

Fitness Plan guidelines:

Helpful websites: There were 31,600,000 hits on fitness plan from Google, here are some:

www.stepupexcellusbcs.com

www.womenshealthfoundation.org

www.baptistonline.org

Present fitness assessment

include height, weight, resting heartrate, Blood pressure, present level of activity (low, moderate or active), flexibility (reach how far on your physical fitness test), strength, (number of pull-ups) and aerobic ability (mile run time).

Present caloric intake and recommended intake (use one of the websites)

Fitness goals:

- 1
- 2
- 3
- 4
- 5

What am I going to do to reach those goals

How will I measure those goals

1. BMI
2. heartrate
3. blood pressure
4. increased distance, speed, time, number, etc.

Timeline of activity (types of exercise activities {biking, skiing, running, lifting, dance})

1. calander of what I will do daily, weekly, monthly (time allotted for daily exercise)
2. what my expectations for results are in 1 month, 2 months, etc.

Any diet changes (cut back on soda, candy, chips, increase intake of fruits, vegetables, protein, water, etc.)

