6.1 Create Your Own FITT Plan

Follow these specific steps to create your personalized FITT plan	Follow these s	specific steps	s to create	your pers	sonalized	FITT	plan:
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Set a Measurable Goal	
Complete this sentence: "In 4 weeks, I want to be able to _	·

Examples:

- Run in place for 5 minutes without stopping
- Do 10 push-ups in a row
- Touch my toes while keeping my legs straight

2. Fill in Your FITT Plan Worksheet

Component	My Plan	Why I Chose This
Frequency	days per week	
Intensity	out of 10	
Time	minutes per session	
Туре	List specific activities:	

3. Create a Weekly Schedule

Write down exactly when you'll exercise each day:

Day	Time	Activity	Location in Home
Monday			
Tuesday			

Day	Time	Activity	Location in Home
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

4. Progress Tracking

Use this table to track your workout progress throughout the week. Complete all fields after each workout session.

Date & Time	Workout Activity	Duration	How It Felt (1-10)	One Thing I'm Proud Of	One Thing to Improve