

Name: _____

Period: _____

[Height] = _____ [Weight]= _____

[BMI] = _____

[Pre-Fitness Push Up] = _____

[Pre-Fitness Curl Up] = _____

[Pre-Fitness Flexibility] = _____

[Pre-Fitness Score Aerobic Capacity]

1 Mile time = _____

Review your baseline fitness scores above, and describe the goals you have set to improve them.

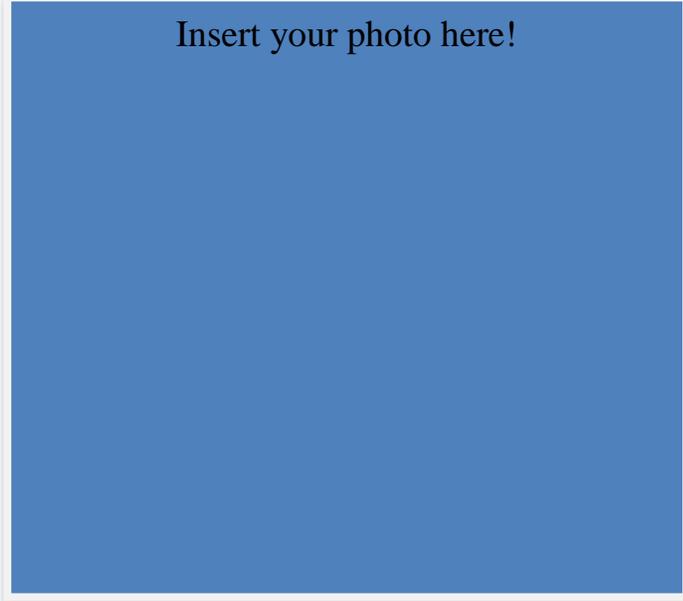
SMART FITNESS GOALS

- [Describe a short term nutrition goal here]

- [Describe a short term muscular strength goal here]

- [Describe a short term Aerobic Capacity goal here]

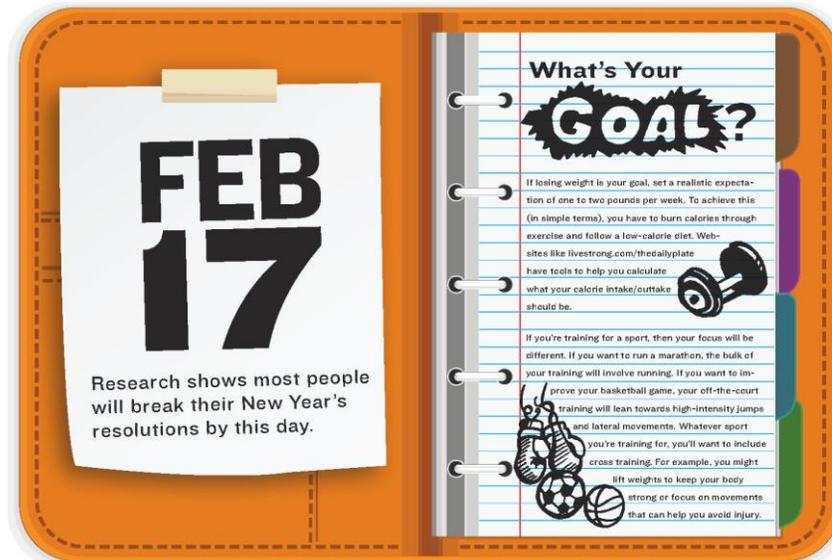
“INSERT A FITNESS QUOTE HERE.”



F.I.T.T Principles for Aerobic Capacity

- F = Frequency 3-5times a week
- I = Intensity THR
RPE
- T = Time 20-30 minutes
- T = Type Which activities

Insert your favorite *Aerobic Capacity* exercise here. Pick an activity you enjoy doing. You can use google images, draw, or take your own photo.



Write a positive statement here!
Explain what you love to do for fun to get some exercise!

OVERLOAD

1. **Muscular Strength/Endurance Overload:** To help you improve [your *muscular strength* or *endurance* goal] you will need to increase [describe activity here].
2. **Aerobic Capacity Fitness Overload:** To help you improve [your aerobic capacity goal] you will need to increase [describe activity here].

PROGRESSION

[Choose (1) goal for you to create a progression):
The best way for me to [describe your goal] I will need to increase the amount of [describe specific exercises prescribed for you aligned with goals] by gradually increasing the number of sets and reps for muscular strength and endurance, or by increasing the time exercising for aerobic capacity fitness. The progression plan will be:

- a. **Week 1 [describe frequency, intensity level, type, and time, of the exercise you are prescribing for you]**

- b. **Week 2 [same as above but increase the load no more than 10% increase from previous week]**

Nutrition Plan

Nutrition is important for all around fitness. The foods and drinks we consume play a major part in our overall wellness. If we eat more calories than we burn, then weight gain will happen. But did you know the *types* of food we eat effect how we feel? This means that some foods increase chances of weight gain, but also make us feel like not moving. It is important to eat a high quality diet to help us manage calorie balance **and** make us feel like we want to get up and move, dance, play sports, etc..

Breakfast – [list 3 of the foods you should eat for this meal.]

- 1.
- 2.
- 3.

Snack – [list a food you should eat for this snack]

- 1.

Lunch – [list 3 of the foods you should eat for this meal]

- 1.
- 2.
- 3.

Snack - [list a food you should eat for this snack]

- 1.

Dinner - [list 3 of the foods you should eat for this meal]

- 1.
- 2.
- 3.

Insert photo of a healthy recipe

Insert photo of *Muscular Strength* here. Pick an activity you enjoy doing. You can use google images, draw, or take your own photo.

Insert photo of *Muscular Endurance* here. Pick an activity you enjoy doing. You can use google images, draw, or take your own photo.

Insert photo of *Flexibility* here. Pick an activity you enjoy doing. You can use google images, draw, or take your own photo.