

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 June 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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-5/1/18	F-	F-	F-	F-
F-	F-	F-	F-	F-	F-	F-
I-	I-	I-	I-	I-	I-	I-
T-	T-	T-	T-	T-	T-	T-
T-	T-	T-	T-	T-	T-	T-
F-	F-	F-	F-	F-	F-	F-
I-	I-	I-	I-	I-	I-	I-
T-	T-	T-	T-	T-	T-	T-
T-	T-	T-	T-	T-	T-	T-
F-	F-	F-	F-	F-	F-	F-
I-	I-	I-	I-	I-	I-	I-
T-	T-	T-	T-	T-	T-	T-
T-	T-	T-	T-	T-	T-	T-
F-	F-	F-	F-	F-	Due June 1st	
I-	I-	I-	I-			
T-	T-	T-	T-			
T-	T-	T-	T-			

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: _____