

Dear Parents/Students: to encourage lifelong fitness we are asking each student to work on **three areas of fitness 3 times a week** for a minimum of 15 minutes. The student is asked to write down the date, type of activity and the time they spent on 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	Dec 15th—Dec 19th 2014
TERM 2	

Teachers Use Only - Personal Activity Record Mark Break-down

Activity was performed 3x's per week for all 3 goals. (1 mark each week for 6-8 weeks)	/6
Activities match fitness goals for all 3 goals.	/3
Statement of fitness area for all 3 goals.	/3
Statement of duration/time for all 3 goals.	/3
Statement of intensity for Cardiovascular Endurance goal.	/3
Acquired parent signature/comment for all 3 goals.	/2
Total Score	/20

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 Amount of Sets/Reps</u>	<u>Intensity</u> 1 2 3	Parent Signature/ Comment
Nov 5	Cardio - <i>Swimming</i>	<i>CVE</i>	<i>45 mins</i>	<i>2</i>	
Nov 6	Cardio - <i>Bike Riding</i>	<i>CVE</i>	<i>30 mins</i>	<i>3</i>	
Nov 9	Cardio - <i>Jogging</i>	<i>CVE</i>	<i>25 mins</i>	<i>2</i>	
Nov 5	Crunches	<i>AE</i>	<i>2sets of 25</i>	N/A	
Nov 7	Crunches	<i>AE</i>	<i>2sets of 25</i>	N/A	
Nov 9	Crunches	<i>AE</i>	<i>2sets of 25</i>	N/A	
Nov 5	Hamstring stretch	<i>Flex</i>	<i>2 sets of 45 secs</i>	N/A	
Nov 8	Hamstring stretch	<i>Flex</i>	<i>2 sets of 45 secs</i>	N/A	
Nov 10	Hamstring stretch	<i>Flex</i>	<i>2 sets of 45 secs</i>	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</u>	<u>Intensity</u> 1 2 3	<u>Parent Signature</u> Comment
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	

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

Date	Activity	What area of fitness are you working on?	Time / Amount of Sets	Intensity 1 2 3	Parent Signature Comment
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Cardio -				
	Cardio -				
	Cardio -				
	Crunches			N/A	
	Crunches			N/A	
	Crunches			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	
	Hamstring Flexibility			N/A	