

# LIFETIME FITNESS

## FITT Dice Challenges

### Create Your Own

Name:

Create a routine that includes  
8 activity intervals in 6 minutes with  
30 seconds of exercise and 15 seconds of rest.

Roll the die. Then, complete the 30-second exercise  
interval that matches the number rolled on the die.

Include 3 TYPES of exercises on your challenge list:  
Aerobic, Muscular Fitness, Mindfulness.

---

### CYO CHALLENGE CHART

1 –	(Aerobic / Vigorous Intensity)
2 –	(Mindfulness / Low Intensity)
3 –	(Muscular Fitness / Vigorous Intensity)
4 –	(Muscular Fitness / Moderate Intensity)
5 –	(Aerobic / Vigorous Intensity)
6 –	(Mindfulness / Low Intensity)

---

### SELF-TALK DISCUSSION

*Write your own self-talk discussion question and then write your answer...*