**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:

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