

Name _____
Teacher _____
Period _____

Fitness Plan

Use your understanding of the FITT principle to create a fitness plan for yourself.

Complete the table below:

1. Identify **two** changes in physical activity you can make to improve your level of fitness.
2. Explain how your changes will help you reach a higher level of fitness.

First change in physical activity _____
How change will increase level of fitness:
Second change in physical activity: _____
How change will increase level of fitness:

Nutrition

Based upon your current nutritional habits, create a nutrition plan.

Complete the table below:

1. Identify **two** changes in nutrition that you will make to improve your eating habits.
2. Explain how your changes will help you maintain a healthy percentage of body fat.

First change in nutrition: _____
How change will lower/maintain a healthy percentage of body fat:
Second change in nutrition: _____
How change will lower/maintain a healthy percentage of body fat: