

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

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 Apr. 9**

Frequency.Intensity.Time.Type

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Complete personal goals and reflection on back and get parent signature	Due April 9th (After Spring Break)		F- Frequency/Date I- Intensity/how hard T- Time/How Long T- Type/Activity	F-3/1/18		
F-	F-		F-	F-	F-	F-
I-	I-		I-	I-	I-	I-
T-	T-		T-	T-	T-	T-
T-	T-		T-	T-	T-	T-
F-	F-		F-	F-	F-	F-
I-	I-		I-	I-	I-	I-
T-	T-		T-	T-	T-	T-
T-	T-		T-	T-	T-	T-
F-	F-		F-	F-	F-	F-
I-	I-		I-	I-	I-	I-
T-	T-		T-	T-	T-	T-
T-	T-		T-	T-	T-	T-
F-	F-		F-	F-	F-	F-
I-	I-		I-	I-	I-	I-
T-	T-		T-	T-	T-	T-
T-	T-		T-	T-	T-	T-

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Personal Goal and Reflection

What is your **personal goal** this month?

Reflection – Did you meet your personal goal this month?
Please explain:

Parent/Guardian Signature: _____