

### Example 1 Week and 1 Day Fitness Plan

**Directions:**

Record the activities you do that relate to the 5 components of physical fitness for one week. Try and do at least 1 “working-in” or “working-out” activity each day of the week. Be sure to write the type of activity you are doing in the appropriate box. Some activities might fit multiple boxes. An explanation of the 5 components of physical fitness and working-in/working-out are below. We will not be recording body composition.

<b>Day</b>	<b>Muscular Strength</b>	<b>Muscular Endurance</b>	<b>Cardiovascular Endurance</b>	<b>Flexibility</b>
<b>Monday</b>			jogging	stretching
<b>Tuesday</b>	kettlebells			
<b>Wednesday</b>		lunges	sprints	
<b>Thursday</b>		yoga		yoga
<b>Friday</b>			slow walking	
<b>Saturday</b>	weight lifting	weight lifting		
<b>Sunday</b>				breathing exercises

### 1 Day Fitness Plan

#### Directions:

Record a 1 day fitness plan including the name of each exercise, how many reps, tempo, how long you rested, and how many sets. You must write down at least 3 exercises for your 1 day fitness plan. Make sure to add in a warm-up activity, 3 exercises, and cool down activity at the end.

Exercise	Reps	Tempo	Sets	Rest
1. warm-up,light jog	----	slow	----	----
2.warm-up,stretching	----	slow	----	----
3. kettlebell squats	10-12	202	3	2 minutes
4. swiss ball push-up	8-10	102	3	2 minutes
5. dumbbell curls	6-8	303	3	2 minutes
6. cool down-stretching	----	slow	----	----
7.				
8.				