitness plan and will do my best to incorporate this plan into my daily life.

Student Signature

Date

FITNESS PLAN GLOSSARY OF TERMS:

- **5 Fitness Components:** Muscular Strength (MS); Muscular Endurance (ME); Cardiovascular (CV); Flexibility; and Body Composition (BC)
- **Muscular Strength:** body's ability to exert force for a very short period of time using a lot of energy, usually 1 or 2 reps.
- **Muscular Endurance:** ability of a muscle or group of muscles to sustain repeated contractions over a period of time
- **Cardiovascular:** body's ability, over a sustained period of time, to deliver oxygen and nutrients to working muscles as well as remove waste (Carbon Dioxide) from the body.
- **Flexibility:** ability to move joints and use muscles through their full range of motion.
- **Body Composition:** ratio of lean body mass to fat in the body. Lean mass and Fat mass make up body weight.
- **FITT Formula:** Frequency; Intensity; Time and Type
- **Frequency:** how often you do an activity
- **Intensity:** how hard you do an activity. Usually measured by using Heart Rate Zone or RPE scale for cardiovascular activities and weight and speed for muscular strength/endurance activities.
- **Time:** how long you do an activity. Can be measured in either time (hours/mins/secs.) or sets/reps.
- **Type:** type of activity that you choose to perform to meet a specific goal (also known as specificity)
- **Principles of Exercise:** The terms specificity, progression, overload, warm-up and cool-down. In other words, explaining how to progress (progression), overload, warm-up, and cool-down an activity in order to gain fitness benefits from exercise.
- **Specificity:** choosing the right type of activities that specifically match your activity goal. For example, if you want to improve how many push-ups you do, you need to build the muscles in your arms and chest, not legs.
- **Progression:** increase the frequency, intensity and/or duration over periods of time in order to improve. In other words, how are you going to change the way you do your activities from Week 1 to Week 2 in order to make them more challenging.
- **Overload:** work hard enough and long enough at intensity levels that overload your body, above resting conditions to bring about improvement. For example, if you can lift 10lb. weights pretty easily for a long time, then you probably should lift a weight that causes you to struggle slightly.
- **Warm-up:** the process before your main workout begins in order to "heat up" your muscles. Usually involves a low intensity, steady activity to get blood flowing and stretching. Total warm-up time should be 5-10 minutes.
- **Recovery:** Recovery is as important as the workouts themselves. Your muscles need to recuperate and have time to grow back stronger. For cardiovascular workouts consider a resting period of 24 hours between workouts. For muscular strength and endurance activities consider 24-48 hours rest per large muscle group that was focused on. For flexibility exercises, consider 24 hours or less of rest between workouts.
- **Rest between sets (MS AND ME)** - If your goal is to increase your strength you should be doing 1-8 reps of a heavier weight (relative to student), and resting up to 2 minutes between sets. If your goal is growth you should be doing 8-15 reps per set with a moderate weight (relative), and resting about 1 minute between sets. If your goal is endurance (tone), then you should be doing a lightweight workout (relative) consisting of 15 reps or more, and resting for less than 60 seconds between sets.
- **Calories-** units of heat that burn energy
- **Nutrition-** the types of food that your body needs to function effectively
- **Food Log-** a method of recording what you eat and drink in the types of food you eat
- **WHEN USING WEIGHTS AS PART OF AN EXERCISE PROGRAM, REMEMBER THAT ALIGNMENT OF THE SPINE & JOINTS ALONG WITH PROPER BREATHING, USING FULL RANGE OF MOTION, AVOIDING EXTRA MOVEMENTS AND CHOOSING THE APPROPRIATE EXERCISES AND WEIGHT CAN HELP LEAD TO A SUCCESSFUL WORKOUT!**

PERSONAL FITNESS QUESTIONNAIRE

HELPING TO IDENTIFY STRENGTHS AND WEAKNESSES

1. HOW WOULD YOU RATE YOUR OVERALL ACTIVITY LEVEL?

0	1	2	3	4
Sedentary	Slightly Active	Somewhat Active	Regularly Active	Extremely Active

2. HOW WOULD YOU RATE YOUR OVERALL FITNESS?

0	1	2	3	4
Not Fit At All	Slightly Fit	Somewhat Fit	Fit	Extremely Fit

3. DO YOU EXERCISE REGULARLY?

0	1	2	3	4
Never/No Interest	I want to start a program/ Have tried starting one	Used to and starting back	Been exercising regularly this year	I have always exercised regularly and will continue

4. HOW WOULD YOU RATE YOUR EXPERIENCE WITH EXERCISE?

0	1	2	3	4
Know nothing about exercise	Beginner- Know a little	Intermediate- have some confidence	Learning- really learning a lot	Advanced- know how to do all exercises well

5. RATE HOW YOUR ENVIRONMENT AT HOME ENCOURAGES FITNESS AS AN IMPORTANT PART OF YOUR LIFE?

0	1	2	3	4
Not at all	A little	It is talked about	We try to be active	Excellent

6. HOW WOULD YOU RATE YOUR CURRENT CARDIOVASCULAR FITNESS LEVEL?

WHEN YOU PERFORM CARDIOVASCULAR ACTIVITIES LIKE RUNNING, CYCLING, SWIMMING, ETC. HOW IS YOUR FITNESS?

0	1	2	3	4
Terrible	Fair	Average	Good	Excellent

7. HOW WOULD YOU RATE YOUR CURRENT MUSCULAR STRENGTH LEVEL?

0	1	2	3	4
No Strength	Not Very Strong	Moderately Strong	Strong	Very Strong

8. HOW WOULD YOU RATE YOUR CURRENT MUSCULAR ENDURANCE LEVEL?

0	1	2	3	4
No Strength	Not Very Strong	Moderately Strong	Strong	Very Strong

9. HOW FLEXIBLE ARE YOU?

0	1	2	3	4
None	A little	Some muscles	Most muscles in body	All muscles (U & L Extremity) are extremely flexible

10. How often do you exercise per week?

0	1	2	3	4
I do not exercise	1 day/week	2 days/week	3 days/week	4 or more days/week

11. How often do your parents exercise per week?

0	1	2	3	4
They do not exercise	1 day/week	2 days/week	3 days/week	4 or more days/week

12. How would you rate your eating habits?

0	1	2	3	4
I do not pay attention to what I eat.	I sometimes am aware of what I am eating.	I will often substitute a food with a better choice	I avoid high sugar foods and am aware of what I am eating	I rarely make bad food choices. My parents help support my good habits.

13. How often do you read food labels?

0	1	2	3	4
I never read them.	Once a day	Twice a day	Once every meal	Each time I eat foods that I am not familiar with.

14. Do you know how many calories you are supposed to eat? 14. Have you ever researched how to balance a diet?

0	2	0	2
No idea	Yes, I do	No	Yes

15. How would you rate your overall nutrition (food choice and calorie intake)?

0	1	2	3	4
Terrible	Fair	Average	Good	Excellent

TOTAL POINTS HERE: 27

0-14 = sedentary, not making the best lifestyle choices

15-28 = slightly active, could make better lifestyle choices

29-45 = often makes good choices, but is not always consistent

46-56 = makes good choices, living a healthy lifestyle

To begin this project, you will analyze all of your recorded fitness scores for the current school year and your body measurements.

Part 1: The first page labeled MY PERSONAL FITNESS PLAN CONTRACT is to be signed by you. Also in part one students need to show evidence of their work. Students will need to turn in pages 1, 2, 4, and 6-11.

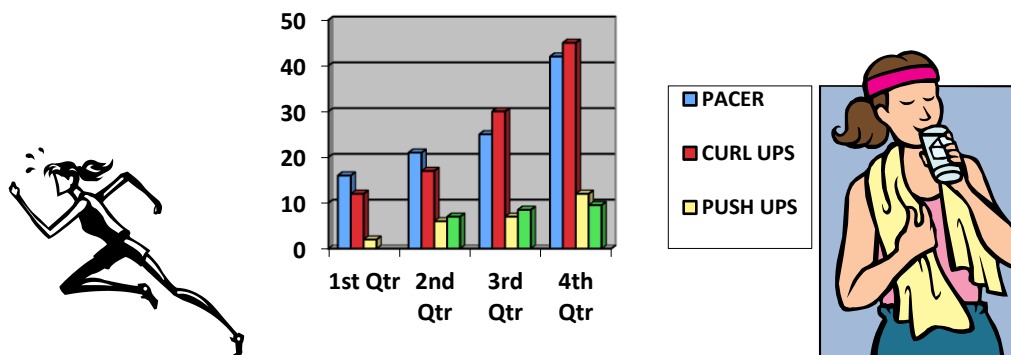
Part 2: during the first part of this assignment you will research your fitness scores from the first semester at ESA. Please carefully chart your scores for each of the three tests (PACER, Push- Ups, and Curl- Ups). Each test will be given three times during the semester. You may find some blank scores either because you were absent or did not record it. If you didn't record it, you WILL lose points. If you were missing from class due to anything other than suspension you will be excused.

Part 3: GRAPHING your findings. You will make several line graphs for you body fat percentages, BMI, body weight and FitnessGram scores. Please make two copies of each graph.

For your graphs you must:

- Add data labels
- Title your graph- (ex. YOUR NAME'S FITNESS SCORES)
- Label the X and Y Axis- MAKE SURE YOU HAVE THE TESTS AND THE SCORES WITH DATES
- Use correct spelling- adequate spacing, etc
- Use two exercise related clip art pictures

Please see the example below:



Part 4: Your Nutrition log. For the months of April and May you will record everything that you eat and drink. This section must include calories, amounts of fat, saturated fats, sodium, and sugars.

Part 5: Your two-month workout calendar. Your workout calendar must be created using FITT Principles and Principles of Conditioning. In the calendar you must create workouts that are diverse from day-to-day, workouts that you can actually do, and include exercises that will actually help you obtain your short-term and long-term fitness goals.

FITNESS PLAN BRAINSTORMING SHEET

By filling out this worksheet, you will be able to start thinking about what you might want to adopt in your Fitness Plan. This worksheet is intended to help you visualize your strengths and weaknesses, good and bad habits, motivation strategies, activities that you enjoy as well as general warm-up and cool-down exercises. When designing your Fitness Plan, you will end up using the information on this worksheet as the substance.

My 2 fitness strengths are (example: arms) : 1. _____ & 2. _____

My 2 fitness weaknesses are: 1. _____ & 2. _____

Challenges/Obstacles To
Staying With Plan

1. _____

2. _____

Strategies To Stay Motivated

1. _____

2. _____

WARM-UP ACTIVITIES/EXERCISES THAT
I ENJOY

1. _____

2. _____

Flexibility (Stretching)
Exercises That I Enjoy

1. _____

2. _____

Cardiovascular Exercises That
I Enjoy

1. _____

2. _____

Muscular Strength Exercises That
I Enjoy

1. _____

2. _____

Muscular Endurance
Exercises That I Enjoy

1. _____

2. _____

COOL-DOWN ACTIVITIES THAT I
ENJOY

1. _____

2. _____

GOAL SETTING SHEET

Questions that will help you toward setting goals

1. Where do you perform most of your fitness activities?

Home Outside Fitness Facility (gym, health club, pool, etc.)
Explain why? _____

2. What time of day can you do most of your exercise?

Any time Morning Afternoon Evening

3. What equipment do you have available on a regular basis? (circle all that apply)

Nothing Free Weights (dumbbells, etc.) Weight machines Treadmill or other cardio home machines
Resistance balls or other core home equipment Resistance Bands Exercise Videos Jump Ropes
Bicycle, Skateboards, Roller Blades, other (explain) _____

4. Which of the following are your personal obstacles in adopting a regular fitness program?

- | | |
|--|--|
| a) Intimidated and embarrassed when I exercise | e) I get bored pretty easily when I exercise |
| b) I can't really find the time to exercise | f) I have to exercise alone |
| c) I get frustrated because I don't see results right away | g) My exercise setting does not meet my needs |
| d) Family obligations | h) I do not have personal obstacles, I am lazy |

5. If you wanted to find out more about how to live a healthier lifestyle, what two types of people do you think you could talk to?

a)

b)

6. What sports or fitness activities do you enjoy participating in and why?

7. What type of fitness activities/sports do your parents/guardians participate in?

8. Which one of the Fitness Components do you need to improve the most? Why?

9. Which one of the Fitness Components do you feel is your strongest? Why?

Setting Goals

Setting goals involve following certain criteria:

- Be specific:** *What is it exactly that you would like to accomplish?*
- Be realistic:** *Do not make goals that are unachievable*
- Be flexible:** *If you say you'll work out 3 days a week, or for 30 minutes, and something comes up, you can make it up another day, or add some extra time elsewhere in the workout.*
- Measurable:** *If you are not able to measure your workout, you are unable to measure your progress*
- Recognize Obstacles:** *What is standing in your way of achieving your goals?*
- Have short and long-term goals:** Stepping stones will let you know if your program is working.
- Write them down:** Write down your goals, post them in places where your support system can see.

What are your fitness goals? (circle all that apply)

Appearance	Cardiovascular endurance	Reduce body fat	Get more flexible
General Health	Muscular definition	Muscle size	Muscle strength
Self-esteem or confidence	Speed	Sports Performance	Reduce my stress level
Tone and shape my body	Lose weight	Improve posture	Medical reasons

Example of writing a good cardiovascular goal: _____

Example of writing a bad cardiovascular goal: _____

Example of writing a good muscular strength goal: **I would like to increase my Curl Ups from 16 to 32 by June.**

Example of writing a bad muscular strength goal: **I would like to get stronger.**

Write an example CV goal here: **I Want To Raise My PACER Score From 53 to 79.**

Write an example MS goal here: **I Want To Increase My Push Up Score From 15 to 25.**

Write an example ME goal here: _____

Write an example Flexibility goal here: _____

CARDIOVASCULAR ACTIVITY EXPANSION-Applying the Principles of Exercise

Choose ONE activity from the cardiovascular category on your Fitness Plan Brainstorming Sheet. You need to explain how you will specifically warm-up, cool-down, progress from week 1 to week 2, and what obstacles might be in your way for each of the activities. Use the cardio example below to help you.

CARDIOVASCULAR SHORT TERM GOAL: _____

CARDIOVASCULAR LONG TERM GOAL: _____

CARDIO ACTIVITY: _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is: _____

The specific muscle(s) that I will target during this workout are: _____

Month 1 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ - _____ BPM How hard? What HR range will your workout be in?

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

PROGRESSION- WEEK 2 NEEDS TO BE MORE CHALLENGING THAN WEEK 1 BY ADJUSTING ANY COMBINATION OF THE FREQUENCY, INTENSITY OR TIME.

Month 2 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ - _____ BPM How hard? What HR range will your workout be in?

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: (how are you preparing your body to recover from this workout?)

OBSTACLES: (what two variables are hindering you from completing your F.I.T. goals?)

EXAMPLE CARDIOVASCULAR SHORT TERM GOAL: _____

EXAMPLE CARDIOVASCULAR LONG TERM GOAL: _____

EXAMPLE CARDIO ACTIVITY : _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is: _____

The specific muscle(s) that I will target during this workout are: _____

Week 1 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ - _____ BPM How hard? What HR range will your workout be in?

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

Week 2 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ - _____ BPM How hard? What HR range will your workout be in?

Time = ____min *How long? What is the total time of your workout including warm-up & cool-down?*

COOL-DOWN: _____

OBSTACLES: _____

MUSCULAR STRENGTH

ACTIVITY EXPANSION-Applying the Principles of Exercise

Choose ONE activity from the Muscular Strength category on your Fitness Plan Brainstorming Sheet. You need to explain how you will specifically warm-up, cool-down, progress from week 1 to week 2, and what obstacles might be in your way for each of the activities. Use the cardio example below to help you.

MS SHORT TERM GOAL: _____

MS LONG TERM GOAL: _____

MS ACTIVITY #1: _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is:

The specific muscle(s) that I will target during this workout are:

Month 1 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

PROGRESSION- WEEK 2 NEEDS TO BE MORE CHALLENGING THAN WEEK 1 BY ADJUSTING ANY COMBINATION OF THE FREQUENCY, INTENSITY OR TIME.

Month 2 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: (how are you preparing your body to recover from this workout?)

OBSTACLES: (what two variables are hindering you from completing your F.I.T.T. goals?)

EXAMPLE MS SHORT TERM GOAL: _____

EXAMPLE MS LONG TERM GOAL: _____

EXAMPLE MS ACTIVITY : _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is: Stretching upper body

The specific muscle(s) that I will target during this workout are: pectorals, abdominals, biceps, triceps, lats.

Week 1 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____ lbs.

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

Week 2 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____ lbs.

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: _____

OBSTACLES: _____

MUSCULAR ENDURANCE

ACTIVITY EXPANSION-Applying the Principles of Exercise

Choose ONE activity from the Muscular Strength/Endurance category on your Fitness Plan Brainstorming Sheet. You need to explain how you will specifically warm-up, cool-down, progress from week 1 to week 2, and what obstacles might be in your way for each of the activities. Use the cardio example below to help you.

ME SHORT TERM GOAL: _____

ME LONG TERM GOAL: _____

ME ACTIVITY #1: _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is:

The specific muscle(s) that I will target during this workout are:

Month 1 F.I.T.T.

Frequency = _____days/week How often (days/week) are you going to do this activity?

Intensity = _____RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____

Time = _____min How long? What is the total time of your workout including warm-up & cool-down?

PROGRESSION- WEEK 2 NEEDS TO BE MORE CHALLENGING THAN WEEK 1 BY ADJUSTING ANY COMBINATION OF THE FREQUENCY, INTENSITY OR TIME.

Month 2 F.I.T.T.

Frequency = _____days/week How often (days/week) are you going to do this activity?

Intensity = _____RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____

Time = _____min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: (how are you preparing your body to recover from this workout?)

OBSTACLES: (what two variables are hindering you from completing your F.I.T.T. goals?)

EXAMPLE ME SHORT TERM GOAL: To be able to do 16 Push Ups by May.

EXAMPLE ME LONG TERM GOAL: To be able to do 21 Push Ups by June's Fitnessgram test

EXAMPLE ME ACTIVITY : Biceps curls

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is: _____

The specific muscle(s) that I will target during this workout are: _____

Week 1 F.I.T.T.

Frequency = _____days/week How often (days/week) are you going to do this activity?

Intensity = _____RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____ lbs.

Time = _____min How long? What is the total time of your workout including warm-up & cool-down?

Week 2 F.I.T.T.

Frequency = _____days/week How often (days/week) are you going to do this activity?

Intensity = _____RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____ lbs.

Time = _____min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: _____

OBSTACLES: _____

FLEXIBILITY

ACTIVITY EXPANSION-Applying the Principles of Exercise

Choose ONE activity from the Flexibility Endurance category on your Fitness Plan Brainstorming Sheet. You need to explain how you will specifically warm-up, cool-down, progress from month 1 to month 2, and what obstacles might be in your way for each of the activities. Use the cardio example below to help you.

FLEX SHORT TERM GOAL: _____

FLEX LONG TERM GOAL: _____

FLEX ACTIVITY #2: _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is:

The specific muscle(s) that I will target during this workout are:

Month 1 F.I.T.T

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

PROGRESSION- WEEK 2 NEEDS TO BE MORE CHALLENGING THAN WEEK 1 BY ADJUSTING ANY COMBINATION OF THE FREQUENCY, INTENSITY OR TIME.

Month 2 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: (how are you preparing your body to recover from this workout?)

OBSTACLES: (what two variables are hindering you from completing your F.I.T. goals?)

EXAMPLE FLEX SHORT TERM GOAL: _____.

EXAMPLE FLEXIBILITY LONG TERM GOAL: To be able to reach as far as 13 on the June's Grade Fitnessgram test

EXAMPLE FLEXIBILITY ACTIVITY : _____

WARM-UP: (How are you preparing your body for this workout?)

The exercise(s) that I'm doing to warm-up is: Stretching upper body

The specific muscle(s) that I will target during this workout are: _____

Week 1 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____

Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

Week 2 F.I.T.T.

Frequency = _____ days/week How often (days/week) are you going to do this activity?

Intensity = _____ RPE How hard? What is the RPE (1-10 Scale) for this exercise?

Sets = _____ Repetitions: _____ Weight: _____ lbs.

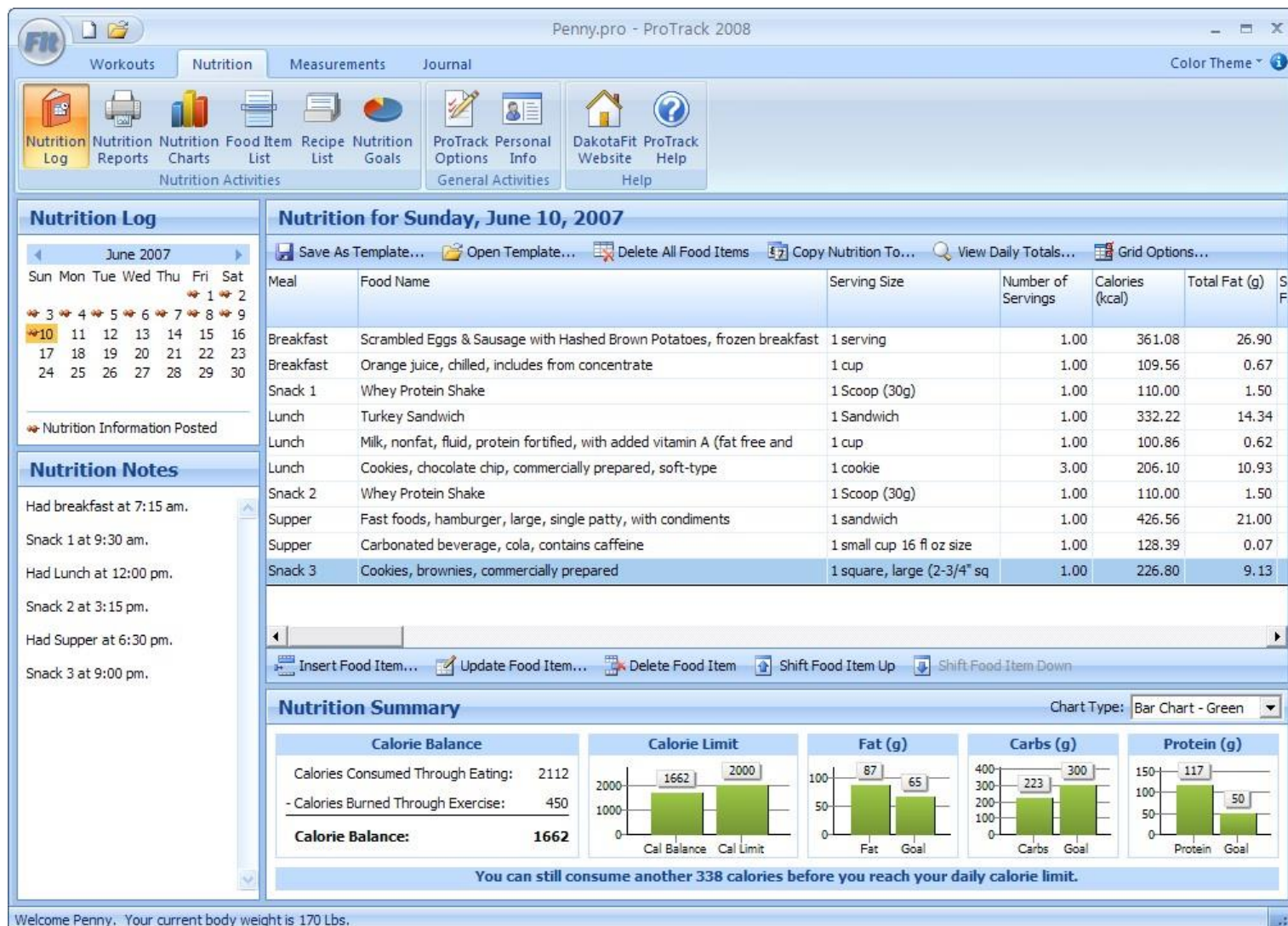
Time = _____ min How long? What is the total time of your workout including warm-up & cool-down?

COOL-DOWN: _____

OBSTACLES: _____

Nutrition Log – create an electronic nutrition log using a word processor to record everything you eat and drink over the next two months. The nutrition log will need to include the number of serving consumed, calories, fat, saturated fat, sodium, and sugar. Students can use the website: <http://www.choosemyplate.gov/supertracker-tools/supertracker.html> in order to organize, and fill out your table.

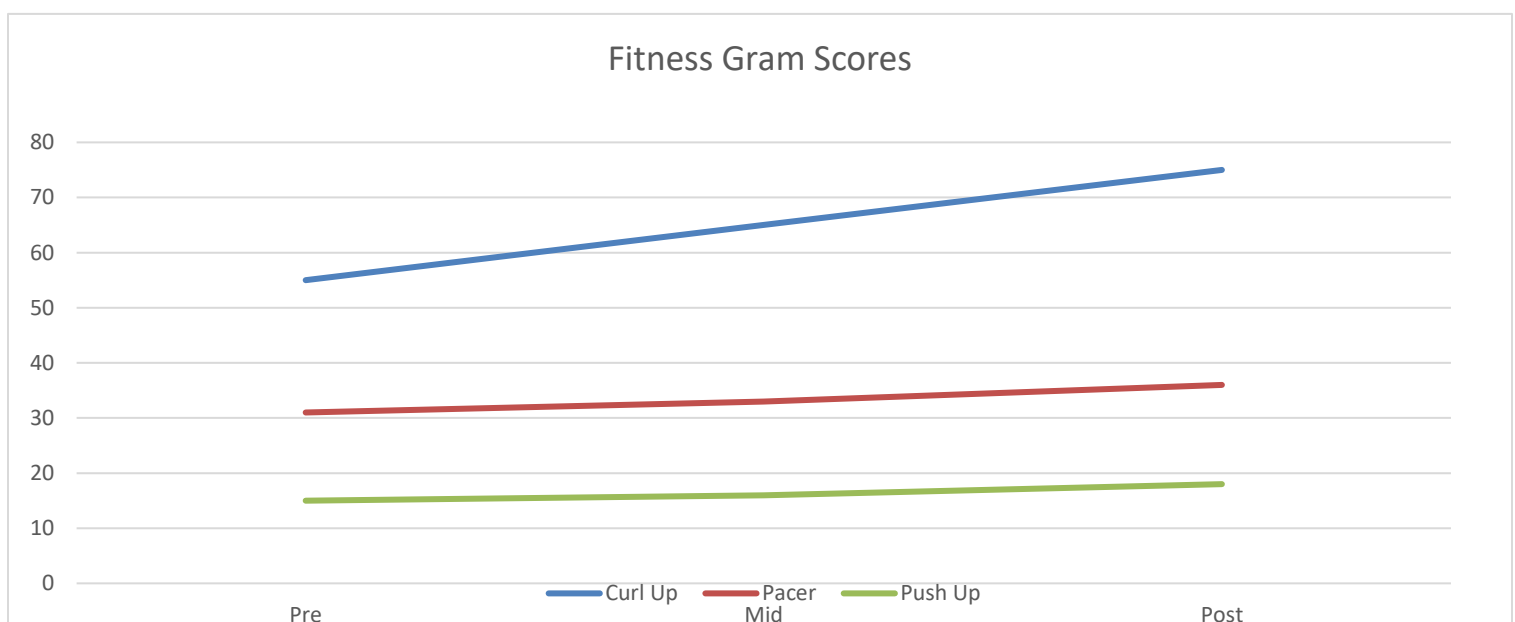
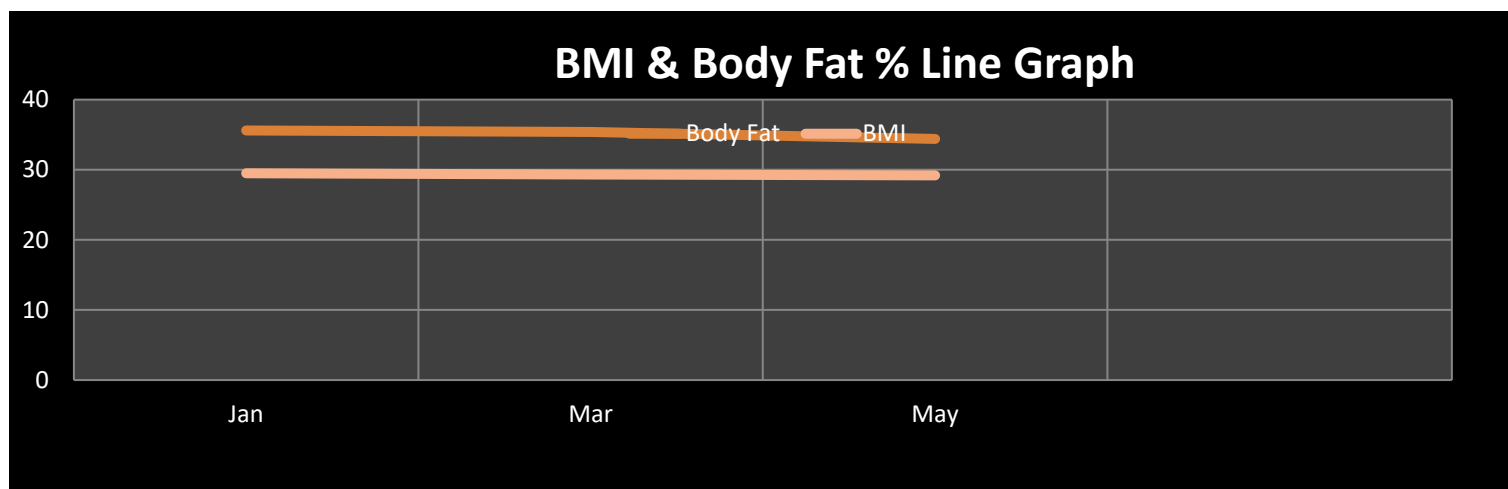
Students are expected to make the healthiest food choices that you are capable of making over the next two months. During this two-month period, students are being asked to eliminate the consumption of soda, candy, and other junk foods. Students also need to make sure they are consuming and recording 64 ounces of water a day.



Fitness Line Graph – create electronic graphs that chart individual’s fitness progression. Students will need to include the following electronic graphs:

- **Body Mass Index (BMI) progression** – taken every two weeks over the next two months.
- **Body Fat Percentage progression** – taken every two weeks over the next two months
- **Body Weight progression** – taken every two weeks over the next two months.
- **FitnessGram Results** – charts FitnessGram healthy zones for your age group, pre-exam, mid-exam, and post-exam. The fitness gram results should include tests results from Pacer, Curl-up, and Push-up.

You are expected to make the healthiest food choices that you are capable of making over the next two months. Students will need to make sure each graph has data labels, titles, both axis labeled, correct spelling, and two pieces of clip art.



EXAMPLE PROPOSED WORKOUT CALENDAR- Month 1

Choose the activities for the 1 Fitness Component that you have decided to focus on for your Fitness Plan. Fill in this Proposed Calendar for each day of the week you PLAN to do the activity, include the date. You will have to create a monthly one to turn in. Use this sample, to indicate the following in the box: a) name of the activity b) total work out time you plan to spend on that activity c) the intensity you plan to do the workout. See my example below.

I have filled in one box as an example.

Circle one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO MS ME FLEX	Warm-up 30 min Jog Cool Down	Rest Day	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 30 min Jog Cool Down	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day
CARDIO MS ME FLEX	Warm-up 30 min Jog Cool Down	Rest Day	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day	30 min Jog Cool Down Warm-up	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day
CARDIO MS ME FLEX	Warm-up 30 min Jog Cool Down	Rest Day	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 30 min Jog Cool Down	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day
CARDIO MS ME FLEX	Warm-up 30 min Jog Cool Down	Rest Day	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 30 min Jog Cool Down	Warm-up Free Weights: 10lb 2x10 10 Diamond pushups Cooldown	Rest Day
NOTES							

Example:

Circle one	Monday May 3	Tuesday May 4	Wednesday May 5	Thursday May 6	Friday May 7	Saturday May 8	Sunday May 9
CARDIO MS ME FLEX	Swim 45 mins Zone 2 and 3	Rest Day	Rest Day	Swim 45 mins. Zone 2 and 3	Rest Day	Swim 45 mins. Zone 2 and 3	Rest Day

This was determined on Activity Expansion Sheet: Fitness Component: Cardio; Activity: Swim; Frequency: 3 days/week; Intensity: 1-5: 1= IS THE LEAST amount of effort, 5= the greatest amount of effort.

Name _____ Per _____ Roll _____

EXAMPLE PROPOSED WORKOUT CALENDAR- MONTH 2

Choose the activities for the 1 Fitness Component that you have decided to focus on for your Fitness Plan. Fill in this Proposed Calendar for each day of the week you PLAN to do the activity, include the date. When filling in the calendar, indicate the following in the box: a) name of the activity b) total work out time you plan to spend on that activity c) the intensity you plan to do the workout. See my example below. By the end of two months, you can one two monthly calendars, or eight weekly calendars.

I have filled in one box as an example.

Circle one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO MS ME FLEX	Warm-up 45 min Jog Cool Down	Rest Day	Warm-up Free Weights: 15lb 2x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 45 min Jog Cool Down	Warm-up Free Weights: 15lb 2x10 10 Diamond pushups Cooldown	Rest Day
CARDIO MS ME FLEX	Warm-up 45 min Jog Cool Down	Rest Day	Warm-up Free Weights: 15lb 2x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 45 min Jog Cool Down	Warm-up Free Weights: 15lb 2x10 10 Diamond pushups Cooldown	Rest Day
CARDIO MS ME FLEX	Warm-up 45 min Jog Cool Down	Rest Day	Warm-up Free Weights: 52x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 45 min Jog Cool Down	Warm-up Free Weights: 152x10 10 Diamond pushups Cooldown	Rest Day
CARDIO MS ME FLEX	Warm-up 45 min Jog Cool Down	Rest Day	Warm-up Free Weights: 15lb 2x10 10 Diamond pushups Cooldown	Rest Day	Warm-up 45 min Jog Cool Down	Warm-up Free Weights: 15lb 2x10 10 Diamond pushups Cooldown	Rest Day
NOTES							

EXAMPLE PERSONAL FITNESS PLAN PROJECT RUBRIC

Wellness Plan Page	5	4	3	2	1
Fitness Contract Sheet/ Cover Page	The cover page blanks are completed. The answers are relative and show the students understanding of the assignment. Student signature included.	The cover page blanks are almost completed. Some answers are relative and show the students have a somewhat understanding of the assignment. Student signature included.	Some of the cover page blanks are incomplete. The answers are non-relative and show that the students do not have an understanding of the assignment. Student signature is excluded.	Page is incomplete and missing signatures on the bottom.	Missing from plan
Personal Fitness Questionnaire	Complete, filled out thoroughly, all questions are addressed, with multiple answers circled when applicable.	Complete, looks rushed, doesn't elaborate on questions, many one circle answers.	Incomplete, some items overlooked, not filled out thoroughly, many one circled answers. Goals are not written well, no time frame or unreachable.	Incomplete, not filled out, or less than half answered.	Missing from plan
Setting Goals Page	Complete, filled out honestly, answers are thorough, not one word answers, complete sentences. Well written goals	Complete, looks rushed, doesn't elaborate on questions, many one-word answers or incomplete sentences. Goals written, but not well.	Incomplete, some items overlooked, not filled out thoroughly.	Incomplete, not filled out.	Missing from plan
Fitness Plan Brainstorming Worksheet	Complete, filled out, answers are thought out and represent each sub-category correctly.	Complete, some answers match the over-arching categories	Somewhat incomplete, some categories overlooked, exercises/stretchers do not match sub-categories well.	Incomplete, not filled out.	Missing from plan
Written Goals on Activity Expansion Worksheet - Goals	Both Short-term and Long-term goals are measurable, achievable, specific, and realistic, they include the word "by" in the statement.	One of the written Short-term and Long-term goals are measurable, achievable, specific, and realistic, one of the goals includes "by" in the statement.	Neither of the written Short-term and Long-term goals are measurable, achievable, specific, and realistic. They only include a time or #, and do not state intentions of the student.	The student is not able to apply the pillars of setting goals to this assignment.	Missing from plan
Activity Expansion Sheet	All activities are translated from the brainstorming sheet along with FITT. Appropriate warm-up & cool down and obstacles are well thought out and match the activity well. Thorough, including the major muscles used during exercise.	Most activities are translated from the brainstorming sheet along with FITT. Warm-up & cool down and obstacles are close to matching the activity. Exercise, Warm-Up and Cool-down are almost correct with one element incorrect. Some muscles are identified correctly.	The activities are not translated from the brainstorming sheet along with FITT. Warm-up & cool down and obstacles are not matching the activity, and/or left blank.	The activities and FITT are not translated from the brainstorming sheet. Specificity, progression, cool down and obstacles are not filled out or are not understood by the student.	Missing from plan
F.I.T.T. Selection – MS, ME, CE, FLEX	The F.I.T.T for each activity is appropriate, relative, achievable and measurable. Intensity matches the proper component.	The F.I.T. T for almost every activity is appropriate, relative, achievable, and measurable. One of the F.I.T. items in not in alignment with student's goal. Intensity	F.I.T.T for activities are not correct, inappropriate, and not relative to the activity or the student. Student chose wrong intensity based on exercise choice.	F.I.T.T is filled out, but incorrect, showing the student does not understand the F.I.T. principles	Missing from plan

		is somewhat in line with student's exercise choice.			
Daily Food/ Nutrition Log	Log is completed with each day filled in with time, quantity, food, calories, and fat. Each water amount is completed so that 64 ounces of water are consumed per day. You have included something that we left off.	Log meets our expectations.	Log is almost completed with each day almost filled in. At minimum one area is missing.	Log is not completed; each day is not filled in. Inconsistent.	Log is incomplete. Student did not attempt to follow the plan or directions of the assignment.
Proposed Workout Calendar	Proposal exactly matches the activities listed in the plan. Lists F.I.T., warm-up cool-down, and total time for each activity day. No arrows or "see other workout" is included.	Proposal is close to matching the activities and is almost in accordance with what the student chose for FIT, warm-up and cool-down, intensity and time. Some days are left blank on calendar or are missing a required component.	Proposal is not in alliance with the goal setting sheet, and seems to be lost between what is intended for the goals and what is written. No sign of warm-up, cool-down, intensity, time on calendar.	The calendar is poorly written, not in accordance with FIT and the overall goals, no warm-up, cool-down, intensity or time.	Missing from plan
Overall Fitness Plan-Professional Quality	All pages are completed. The answers are relative and show the students understanding of the assignment. Student and parent signature included.	Most pages are almost completed. Some answers are relative and show the students have a somewhat understanding of the assignment. Student and parent signature included.	Some of the pages are blank or incomplete. The answers are non-relative and show that the students do not have an understanding of the assignment. One or both of the student and parent signatures is excluded.	Plan is incomplete and missing signatures one or both on the bottom. Poor effort.	Missing from plan
Body Fat % Graph	Graph has been submitted online, and is complete with data labels, titles, both axis labeled, correct spelling, and two pieces of clip art.	One item is missing from the graph	Two items are missing from the graph	Three items are missing from the graph	Four or more items are missing from the graph. Or it was not submitted on EDMODO to your teacher.
BMI % Graph	Graph has been submitted online, and is complete with data labels, titles, both axis labeled, correct spelling, and two pieces of clip art.	One item is missing from the graph	Two items are missing from the graph	Three items are missing from the graph	Four or more items are missing from the graph. Or it was not submitted on EDMODO to your teacher.
Body Weight Graph	Graph has been submitted online, and is complete with data labels, titles, both axis labeled, correct spelling, and two pieces of clip art.	One item is missing from the graph	Two items are missing from the graph	Three items are missing from the graph	Four or more items are missing from the graph. Or it was not submitted on EDMODO to your teacher.
FitnessGram Result Graph	Graph has been submitted online, and is complete with data labels, titles, both axis labeled, correct spelling, and two pieces of clip art.	One item is missing from the graph	Two items are missing from the graph	Three items are missing from the graph	Four or more items are missing from the graph. Or it was not submitted on EDMODO to your teacher.

Is this project worthy of showing

as a future example of a great project? Y N

TOTAL:

One Day Late -
10

On Time

out of/ 70	Two Days Late - 20 Three Days Late -70	Yes No
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