

# My Fitness Plan

Training Focus Goal: \_\_\_\_\_ (Choose from the following health-related components of **fitness**: cardiovascular endurance, flexibility, muscular endurance, or muscular strength)

Lifestyle Goal: \_\_\_\_\_ (Choose from sleep, healthy eating habits, safety choices, or a **mental health goal**)

For this project, you will create a three-week plan to help you work toward your two chosen goals. **Make sure to incorporate at least two of the principles of training (progression, overload, and specificity).**

You will only actually work through **Week 1** of your plan by completing the workouts, etc. For **Weeks 2 and 3**, you will only fill out the plan based on what you plan to do those weeks. Make any adjustments based on how you performed in Week 1.

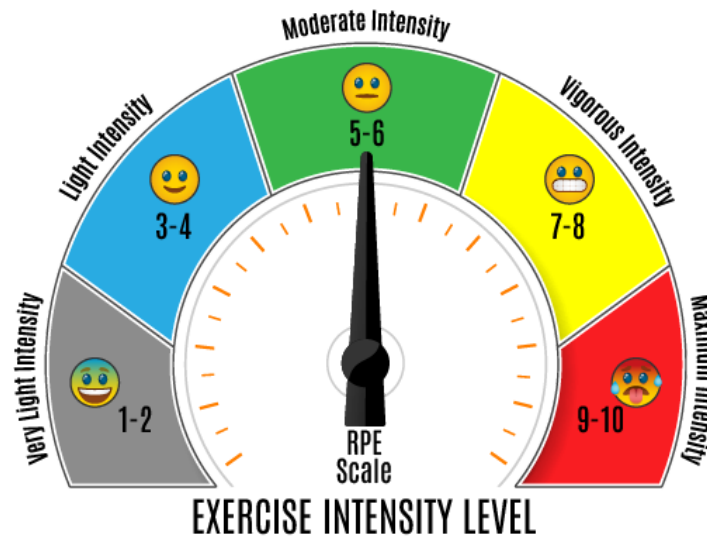
Sample Training Focus Ideas: **Cardiovascular endurance:** Swim ten laps without stopping; Hike for 5 miles through Hillsborough State Park without stopping; **Flexibility:** Hold a backbend for 30 seconds; **Muscular endurance:** Do 50 push-ups in a row without stopping; **Muscular strength:** Lift my 100-pound younger brother off the ground.

Sample Lifestyle Goal Ideas: Get an hour more sleep each weeknight; Incorporate more fruits and vegetables into my diet; Eliminate as much added sugar as possible; Wear my helmet every time I ride my bike or scooter; Talk to my friends and family more when I'm stressed.

After completing your plan, complete the reflection questions.

Use the chart below to set your intensity level (RPE).

# My Fitness Plan



## Week 1 (this week)

Day 1			Day 2			Day 3		
Exercise	Time	RPE	Exercise	Time	RPE	Exercise	Time	RPE
Warm Up								
Cool Down								
<u>LIFESTYLE GOAL</u>								

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<i>What are you doing to improve in your lifestyle goal?</i>	
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**Week 2 (next week) \*You only need to fill this out as a plan, not complete the exercises.**

Day 1			Day 2			Day 3		
Exercise	Time	RPE	Exercise	Time	RPE	Exercise	Time	RPE
Warm Up								
Cool Down								
<b><u>LIFESTYLE GOAL</u></b> <i>What are you doing to improve in your lifestyle goal?</i>	I plan to...							

**Week 3 \*You only need to fill this out as a plan, not complete the exercises.**

Day 1			Day 2			Day 3		
Exercise	Time	RPE	Exercise	Time	RPE	Exercise	Time	RPE
Warm Up								

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<i>Cool Down</i>								
<b><u>LIFESTYLE GOAL</u></b> <i>What are you doing to improve in your lifestyle goal?</i>	I plan to...							

## Reflection Questions

Answer each question in at least two complete sentences.

1. Which component of fitness and area of lifestyle did you choose to work on? Explain why you choose these two.
2. After completing the first week of the workout plan, what was the biggest challenge in implementing the plan? What adjustments did you need to make in Weeks 2 and 3 after completing Week 1?
3. Which two principles of fitness did you apply? Explain how they were applied.
4. What dietary considerations should you think about when completing this fitness plan?

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## RUBRIC

*(60 points possible)*

### Planning (35 points)

#### On Target

35–28 points

- The plan shows effort in being well-designed and thought-out.
- The plan contains a training and lifestyle goal.
- The plan is fully completed for all three weeks (excluding RPE for Weeks 2 and 3).
- The plan contains information arranged in a way that make sense.

#### Almost There

27–20 points

- The plan shows some effort in being well-designed and thought-out.
- The plan is mostly completed for all three weeks. Some elements may be missing.
- The plan contains information arranged in a way that mostly makes sense.

#### Needs Improvement

19–0 points

- The plan does not show effort in being well-designed and thought-out.
- The plan is incomplete. Many elements are missing.
- The plan contains information that may not relate to the topic.

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## Reflection (15 points)

### On Target

15–12 points

- The student's answers demonstrate an advanced knowledge of their understanding of the subject matter.
- The answers elaborate to help the audience understand the content presented.

### Almost There

11–8 points

- The student's answers demonstrate a basic knowledge of their understanding of the subject matter.
- The answers contains some elaboration on the content presented.

### Needs Improvement

7–0 points

- The student's answers demonstrate a below basic level of knowledge of their understanding of the subject matter.
- The answers contain minimal or no elaboration on the content presented.

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## Spelling/Grammar (10 points)

### On Target

10–8 points

There are virtually no spelling, punctuation, or grammatical errors.

### Almost There

7–4 points

There are a few spelling, punctuation, or grammatical errors.

### Needs Improvement

3–0 points

There are several spelling, punctuation, or grammatical errors.