April 2018	PE Mrs. Lanham	
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ame:	Home Room Teacher:

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

Frequencey.Intensity.Time.Type

Assignment: Set your <u>personal goal</u> using the F.I.T.T. principle (3-6 days/week, 60 minutes/day, moderate-vigorous intensity), <u>document activities</u>, <u>write reflection</u>, <u>parent signature</u>. **Due May 1**st

Date	How Hard?	How Long?	What Activity?	What is your personal goal this month?
(Frequency)	(Intensity)	(Time)	(Type)	, , ,
				Please complete the reflection on the back of the page
				Parent/Guardian Signature:
				, , ,

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

Please explain	1.	