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

F.I.T.T. Journal (Grades 5-8)
Frequencey.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 December 3rd**

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

What is your **personal goal** this month?

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Remember to complete the reflection on back

Parent/Guardian Signature:

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

Reflection – Did you meet your personal goal this month? Please explain:

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