

8th Grade

Personal Fitness Plan

2 Week Activity Log & 1 week Food Log

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: _____

Rubric Score ____

Personal Fitness Plan Pre-Assessment

INSTRUCTIONS: Please answer the following with complete responses. Please put quality thought and effort into each of your answers. 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 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 or No**
4. Muscular Strength: How many push ups 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? _____
Are you in the HFZ? **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 you need to improve on the most.
 - a. Body Composition
 - b. Flexibility
 - c. Muscular Strength
 - d. Muscular Endurance
 - e. Aerobic Capacity

2. Explain why you might struggle with this Fitness Component? Provide a well thought out answer.

Fitness Goal Setting

A very important aspect of designing your personalized fitness plan is to set fitness goals. The goals that you establish should take into account your current fitness levels as well as where you want your fitness levels to be. Well written goals will drive your activity selection and FITT formula.

Use “**SMART**” criteria to set your fitness goals:

SPECIFIC: What do you want to achieve? How will you achieve it? Why is it important to you?

MEASUREABLE: Establish how to measure your success. Actual numbers, target dates, or specific events.

ACHIEVEABLE: Your goals should push you past your comfort point but should still be do-able.

RELEVANT: Your goals should be important to you and the outcome should impact your life.

TIMELY: Your goals should have a time element established. This helps you keep on track.

1. Identify a fitness goal for ALL of the Healthy Fitness Components you would like to achieve by the end of the year.

a. Body Composition: _____

b. Flexibility: _____

c. Muscular Strength: _____

d. Muscular Endurance: _____

e. Aerobic Capacity: _____

2. Using the “SMART” criteria, explain how you plan to meet these fitness goals. Please be specific and detailed with your answer.

Workout Worksheet

Directions: Give 2 examples of proper activities for each activity/exercises below.

<p style="text-align: center;">WARM UP EXERCISES</p> <p>1. _____</p> <p>2. _____</p>	<p style="text-align: center;">COOL DOWN EXERCISES</p> <p>1. _____</p> <p>2. _____</p>
<p style="text-align: center;">AEROBIC CAPACITY EXERCISES</p> <p>1. _____</p> <p>2. _____</p>	<p style="text-align: center;">FLEXIBILITY</p> <p>1. _____</p> <p>2. _____</p>
<p style="text-align: center;">MUSCULAR STRENGTH/MUSCULAR ENDURANCE</p> <p>1. _____</p> <p>2. _____</p>	<p style="text-align: center;">STRATEGIES FOR MINOR INJURIES</p> <p>1. Upper body injury: _____</p> <hr/> <p>2. Lower body injury: _____</p> <hr/>

FITT PRINCIPLE & TABLE

Directions: Use the FITT Principles and Table below to create a 2 week fitness log (on pages 6 & 8) of activities you plan to do. Your log should be complete, show thought and effort as detailed as possible.

Definition of FITT Principle

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

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

T = Type. Describes the specific activity selected.

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

FITT TABLE

	Frequency	Intensity	Type	Time
Aerobic Capacity	3 to 6 times per week	Moderate Vigorous	Jogging, Swimming, Bicycling, etc.	20-60 minutes
Muscular Strength & Endurance	2 to 3 times per week	Progressive Moderate Resistance	Weights, push-ups, curl-ups, circuits, etc.	20-60 minutes
Flexibility	3 to 7 times per week	Moderate Stretch	Yoga, dynamic stretching, etc.	3-5 minutes, before and after activity

Reminder: The FITT table provides some examples of what your activity log should include. Make sure to create your fitness plan so that it bests meets your physical needs.

Personal Fitness Plan Activity Log ~ Week 1

Directions: Using the FITT Principles and Table as a guide, create a 2 week fitness log of activities you plan to do. The Frequency of your weekly log will be identified by the amount of days you do each activity.

	Fitness Category	Intensity (Moderate to Vigorous)	Type (Describe Activity)	Time (How long?)
SUNDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
MONDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
TUESDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
WEDNESDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
THURSDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
FRIDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
SATURDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			

Overload and Progression

Each week your activity log needs to change to demonstrate you are working towards your fitness goals. To do this, review the definition of overload and progression.

Definition of Overload

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

Example: Susie normally jogs 10 minutes, but today she is going to jog 30 minutes. She has applied a greater stress on her body.

Definition of Progression

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

Example: On Monday, Susie is going to jog 10 minutes. On Tuesday, Susie will jog 12 minutes, and on Wednesday she will jog 15 minutes. She is gradually increasing her jog time.

For the 2nd week of your planned activity log, choose 2 fitness areas you would like to improve:

_____ Aerobic Capacity

_____ Muscular Strength/Endurance

_____ Flexibility

*****Use the Overload and Progression principles, along with the 2 areas of fitness you chose to improve, and properly identify the changes in the 2nd week of your activity log.*****

Personal Fitness Plan Activity Log ~ Week 2

****Make sure to show your Overload and Progression in the 2 areas you choose to improve****

	Fitness Category	Intensity (Moderate to Vigorous)	Type (Describe Activity)	Time (How long?)
SUNDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
MONDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
TUESDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
WEDNESDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
THURSDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
FRIDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			
SATURDAY	Aerobic Capacity			
	Muscular Strength/Endurance			
	Flexibility			

Daily Food Log

Go to the website <http://www.choosemyplate.gov/myplate/index.aspx>. Under Daily Food Plan, enter your information with your daily activity and complete the following questions.

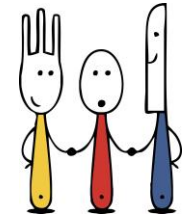
1. How many calories should be in your food pattern? _____
2. How many cups of vegetables should you consume every day? _____
3. How many cups of fruits should you consume every day? _____

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Drink(s)							



Daily Food Log Reflection



1. How many days did you eat breakfast? _____
2. Did you eat the recommended cups of vegetables? _____
3. Did you eat the recommended cups of fruit? _____
4. How many days did you eat "junk food"? _____
5. How many days did you drink soda? _____

6. Describe 2 changes you would like to make to your diet:

1. _____

2. _____
