

F.I.T.T. Journal (Grades 5-8)

Frequency.Intensity.Time.Type

Assignment: Set your personal goal using the F.I.T.T. principle (3-6 days/week, 60 minutes/day, moderate-vigorous intensity), document activities, write reflection, parent signature. **Due March 1st** *If turned in after the due date, 25% will be taken off. FITT Journals will no longer be accepted 1 week after due date.*

Date (Frequency)	How Hard? (Intensity)	How Long? (Time)	What Activity? (Type)

What is your **personal goal** this month and how do you **plan** on trying to accomplish it?

Remember to complete the reflection on back

Parent/Guardian Signature:
