

FITT Journal PE/Mrs. Lanham

Name _____ 4 week cycle: **Oct 27-Nov 23**

Use this sheet to set goals, document your physical activity, and monitor your progression

1. Goal Statement: _____

2.	Week 1 10/27-11/2	Week 2 11/3-11/9	Week 3 11/10-16	Week 4 11/17-23
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 * * * * *

3. At the end of the cycle did you achieve your goal? YES NO (circle one & explain)

Why or why not? _____

4. Parent/Guardian Signature _____ **DUE November 26th**

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