MY PERSONAL FITNESS PLAN CONTRACT

Fitness Contract for Self

I, _____________________________, am going to make a commitment to helping build lifelong fitness and nutrition habits that will aid me in sustaining a long, 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 where 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 very 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 improvements in my overall fitness.

Benefits of a Fitness Plan

In this section, you are going to list 3 reasons why it is important for YOU to design and follow a fitness plan.

1.
2.
3.

Fitness Plan Project

When you complete this project, you will accomplish the following:

- Setting specific short-term and long-term fitness goals
- Identify fitness activities that will help you accomplish your goals
- Determine how often, how hard and how long you will do the activities in a proposed calendar
- Track your progress
- Compare what you planned to what you accomplished and reflect on the process

Fitness Plan Questions

A. What are 2 things that you think you can do to make sure you stay motivated to execute your fitness plan?
   1. 
   2. 

B. What are 2 BIG obstacles that you think will stand in your way from consistently following your fitness plan?
   1. 
   2. 

I understand the conditions of my fitness plan and will do my best to incorporate this plan into my daily life.

_____________________________________________  __________
Student Signature             Date
## PERSONAL FITNESS & NUTRITION QUESTIONNAIRE

### FITNESS ASSESSMENT

**Rate your overall activity level**
- Sedentary
- Moderately Active
- Active
- Very Active

**What exercise, if any, do you currently do outside of PE class?**

**How would you rate your current muscular strength/endurance level?**
- Not very strong
- Moderately Strong
- Strong
- Very Strong

**How would you rate your current cardiovascular fitness level. Basically, when you perform cardiovascular activities like running, cycling, swimming, etc., how is your fitness?**
- Very low
- Fair
- Average
- Good
- Excellent

**How flexible are you?**
- Not at all
- Somewhat
- Very Flexible

**How would you rate your experience with exercise?**
- Beginner
- Intermediate
- Advanced

**Do you exercise regularly?**
- I have never exercised regularly
- I am currently starting a program
- I used to exercise regularly and am starting back on a program
- I exercise regularly

**List your “problem” body parts (areas where you think you are over fat, over or under developed. These are areas that you would put some focus on if you had the chance to start a program).**

**What are your fitness goals? (circle all that apply)**
- Appearance
- Cardiovascular endurance
- Reduce body fat
- Get more flexible
- General Health
- Muscular definition
- Muscle size
- Muscle strength
- Self-esteem or confidence
- Speed
- Sports Performance
- Reduce my stress level
- Tone and shape my body
- Lose weight
- Improve posture
- Medical reasons

**Where do you perform most of your fitness activities?**
- Home
- Outside
- Fitness Facility (gym, health club, pool, etc.)

**What equipment do you have available on a regular basis? (circle all that apply)**
- Nothing
- Free Weights (dumbbells, etc.)
- Weight machines
- Treadmill or other cardio home machines
- Resistance bands
- Exercise Videos
- Jump Ropes
- Bicycle, Skateboards, Roller Blades, other

**What time of day can you do most of your exercise?**
- Any time
- Morning
- Afternoon
- Evening

**Which of the following are your personal obstacles in adopting a regular fitness program?**
- a) Intimidated and embarrassed when I exercise
- b) I can’t really find the time to exercise
- c) I get frustrated because I don’t see results right away
- d) Family obligations
- e) I get bored pretty easily when I exercise
- f) I have to exercise alone
- g) My exercise setting does not meet my needs
- h) I do not have personal obstacles, I choose not to

**How would you rate your overall fitness?**
- Not fit at all
- Needs a lot of improvement
- Somewhat satisfied
- Decent
- Excellent
**NUTRITION ASSESSMENT**

**Rate your eating habits? (Your ability to balance what you eat)**

Excellent  Very Good  Good  Poor

**Have you ever researched how to balance your diet? Why/Why Not?**

**Do you know how many calories you should eat every day?**

**Do you know what your daily intake percentages should be for different nutrients?**

**How often do you read food labels?**

All the time*  Sometimes*  Never

**What do you look for when you read food labels?**

**In your opinion, what 2 things could you do to improve your eating habits?**

If you wanted to find out more about how to eat healthier, what two types of people do you think you could talk to?
PROPOSED CALENDAR - WEEK 1

Choose the activities for the 1 Fitness Component that you have decided to focus on for your Fitness Plan. Fill in this Proposed Calendar for each day of the week you PLAN to do the activity, include the date. When filling in the calendar, indicate the following in the box: a) name of the activity  b) total work out time you plan to spend on that activity c) the intensity you plan to do the workout. See my example below.

I have filled in one box as an example.

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<tr>
<th>Circle one</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<th>Circle one</th>
<th>Monday May 3</th>
<th>Tuesday May 4</th>
<th>Wednesday May 5</th>
<th>Thursday May 6</th>
<th>Friday May 7</th>
<th>Saturday May 8</th>
<th>Sunday May 9</th>
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<tr>
<td>CARDIO MS/ME FLEX</td>
<td>Swim 45 mins Zone 2-3</td>
<td>Rest Day</td>
<td>Rest Day</td>
<td>Swim 45 mins Zone 2-3</td>
<td>Rest Day</td>
<td>Swim 45 mins Zone 2-3</td>
<td>Rest Day</td>
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This was determined on Activity Expansion Sheet:  Fitness Component:  Cardio; Activity:  Swim; Frequency:  3 days/week; Intensity:  Moderate to Vigorous (Zone 1-2-3)
FITNESS PLAN BRAINSTORMING SHEET

By filling out this worksheet, you will be able to start thinking about what you might want to adopt in your Fitness Plan. This worksheet is intended to help you visualize your strengths and weaknesses, good and bad habits, motivation strategies, activities that you enjoy as well as general warm-up and cool-down exercises. When designing your Fitness Plan, you will end up using the information on this worksheet as the substance.

My 2 fitness strengths are: 1. ___________________ & 2. ___________________

My 2 fitness weaknesses are: 1. ___________________ & 2. ___________________

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<th>Challenges/Obstacles to Staying with Plan</th>
<th>Strategies to Stay Motivated</th>
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<th>Cool-Down Activities</th>
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GOAL SETTING SHEET

Questions that will help you toward setting goals

Where do you perform most of your fitness activities?
Home
Outside
Fitness Facility (gym, health club, pool, etc.)

Explain why?

What time of day can you do most of your exercise?
Any time
Morning
Afternoon
Evening

What equipment do you have available on a regular basis? (circle all that apply)
Nothing
Free Weights (dumbbells, etc.)
Weight machines
Treadmill or other cardio home machines
Resistance balls or other core home equipment
Resistance Bands
Exercise Videos
Jump Ropes
Bicycle, Skateboards, Roller Blades, other (explain)

Which of the following are your personal obstacles in adopting a regular fitness program?
e) Intimidated and embarrassed when I exercise
e) I get bored pretty easily when I exercise
f) I can’t really find the time to exercise
f) I have to exercise alone
g) I get frustrated because I don’t see results right away
g) My exercise setting does not meet my needs
h) Family obligations
h) I do not have personal obstacles, I am lazy

5. If you wanted to find out more about how to live a healthier lifestyle, what two types of people do you think you could talk to?

a) __________________________
b) __________________________

What sports or fitness activities do you enjoy participating in and why?

What type of fitness activities/sports do your parents/guardians participate in?

Which one of the Fitness Components do you need to improve the most? Why?

Which one of the Fitness Components do you feel is your strongest? Why?

Setting Goals

Setting goals involve following certain criteria:
1. Be specific: What is it exactly that you would like to accomplish?
2. Be realistic: Do not make goals that are unachievable.
3. Be flexible: If you say you’ll work out 3 days a week, or for 30 minutes, and something comes up, you can make it up another day, or add some extra time elsewhere in the workout.
4. Measurable: If you are not able to measure your workout, you are unable to measure your progress.
5. Recognize Obstacles: What is standing in your way of achieving your goals?
6. Have short and long-term goals: Stepping stones will let you know if your program is working.
7. Write them down: Write down your goals, post them in places where your support system can see.

What are your fitness goals? (circle all that apply)

Appearance
Cardiovascular endurance
Reduce body fat
Get more flexible
General Health
Muscular definition
Muscle size
Self-esteem or confidence
Speed
Sports Performance
Reduce my stress level
Tone and shape my body
Lose weight
Improve posture
Medical reasons

Example of writing a good cardiovascular goal: I would like to lower my mile time from 8:30 to 8:00 by June.
Example of writing a bad cardiovascular goal: I would like to run faster.

Example of writing a good muscular strength goal: I would like to increase my pull-up score from 3 to 5 by June.
Example of writing a bad muscular strength goal: I would like to get stronger.

Write an example CV goal here: __________________________________________
Write an example MS/ME goal here: _______________________________________
Write an example Flexibility goal here: ______________________________________
Developing Your Personal Fitness Plan

What is a Fitness Plan?
It seems like there are numerous reasons to work out. The most popular ones are to lose weight, to increase muscle tone, and to improve the heart and lungs. When people exercise regularly, their metabolism goes up and stress goes down. They look and sleep better. They feel better and even live longer.

Why is it so easy to become an exercise dropout when fitness offers such wonderful health benefits? A fitness plan may be the missing key to getting and staying fit. First, let’s do an attitude check…Are negative feelings associated with exercise? Does embarrassment feel like a chore? Are you too busy to exercise? Do you put it off for another day? Do you feel like you are too young to have to worry about it?

One activity may be pleasurable to one person and grueling to another. Many health benefits can be gained by simply fitting moderate amounts of physical activity into our days. Playing on a sports team is one way to get moving, but getting outside to play or doing chores are also ways to add exercise. Do them whenever you can.

A fitness plan is an excellent tool that helps you manage your fitness and nutrition. Make it enjoyable and part of your lifestyle. Give your body what it needs to be healthy and strong.

Our goal in physical education at Central is to teach you healthy and active daily HABITS that will carry into your adulthood. We hope to teach you the knowledge and skills necessary to be confident to participate in physical activity and sports.

What are the benefits of making a fitness plan?
You stay more motivated when you have a plan written out that tells you what you need to do. We feel good when we accomplish goals and a fitness plan is a way to help guide you in meeting very important fitness and nutrition goals. Another benefit of a fitness plan is that it provides living proof of whether you are making progress or not.

Questions:
1. What is a fitness plan?

2. Name 2 benefits you will get from working out?
   ➢
   ➢

3. List 3 reasons why people don’t work out.
   ➢
   ➢
   ➢

4. Describe 2 benefits of making a fitness plan.
   ➢
   ➢
### Personal Fitness Plan 1 Week Activity Log

**Date Week Begins:** __________________
Fill in the correct beginning date above. Use the chart below to plan your activities below. Your log should show complete thought and effort and be as detailed as possible.

<table>
<thead>
<tr>
<th>Day</th>
<th>Fitness Category</th>
<th>Intensity (Moderate to Vigorous)</th>
<th>Type (Describe Activity)</th>
<th>Time (How long did session last?)</th>
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# Personal Fitness Plan Nutrition Log

Week #1 and date week begins ___________. Fill in correct beginning date.

<table>
<thead>
<tr>
<th>Day</th>
<th>Food</th>
<th>List all food consumed below:</th>
<th>Beverages</th>
<th>Calories</th>
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Nutrition Log Reflection

“You are what you eat.” Have you heard that? Although that saying isn’t exactly true, what we do eat does have an impact on how we can concentrate in school, perform in sports, and even affects our moods.

Let’s Move website: http://www.letsmove.gov/kids.php -provides information to help young people be more active and become aware of what they are eating.

My Pyramid website: http://www.mypyramid.gov/mypyramid/index.aspx -provides information of what kinds of food you should be eating for your body type.

After reviewing your food log, please answer the questions below.

❖ How many days did you eat breakfast? __________
❖ How many days did you eat at least one fruit? __________
❖ How many days did you eat at least one vegetable? __________
❖ How many days did you consume more than one serving of fat? __________
❖ How many days did you drink a soda? __________

In reviewing your food log, and comparing it to the my pyramid website, describe how you are doing with your diet. Be specific, are you eating the recommended amount of fruits, veggies, carbohydrates, and proteins?

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Describe the changes you would like to make to your diet:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

How do you plan to make these changes?

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
Fitness Plan Reflection

1. *Ranking yourself* anywhere between 1-10, how do you think that you did overall in meeting your plan? *Circle the number* that best applies.

   1  2  3  4  5  6  7  8  9  10

   1=didn’t meet my plan at all  10=followed my plan exactly

2. If you ranked yourself anywhere between *6-10 above*, what were the *two most important* factors in helping you be successful in meeting your plan and *why*? (2 or more sentences)

3. If you ranked yourself anywhere between *5 or below*, what were the *two biggest obstacles* (variables) that stood in your way and prevented you from meeting your plan, *why*? (2 or more sentences)

4. It is important to look back on experiences and learn from them, what are *2 aspects of your plan* that you would *change* if you did this project again and *why*? (3 sentences or more)

5. My ultimate goal with the project was to provide you with *tools* that you may possibly utilize later in life. *Explain* how this project could help you in the future to improve or maintain a healthy lifestyle/level of fitness? (3 or more sentences)