

Developing a Weekly Fitness Plan

Directions: You must complete ALL of the following steps to receive credit. If any step is incomplete, you will not receive credit for the Fitness Plan.

1. Name the fitness test that is used for each of the 6 categories listed on the attached sheet in the boxes provided.
2. Decide what exercises or activities you want to do that would help you reach your fitness goals. Below is a list of examples, however, you are not limited to them. Feel free to use exercises/activities that are not listed, but keep in mind they must fall within the category (i.e. you cannot list “walk the dog” for improving your abdominals).
3. Develop a weekly exercise program that lists the following:
 - i. Day of the week
 - ii. Fitness category you are working to improve
 - iii. Exercises or activities you are doing
 - iv. Any weight/equipment/objects you are using
4. Follow through with your plan! ~~Make slight adjustments~~ ^{Amount of time OR number of repetitions} (time/reps/weight) as needed, but don't give up! Stick with your weekly program and see how much you improve! For verification, **have a parent/guardian initial each day that you do follow your program.**
5. HAVE FUN! This is not meant to make you dislike exercising. It is to let you know that being physically active is easy, healthy, and beneficial!