

Planning Rubric

Score	Criteria
4	<ul style="list-style-type: none"> • Plan addresses all identified goals. • There is a detailed calendar that lists activities, amount of time or sets and places them in a sequence. • All activities are relevant and sequenced properly. • All activities are of sufficient FITT.
3	<ul style="list-style-type: none"> • Plan addresses identified goals. • Most of the calendar lists activities, amount of time or sets and places them in a sequence. • Most activities are relevant and sequenced properly. • Most activities are of sufficient FITT.
2	<ul style="list-style-type: none"> • Plan addresses most identified goals. • Some of the calendar lists activities, amount of time or sets and places them in a sequence. • Some activities are relevant and sequenced properly. • Some activities are of sufficient FITT.
1	<ul style="list-style-type: none"> • Plan addresses some goals. • Activities are irrelevant or are sequenced improperly. • Activities are of insufficient FITT.
0	<ul style="list-style-type: none"> • Plan is not created.



Steps for Developing Your Fitness Improvement Plan

Now that you are familiar with the FITT Formula and the components of fitness, you are ready to create your own individualized program. Use the FITT Formula charts on pages 25-27 and the steps below to guide you in creating your plan, but remember to create a plan you are interested in! Once you have completed the steps below to create your plan, transfer the information over to your first Fitness Improvement Plan chart on page 32.

Step 1:

Determine which **component of fitness** your plan will focus on (this should be the same component your personal goal focuses on). Write it below.

Step 2:

Determine the **frequency** of your workouts (look back at the component's FITT Formula chart to see how often you should be exercising). Once you determine the frequency, specify which days you will exercise on. List those days below

Step 3:

Determine the **intensity** of your workouts (look back at the component's FITT Formula chart to see how hard you should be exercising). Write how you will gauge the intensity of your workouts below.

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Step 4:

Decide the **type** of exercises you will do. List the activities you plan to do to help you improve in the component of fitness you are focusing on.

Step 5:

Determine how long you will exercise. Use the information on pages 25-26 to help you determine the amount of **time**.

Step 6:

Describe how you plan to challenge yourself over the next few weeks. Remember, to use the principle of overload: gradually increase intensity, frequency or time.

Great job establishing the specifics of your fitness plan! Now, let's get to work! Write your plan for the next few weeks on the Fitness Improvement Plan chart located on the next page. Don't forget to add your warm-up and cool-down sequences to the chart!