

FITT FORMULA ACTIVITY LOG

FITT Formula (*noun*) A personal fitness concept that includes 4 elements of fitness planning: frequency, intensity, time, and type. These elements create the foundation of a comprehensive fitness plan.

The FITT Formula helps us define and remember the 4 essential elements to a well-written personal fitness plan. Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
 AC=Aerobic Capacity MF=Muscular Fitness FL=Flexibility

(Note: This can be done in real-time as a log, or as an activity recall exercise)

Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

How many days per week did you...? [Frequency]

- participate in an activity to improve aerobic capacity?
- participate in an activity to improve muscular fitness?
- participate in an activity to improve flexibility?