 NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_

**F.I.T.T. Journal**

We have been working on the F.I.T.T. Principle in Physical Education class. This principle is the guiding force behind maintaining our personal physical fitness. The **student** needs to demonstrate **his/her** understanding of the F.I.T.T. principal each week. It is the responsibility of the **student** to complete the assignment. Parents may assist their child but please do not complete the work for them. **Need to document at least 5 days and 60 minutes per day. If more than one activity is chosen record ALL activities and describe each.**

F=Frequency How often each week you participate in activity. Leave this blank if you do nothing. Write what day it is if you do an activity.

*(For example: Sunday =nothing, Monday =Day 1, Tuesday =nothing, Wednesday=Day 2.)*

I=Intensity How hard you work. We have been using the Perceived Exertion Scale:

0 Nothing at all-sitting around being lazyJ

1-2 Weak or beginning warm up.

3-4 Moderate-to somewhat hard.

5 Hard

6-8 Very hard but can keep going strong.

9-10 Extremely hard, maximum effort, cannot keep going.

**\*\*6-8 is the PE you want to be working out for long periods of time. (20-60 mins.)**

T=Time How much time is spent in activity, or the number of repetitions /sets.

T=Type What kind of activity did you do. (muscle strength, cardiovascular, etc.)

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| --- | --- | --- | --- | --- | --- | --- | --- |
| DAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| F=  **FREQUENCY**  How many days each week are you active? |  |  |  |  |  |  |  |
| I=  **INTENSITY**  How hard are you working? |  |  |  |  |  |  |  |
| T=**TIME**  How much time, sets, or repetitions did you do? |  |  |  |  |  |  |  |
| T=**TYPE**  What kind of activity did you do? |  |  |  |  |  |  |  |