

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 1: _____ (sleep goal)

Lifestyle Goal 2: _____ (nutrition goal)

Lifestyle Goal 3: _____ (stress management 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.

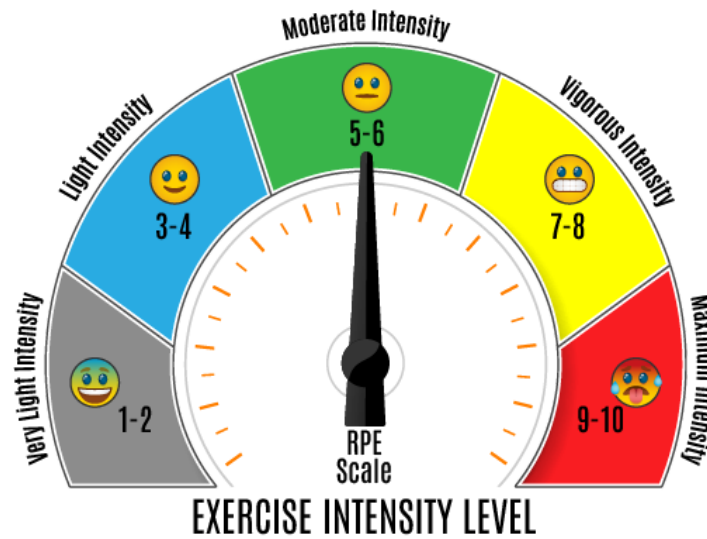
Sample Training Focus Ideas: **Cardiovascular endurance:** Swim ten laps without stopping; Hike for 5 miles through Hillsborough State Park without stopping; **Flexibility:** Hold a backbend for 30 seconds; **Muscular endurance:** Do 50 push-ups in a row without stopping; **Muscular strength:** Lift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

Sample Lifestyle Goal Ideas: **Sleep:** Get an hour more sleep each weeknight; **Nutrition:** Incorporate more fruits and vegetables into my diet; Eliminate as much added sugar as possible; **Stress management:** 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).

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Week 1 (this week)

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

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Cool Down								
<u>SLEEP GOAL:</u> What are you doing this week to work toward your sleep goal?								
<u>NUTRITION GOAL:</u> What are you doing this week to work toward your nutrition goal?								
<u>STRESS MANAGEMENT GOAL:</u> What are you doing this week to work toward your stress management goal?								

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								
<u>SLEEP GOAL:</u> What are you doing this week to work toward your sleep goal?	I plan to...							
<u>NUTRITION GOAL:</u>								

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What are you doing this week to work toward your nutrition goal?	
<u>STRESS MANAGEMENT GOAL:</u> What are you doing this week to work toward your stress management goal?	

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								
Cool Down								
<u>SLEEP GOAL:</u> What are you doing this week to work toward your sleep goal?	I plan to...							
<u>NUTRITION GOAL:</u> What are you doing this week to work toward your nutrition goal?								
<u>STRESS MANAGEMENT GOAL:</u> What are you doing this week to work toward your stress management goal?								

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Reflection Questions

Answer each question in at least two complete sentences.

1. Which component of fitness did you choose to work on? Explain why you chose this one.
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 lifestyle goal do you feel will have the greatest impact on you? Why?
4. Which lifestyle goal do you think will be the most challenging? Why?

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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 goal and three lifestyle goals (sleep, nutrition, and a stress management goal).
- The plan is fully completed for all three weeks (excluding RPE for Weeks 2 and 3).

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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- The plan contains information arranged in a way that makes sense.

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.