

Good health doesn't just happen. It is the result of healthy living each day. According to recommendations from the Centers for Disease Control and prevention (CDC) "Children and youth aged 5–17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. Amounts of physical activity greater than 60 minutes provide additional health benefits.

Most of the daily physical activity should be aerobic."



The FITT Principle

The FITT Principle refers to Frequency, Intensity, Time, and Type. When developing your goals, keep the FITT principle in mind. By changing one or more of these variables each month, you will soon feel better, be stronger, and have more endurance.

September 29-October 26 Goal Setting Worksheet

| Recommendation | Your Goal |
|---|--|
| <p>Frequency of participation</p> <p>F Exercise 3-6 days a week</p> | <p>_____ days each week</p> <p>SUN MON TUES WED THURS FRI SAT</p> |
| <p>Intensity of exercise (easy, moderate, vigorous)</p> <p>I Strive for moderate to vigorous intensity</p> <p>The "Talk Test" is an easy way to monitor your approximate intensity and perceived exertion during physical activity. Find your level in the column to the right.</p> | <p>Intensity of Exercise (The Talk Test)</p> <p><input type="checkbox"/> Easy-when active at a light intensity, a person should be able to sing while taking part in the activity</p> <p><input type="checkbox"/> Moderate-at a moderate intensity, a person should be able to comfortably carry on a conversation while participating in the activity</p> <p><input type="checkbox"/> Vigorous-a person taking part in vigorous activity will still be able to talk, but will find conversation difficult due to heavy breathing</p> |
| <p>Time of physical activity</p> <p>T Accumulate up to 60 minutes of physical activity each day.</p> <p>It's okay to break it up into three or four 15-20 minute sessions.</p> | <p>_____ Minutes per day</p> |
| <p>Type of activity</p> <p>T Participate in activities you enjoy such as: dancing, trampoline, bicycling, hiking, walking, running, skiing, swimming, competitive sports, aerobics</p> | <p>Name a few activities you will enjoy doing:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> |

FITT Journal Worksheet

Name _____ 4 week cycle: **Sept. 29-Oct. 26**

Use this sheet to gather your baseline data, set goals and monitor your progression

| | Week 1 9/29-10/5 | Week 2 10/6-12 | Week 3 10/13-19 | Week 4 10/20—26 |
|--|--|--|--|--|
| Frequency (how often) How many days of the week did you participate in your activity? | Circle the days SUN MON TUE WED THUR FRI SAT | Circle the days SUN MON TUE WED THUR FRI SAT | Circle the days SUN MON TUE WED THUR FRI SAT | Circle the days SUN MON TUE WED THUR FRI SAT |
| Intensity (how hard) How many days of the week was your overall activity low, moderate, or high? | Total Days Low _____ Total Days Mod _____ Total Days High _____ | Total Days Low _____ Total Days Mod _____ Total Days High _____ | Total Days Low _____ Total Days Mod _____ Total Days High _____ | Total Days Low _____ Total Days Mod _____ Total Days High _____ |
| Time (how long) How many minutes a day did you participate in your activity for the week? | total minutes each day SUN _____ MON _____ TUE _____ WED _____ THUR _____ FRI _____ SAT _____ | total minutes each day SUN _____ MON _____ TUE _____ WED _____ THUR _____ FRI _____ SAT _____ | total minutes each day SUN _____ MON _____ TUE _____ WED _____ THUR _____ FRI _____ SAT _____ | total minutes each day SUN _____ MON _____ TUE _____ WED _____ THUR _____ FRI _____ SAT _____ |
| Type (activity) List the type of physical activity you participated in each week | List of Activities * * * * * | List of Activities * * * * * | List of Activities * * * * * | List of Activities * * * * * |

At the end of the 4 week cycle, did you meet your goal? **YES NO** (circle one)

Parent/Guardian Signature _____ **DUE October 29th**

If turned in after the due date, 25% will be taken off. FITT Journals will no longer be accepted 1 week after due date.