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| ELEMENTS OF FITNESS | FREQUENCY | INTENSITY | TYPE | TIME (duration) |
| Cardiorespiratory  endurance | 3 X week |  |  |  |
| Muscular strength and  endurance | 2-3 x week |  |  |  |
| Flexibility | 10-12 mins/day |  |  |  |

1. What is your fitness goal? 5 points

2. List activities that you enjoy and might use in your plan? 5 pts

3. How would you assess your beginning/ending fitness? 8 pts.

4. How would you design your plan to include progression, if the plan continued for 4 weeks? Be specific in each element of fitness—cardiorespiratory, muscle strength and endurance, and flexibility. (15 pts)