

Personal Fitness 2014-2015

Final Assignment Due May 1st, 2015

First Name

Last Name

Specials

Grade

Room #

Description: You are to create personal fitness goals addressing your own five components of fitness by using the FITT principle to explain how often, how much time/repetitions, and what type of exercise. You do not need to address the intensity level, as long you enjoy the exercise you decided to use to address your five components of fitness. Body composition only needs to be measured.

	Five Components of Fitness				
Monthly	Cardiovascular Endurance	Muscular Strength	Muscular Endurance	Flexibility	Body Composition
September	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
October	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
November	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
December	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
January	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
February	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
March	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
April	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)
May	(4pts)	(4pts)	(4pts)	(4pts)	Height: _____ (2pt)
					Weight: _____ (2pt)

Nutrition Goal 2014-2015

Description: You will address three nutritional ideas that you like to focus on in regards to your nutritional goal, and it could change over the course of the year as you learn more.

I will

(30pts)

_____/210 points