

# Personal Physical Fitness Plan



Name: \_\_\_\_\_

Date: \_\_\_\_\_

When you complete this project, you will accomplish the following:

- Set specific short-term and long-term personal physical fitness goals.
- Identify fitness activities that will help you accomplish your fitness goals.
- Determine how often, how hard and how long you will do your fitness activities.
- Be able to track your progress in a two week fitness plan.
- Be able to compare what you have planned to what you have accomplished.

Your completed Personal Physical Fitness Plan will be sent to the high school where you will be asked to build from your work this year to carry on to maintain or improve your active, healthy lifestyle.

## ***Personal Fitness Contract***

I, \_\_\_\_\_, am going to make a commitment to helping build my lifelong fitness and nutrition habits that will assist me in sustaining a long, actively healthy lifestyle. I will make an attempt to follow most, if not all, of the guidelines I have designed in my fitness plan. My fitness plan will identify areas where I need improvements in both fitness and nutrition. I will design realistic, achievable and measurable goals. My activities will be ones that I can consistently incorporate into my current lifestyle. I will do my very best to keep fitness logs so that I can actually see if I am achieving the guidelines of my fitness plan as well as seeing improvements in my overall fitness.

I understand the conditions of my fitness plan and will do my best to incorporate it into my daily life.

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Personal Physical Fitness Plan



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please answer the following questions in complete sentences. Please put quality thought and effort into each of your answers. There are no right or wrong answers.

1. Currently, how would you rate your own fitness level from 1 to 10 (with 10 being the highest rating)? Explain your rating. Are you satisfied with your fitness level? Why or why not?

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2. What sports or fitness activities do you enjoy participating in and why?

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3. What type of fitness activities/sports do your parents/guardians participate in?

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4. How would you rate your overall nutrition from a 1-10 with 10 being the highest rating (good eating habits)? Explain your rating. Are you satisfied with your overall nutrition balance? Why or why not?

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5. Which one of the Fitness Components do you need to improve the most? Why?

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6. Which one of the Fitness Components do you feel is your strongest? Why?

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7. If you had to choose one way to improve your nutrition, what would it be? Why?

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