

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 May 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
F-4/1/18 I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-
F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-
F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-
F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-
F- I- T- T-	F- I- T- T-	Due May 1			F- Frequency/Date I- Intensity/how hard T- Time/How Long T- Type/Activity	Complete personal goals and reflection on back and get parent signature

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