FITT PRINCIPLE & RATE OF PERCEIVED EXERTION

In your weekly journals, you will be asked to describe three occasions of physical activity. We will be using the FITT Principle and Rate of Perceived Exertion (RPE scale).

**FITT Principle:** Provides a description of physical activity that explains the frequency of the activity, the intensity, the duration, and the type of activity.

Examples:

|  |  |
| --- | --- |
| *Frequency* | Three times per week |
| *Intensity (RPE)* | 3 |
| *Time* | 45 minutes |
| *Type* | Walking the dog around the neighbourhood |

|  |  |
| --- | --- |
| *Frequency* | Twice per week |
| *Intensity (RPE)* | 7 |
| *Time* | 20 minutes |
| *Type* | Body weight muscle training (pushups, squats, planks, dips) |

**Rate of Perceived Exertion (RPE):** A general self-assessment to monitor intensity level during physical activity is located on the next page

Blank Template:

|  |  |
| --- | --- |
| *Frequency* | Seven times per week |
| *Intensity (RPE)* | 7 |
| *Time* | 60 minutes |
| *Type* | Body weight muscle training |

|  |  |
| --- | --- |
| Frequency | Once per week |
| Intensity (RPE) | 5 |
| Time | 30 minutes |
| Type | Yoga |

|  |  |
| --- | --- |
| Frequency | Twice per week |
| Intensity (RPE) | 3 |
| Time | 45 minutes |
| Type | Going for a walk around the neighbourhood |

