

March 2018 PE Mrs. Lanham Name: _____ Home Room Teacher: _____

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 Apr. 9 (after spring break)**

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

What is your personal goal this month?

Please complete the reflection on the back of the page

Parent/Guardian Signature: _____
