

**Dear Parents/Students:** to encourage lifelong fitness and demonstrate an awareness and understanding of the FITT principle in achieving our goals, we are asking each student to work on **three areas of fitness 3 times a week**. The student are asked to write down the date, type of activity and the time/sets/repetitions they involved in the activity. Parents, please sign in the far right column to verify that your child has completed their workout or comment on your child's program.

IN ORDER FOR YOU TO IMPROVE YOUR FITNESS LEVEL YOU WILL NEED TO FOLLOW THE

**FITT PRINCIPLE:**

**F** = Frequency — You must workout 3-5 times per week.

**I** = Intensity (**CVE** - working at a level 2/3)

(**Endurance/Strength** - 2 — 3 sets of pre-test crunches/pushups)

(**Flexibility** - until you feel a pull/stretch)

**T** = Time (**CVE** - minimum 15 minutes)

(**Endurance/Strength** - 2 — 3 sets of pre-test crunches/pushups)

(**Flexibility** - 2 sets of 45 second stretches.)

**T** = Type — The type of activity must be specific to the fitness area you are training.

Name: \_\_\_\_\_

Home Room: \_\_\_\_\_

INTENSITY	
1	BODY SLIGHTLY WARM HEART RATE SLIGHTLY ELEVATED
2	SOME PERSPIRATION FASTER THAN NORMAL BREATHING
3	FULL OUT EFFORT HEAVY PERSPIRATION HEAVY BREATHING

**THREE FITNESS TESTS YOU ARE WORKING TO IMPROVE EACH TERM:**

**Term 1:**

- 1) 1600m/Beep Test (Cardiovascular Endurance ) CVE
- 2) Flexibility (Range of Hamstring Movement) Flex
- 3) Crunches (Abdominal Endurance) AE

**Term 2:**

- 1) 1600m/Beep Test (Cardiovascular Endurance) CVE
- 2) Flexibility (Range of Hamstring Movement) Flex
- 3) Push-ups (Upper Body Endurance-Strength) UBE

**PERSONAL ACTIVITY RECORD DUE DATES**

TERM 1	
TERM 2	<b>April 20th - April 23rd 2015</b>

**Teachers Use Only - Personal Activity Record Mark Break-down**

Participate in fitness activities that use the FITT principle and contribute to personal health-related fitness goals.

**/4**

**Gr 7-9 Personal Activity Record**

<u>Date</u>	<u>Activity</u>	What area of fitness are you working on? (See above)	<u>Time or</u> <u>Amount of Sets &amp; Reps</u>	<u>Intensity</u> 1 2 3	Parent Signature/ Comment
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups -			N/A	
	Pushups -			N/A	
	Pushup -			N/A	
	Hamstring stretch			N/A	
	Hamstring stretch			N/A	
	Hamstring stretch			N/A	

# Gr 7 - 9 Personal Activity Record Due Dec 9th —Dec 13th 2013

<u>Date</u>	<u>Activity</u>	<u>What area of fitness are you working on?</u>	<u>Time / Amount of Sets &amp; Reps</u>	<u>Intensity</u> 1 2 3	<u>Parent Signature</u> Comment
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	

# Gr 7 - 9 Personal Activity Record Due April 20th - April 23rd 2015

<u>Date</u>	<u>Activity</u>	<u>What area of fitness are you working on?</u>	<u>Time / Amount of Sets &amp; Reps</u>	<u>Intensity</u> 1 2 3	<u>Parent Signature</u> Comment
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Pushups			N/A	
	Pushups			N/A	
	Pushups			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	