

**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 Dec. 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>F- Frequency/Date</b> <b>I- Intensity/how hard</b> <b>T- Time/How Long</b> <b>T- Type/Activity</b>	Complete personal goals and reflection on back and get parent signature		<b>F-11/1/18</b> 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-
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F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	F- I- T- T-	<b>Due</b>  <b>Dec. 3rd</b>

