**FITNESS PLAN**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_**

In order to meet my short-term physical fitness goals for this session, I will complete the following tasks during the next three weeks:

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| **Strength** | **3-week SMART goal** | **Act./EXERCISE Type** | **PLAN: Frequency** | **PLAN: Intensity** | **PLAN: Time** |
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| **Cardiovascular** |  |  |  |  |  |
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| **Flexibility** |  |  |  |  |  |
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