Assignment: Students will create a Daily Fitness Plan incorporating all areas of fitness

Daily plan/ 60 minutes week name

Day\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hour

Resting heart rate\_\_\_\_\_\_\_\_\_\_\_\_\_

TARGET HEART RANGE\_\_\_\_\_\_\_\_\_\_\_\_\_

Maximum target heart rate, going above this rate is dangerous\_\_\_\_\_\_\_\_\_\_\_\_\_\_

percent body fat\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(optional) BMI\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (optional)

WARM-UP (the muscles you will be using)

|  |  |  |  |
| --- | --- | --- | --- |
| Activity | Time | Specific name of activity | Notes |
|  |  |  |  |
|  |  |  |  |

WORKOUT

Cardiorespiratory

|  |  |  |  |
| --- | --- | --- | --- |
| Type of activity | Time/distance | Intensity-moderate/vigorous | Target heart rate |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Muscular strength and endurance

|  |  |  |  |
| --- | --- | --- | --- |
| Type of activity | Sets/reps | Weight | Notes/time |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

COOL-DOWN

|  |  |  |  |
| --- | --- | --- | --- |
| Activity | Time | Set/reps | Notes |
|  |  |  |  |
|  |  |  |  |

TOTAL TIME FOR THE DAY\_\_\_\_\_\_\_\_\_\_\_\_