Learning Module: **FITNESS PLANNING**

High School Weeks 8-10

**Fitness for Mind, Muscle & Health** is a 3-week instructional module that is important because it will teach us:

* how to use the FITT Principle to improve health-related fitness
* how to identify whole foods from each of the 5 food groups
* how to set a GREAT Goal and plan focused on my personal fitness, nutrition behaviors, and mental health

I will use the FITT Principle to create a fitness and nutrition plan.

I will make physical activity and nutrition choices based on health benefits and enjoyment.

I create physical activity and nutrition goals focused on overall health and wellbeing.

I participate in regular physical activity to enhance my personal health.