

HSCI Personal Fitness Plan

Name: _____ Period: _____ Date: _____

Personal Fitness Contract

I, _____, am going to make a commitment to helping build my lifelong fitness and nutrition habits that will assist me in sustaining a long, actively healthy lifestyle. I will make an attempt to follow most, if not all of the guidelines I have designed in my fitness plan. My fitness plan will identify areas I need improvements in both fitness and nutrition. I will design realistic, achievable, and measurable goals. My activities will be ones that I can consistently incorporate into my current lifestyle. I will do my best to keep fitness logs so that I can actually see if I am achieving the guidelines of my fitness plan as well as seeing my improvements in my overall fitness.

I understand the conditions of my fitness plan and will do my best to incorporate this plan into my daily life.

_____ (print student first AND last name)

_____ (student signature) Date: _____

_____ (parent signature) Date: _____

Personal Fitness Plan Pre-Assessment

Name: _____ Period _____ Date: _____

INSTRUCTIONS: Please answer the following fitness plan questions. You will need to review the following charts to complete this section:

- ✓ **BMI Calculator**
<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>
- ✓ **Fitnessgram Healthy Fitness Zone chart**
<http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>
- ✓ **Fitnessgram Mile/Pacer table**
http://www.sweetwaterpe.org/uploads/1/1/4/6/1146254/2011_pacer_hfz_tables.pdf

Part A – Fitness Component Evaluation

1. Body Composition: What is your BMI? _____ Are you in the HFZ? Yes or No
2. Flexibility: Are you able to either pass the “Sit and Reach” or “Shoulder Stretch”? Yes or No
3. Trunk Lift: Are you able to score within the HFZ for this assessment? _____ Yes No
4. Muscular Strength: How many pushups or modified pull ups can you do? _____
Are you in the HFZ? Yes or No
5. Muscular Endurance: How many curls ups can you do? _____
Are you in the HFZ? Yes or No
6. What is your 1 Mile/Pacer score for aerobic capacity? Mile: _____ Pacer _____
Are you in the HFZ? Mile: Yes or No Pacer: Yes or No

Part B – Fitnessgram Evaluation

1. How many of the 6 Fitnessgram assessments were you in the HFZ? _____
*In California, students need to pass 5 of the 6 Fitnessgram assessments to pass the test.

Part C – Fitness Evaluation

1. Circle the Fitness Component that you need to improve on the most?
 - a. Body Composition
 - b. Flexibility
 - c. Trunk Lift
 - d. Muscular Strength
 - e. Muscular Endurance
 - f. Aerobic Capacity

Fitness Goal Setting

Name: _____ Period _____ Date: _____

1. Fitness goals: Circle ONE component and identify a goal for that component you would like to achieve by the end of the year.

a. Aerobic Capacity _____

b. Muscular Strength _____

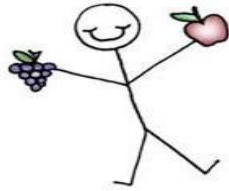
c. Muscular Endurance _____

d. Flexibility _____

e. Body Composition _____

Explain in 2 sentences how you plan to meet this goal.

HOW TO REACH YOUR FITNESS GOALS.



eat better.



move more.

Workout Worksheet

Directions: Circle two of your favorite examples in each box below. Then use these to help you create your activity log.

<u>Warm Up/Cool Down</u>	<u>Aerobic Capacity</u>
<i>jump rope</i>	<i>Bicycling</i>
<i>stretching</i>	<i>Swimming</i>
<i>jogging</i>	<i>Jogging</i>
<i>jumping jacks</i>	<i>Aerobic Video/Class</i>
<i>walking</i>	<i>Dancing</i>

<p style="text-align: center;"><u>Muscular Strength</u></p> <p>Push Up Squats</p> <p>Kettle Bell Swings Pull UP</p>	<p style="text-align: center;"><u>Muscular Endurance</u></p> <p>Curl Ups Wall Sits</p> <p>Planks Yoga Poses</p>
<p style="text-align: center;"><u>Flexibility</u></p> <p><u>Static flexibility</u> is to stretch a muscle or joint in one direction for duration of time.</p> <p>Examples: Quadriceps Stretch, Calf Stretch, Triceps Stretch, Hamstring Stretch</p>	<p style="text-align: center;"><u>Flexibility</u></p> <p><u>Dynamic Flexibility</u> involves moving your muscles and joints together in their full range of motion repetitively.</p> <p>Examples: High Knees, Butt Kickers, Arm Circles, Leg Swings</p>

Personal Fitness Plan

Activity Log

Directions: Fill in the activity log by writing the exercises that you **PLAN** to do for each fitness component to improve on your fitness goals.

Fitness Component	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muscular Strength							

Muscular Endurance							
Flexibility							
Aerobic Capacity							

FITT Principle

Definition of FITT Principle

F = Frequency. Describes often activity takes place in a week.

I = Intensity. Describes how vigorous the participant is engaged in activity.

T = Type. Describes the specific activity selected.

T = Time. Describes how long the participant is engaged in activity.

Perceived Exertion Chart	
10	Very Very Hard Activity <small>Completely out of breath, unable to talk</small>
9	Very Hard Activity <small>Can speak only one word at a time</small>
7-8	Hard Activity <small>Out of breath, can speak a sentence or two</small>
4-6	Moderate Activity <small>Can still carry a conversation</small>
2-3	Light Activity <small>Breathing is easy</small>
1	No Activity

Directions: Look at your activity log and using ONE of the components fill in the following:

Component =	
Frequency= (how many times during the week do you plan to exercise targeting this component)	
Intensity= (Using the Perceived Exertion Chart what do you plan for your intensity level)	
Time= (How much TOTAL time during the week do you plan to exercise targeting this component)	
Type= (What different type of exercises do you plan to do targeting this component)	

Overload and Progression

Definition of Overload

Overload is the amount of resistance or distance run/walk in a workout to provide a greater stress on the body than it is normally used to in order to increase fitness.

Definition of Progression

Progression is the way a person should increase the workout (weight lifted or distance run/walk). It is a gradual increase either in frequency, intensity, or time or a combination of all three components.

Directions: Using the component that you chose for the F.I.T.T table on the page above describes in 2 sentences an example of how you would use overload and progression to improve your fitness for this area.

Overload:

Progression: _____

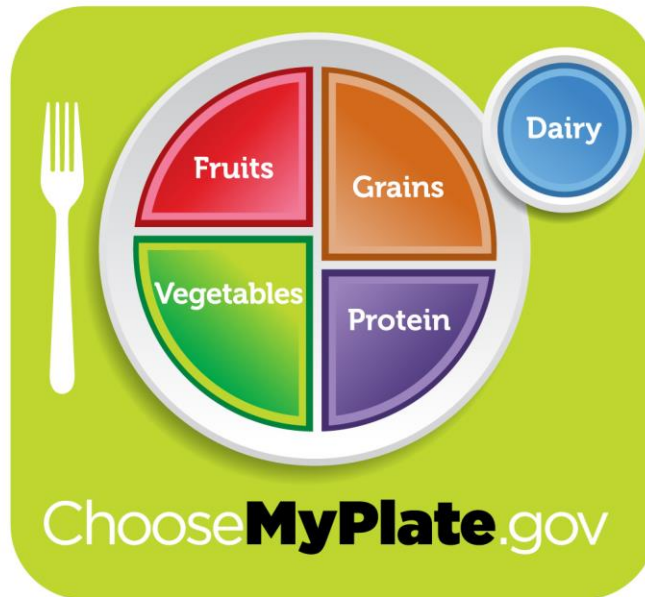


Daily Food Log

Directions: Fill in the table with what you eat and drink for the entire week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Liquids <u>anything</u> <u>you drink</u>							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

Nutrition Log Reflection



“You are what you eat.” Have you heard that? Although that saying isn’t *exactly* true, what we do eat does have an impact on how we can concentrate in school, perform in sports, and even affects our moods. The First Lady has given 100% commitment to helping young people be more active and become aware of what they are eating.

After reviewing your food log, please answer the questions below.

- How many days did you eat breakfast? _____
- How many days did you eat at least one fruit? _____
- How many days did you eat at least one vegetable? _____
- How many days did you eat “Junk food” (chips, candy, etc.) _____
- How many days did you drink a soda? _____

1. Describe ONE change you would like to make to your diet:
