

# 7th Grade Personal Fitness Plan

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

## 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 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 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 my improvements in my overall fitness.

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

\_\_\_\_\_ (print student first AND last name)

\_\_\_\_\_ (student signature) Date: \_\_\_\_\_

\_\_\_\_\_ (parent signature) Date: \_\_\_\_\_

# Personal Fitness Plan Pre-Assessment

Name: \_\_\_\_\_ Period \_\_\_\_\_ Date: \_\_\_\_\_

**INSTRUCTIONS:** Please answer the following fitness plan questions. You will need to review the following charts to complete this section:

- ✓ **BMI Calculator**  
<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>
- ✓ **Fitnessgram Healthy Fitness Zone chart**  
<http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>
- ✓ **Fitnessgram Mile/Pacer table**

## **Part A – Fitness Component Evaluation**

1. Body Composition: What is your BMI? \_\_\_\_\_ Are you in the HFZ? Yes or No
2. Flexibility: Are you able to either pass the “Sit and Reach” or “Shoulder Stretch”? Yes or No
3. Trunk Lift: Are you able to score within the HFZ for this assessment? \_\_\_\_\_ Yes No
4. Muscular Strength: How many pushups or modified pull ups can you do? \_\_\_\_\_  
Are you in the HFZ? Yes or No
5. Muscular Endurance: How many curls ups can you do? \_\_\_\_\_  
Are you in the HFZ? Yes or No
6. What is your 1 Mile/Pacer score for aerobic capacity? Mile: \_\_\_\_\_ Pacer \_\_\_\_\_  
Are you in the HFZ? Mile: Yes or No Pacer: Yes or No

## **Part B – Fitnessgram Evaluation**

1. How many of the 6 Fitnessgram assessments were you in the HFZ? \_\_\_\_\_  
\*In California, students need to pass 5 of the 6 Fitnessgram assessments to pass the test.

## **Part C – Fitness Evaluation**

1. Circle the Fitness Component that you need to improve on the most?
  - a. Body Composition
  - b. Flexibility
  - c. Trunk Lift
  - d. Muscular Strength
  - e. Muscular Endurance
  - f. Aerobic Capacity

# Fitness Goal Setting

Name: \_\_\_\_\_ Period \_\_\_\_\_ Date: \_\_\_\_\_

1. Fitness goals: Circle ONE component and identify a goal for that component you would like to achieve by the end of the year.

- a. Aerobic Capacity \_\_\_\_\_
- b. Muscular Strength \_\_\_\_\_
- c. Muscular Endurance \_\_\_\_\_
- d. Flexibility \_\_\_\_\_
- e. Body Composition \_\_\_\_\_

Explain in 2 sentences how you plan to meet this goal.

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## HOW TO REACH YOUR FITNESS GOALS.



eat better.



move more.

# Workout Worksheet

Directions: Circle two of your favorite examples in each box below. Then use these to help you create your activity log.

<p style="text-align: center;"><u>Warm Up/Cool Down</u></p> <p>jump rope      stretching</p> <p>jogging      jumping jacks</p> <p>walking</p>	<p style="text-align: center;"><u>Aerobic Capacity</u></p> <p>Bicycling      Swimming</p> <p>Jogging      Aerobic Video/Class</p> <p>Dancing</p>
<p style="text-align: center;"><u>Muscular Strength</u></p> <p>Push Up      Squats</p> <p>Kettle Bell Swings      Pull Up</p>	<p style="text-align: center;"><u>Muscular Endurance</u></p> <p>Curl Ups      Wall Sits</p> <p>Planks      Yoga Poses</p>
<p style="text-align: center;"><u>Flexibility</u></p> <p><b>Static flexibility</b> is to stretch a muscle or joint in one direction for duration of time.</p> <p>Examples: Quadriceps Stretch, Calf Stretch, Triceps Stretch, Hamstring Stretch</p>	<p style="text-align: center;"><u>Flexibility</u></p> <p><b>Dynamic Flexibility</b> involves moving your muscles and joints together in their full range of motion repetitively.</p> <p>Examples: High Knees, Butt Kickers, Arm Circles, Leg Swings</p>

# Personal Fitness Plan

## Activity Log

Directions: Fill in the activity log by writing the exercises that you **PLAN** to do for each fitness component to improve on your fitness goals.

Fitness Component	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muscular Strength							
Muscular Endurance							
Flexibility							
Aerobic Capacity							

# FITT Principle

## Definition of FITT Principle

**F = Frequency.** Describes how often activity takes place in a week.

**I = Intensity.** Describes how vigorous the participant is engaged in activity.

**T = Type.** Describes the specific activity selected.

**T = Time.** Describes how long the participant is engaged in activity.

Perceived Exertion Chart	
<b>10</b>	<b>Very Very Hard Activity</b> <small>Completely out of breath, unable to talk</small>
<b>9</b>	<b>Very Hard Activity</b> <small>Can speak only one word at a time</small>
<b>7-8</b>	<b>Hard Activity</b> <small>Out of breath, can speak a sentence or two</small>
<b>4-6</b>	<b>Moderate Activity</b> <small>Can still carry a conversation</small>
<b>2-3</b>	<b>Light Activity</b> <small>Breathing is easy</small>
<b>1</b>	<b>No Activity</b>

Directions: Look at your activity log and using ONE of the components fill in the following:

<b>Component =</b>	
<b>Frequency=</b>  (how many times during the week do you plan to exercise targeting this component)	
<b>Intensity=</b>  (Using the Perceived Exertion Chart what do you plan for your intensity level)	
<b>Time=</b>  (How much TOTAL time during the week do you plan to exercise targeting this component)	
<b>Type=</b>  (What different type of exercises do you plan to do targeting this component)	

# Overload and Progression

## Definition of Overload

Overload is the amount of resistance or distance run/walk in a workout to provide a greater stress on the body than it is normally used to in order to increase fitness.

## Definition of Progression

Progression is the way a person should increase the workout (weight lifted or distance run/walk). It is a gradual increase either in frequency, intensity, or time or a combination of all three components.

**Directions:** Using the component that you chose for the F.I.T.T table on the page above describes in 2 sentences an example of how you would use overload and progression to improve your fitness for this area.

**Overload:**

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**Progression:** \_\_\_\_\_

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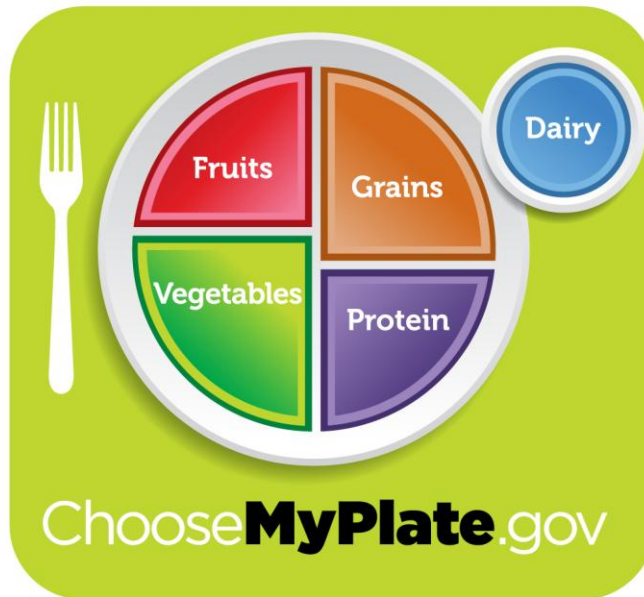
# Daily Food Log

Directions: Fill in the table with what you eat and drink for the entire week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Liquids <u>anything</u> <u>you drink</u>							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							



# Nutrition Log Reflection



“You are what you eat.” Have you heard that? Although that saying isn’t *exactly* true, what we do eat does have an impact on how we can concentrate in school, perform in sports, and even affects our moods. The First Lady has given 100% commitment to helping young people be more active and become aware of what they are eating.

**After reviewing your food log, please answer the questions below.**

- How many days did you eat breakfast? \_\_\_\_\_
- How many days did you eat at least one fruit? \_\_\_\_\_
- How many days did you eat at least one vegetable? \_\_\_\_\_
- How many days did you eat “Junk food” (chips, candy, etc.) \_\_\_\_\_
- How many days did you drink a soda? \_\_\_\_\_

**1. Describe ONE change you would like to make to your diet:**

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