DEVELOPING YOUR FITNESS PLAN

Name: _____________________________  Period: ______________

1. Set a personal fitness goal. Write down what elements of fitness (flexibility, endurance, muscle tone, weight loss, etc.) you most want to improve.

2. Choose activities you will do in order to meet your fitness goal. Write down those activities.

3. Proceed gradually. Write a reasonable and attainable exercise plan. What do you want to accomplish daily, weekly, monthly?

4. Plan for fitness. List the times you have available for exercise and the equipment you will need.

5. List all of the positive forces that will help you achieve your goals.

6. List all negative forces that will keep you from your goal. Consider ways to prevent these forces from affecting you.
7. Devise a record keeping system to track your progress. List the kinds of information that you would like to track during your program.