Learning Module: **FITNESS PLANNING**
High School Weeks 8-10

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

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

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**Enjoyment & Challenge**
I will make physical activity and nutrition choices based on health benefits and enjoyment.

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

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**Why are we learning this?**

**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