

6.1 Create Your Own FITT Plan

Follow these specific steps to create your personalized FITT plan:

1. 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	
Type	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			

