



## 7-DAY FITNESS PLANNER

INSTRUCTIONS AND ACADEMIC LANGUAGE GUIDE

**Student Name:**

**Welcome to your 7-day fitness planner!** This packet is designed to help you visualize a full week of health-enhancing physical activity and nutrition choices. This finished planner can be a guide as you build a healthy and active lifestyle over time.

This document is not meant to be an absolute prescription for healthful living. You're encouraged to eat a variety of healthy foods and enjoy a lifetime of physical activity adventure. This planner is a sample of what your healthy and active lifestyle can look like with physical activities and food that you enjoy.

Keep in mind, there are many right answers when it comes to personal physical activity and nutrition goals. Your right answers should be unique to you. Consider your resources. What activity choices are available to you? What healthy foods are available? What fits within your family's culture and traditions? What new foods and activities can you try?

The most important part of this process is your thoughtful consideration. Think about what's realistic for you and consider the type of healthy and active lifestyle that you want to live.



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INSTRUCTIONS AND ACADEMIC LANGUAGE GUIDE

COMPLETE THIS PLANNER	IMPORTANT ACADEMIC LANGUAGE
<ul style="list-style-type: none"> <li>• <b>Start with a vision</b> of your goal and backward-design a lifestyle to meet your goals.                             <ul style="list-style-type: none"> <li>⇒ Set a realistic GREAT Goal and use the visualization of that goal to guide your planning.</li> </ul> </li> <li>• <b>Fill in the blanks</b> and check the boxes.                             <ul style="list-style-type: none"> <li>⇒ It seems simple — and it is! However, it's very important that you do this in a thoughtful way so that the planner includes realistic opportunities for you to make healthy choices that fit your schedule and lifestyle.</li> </ul> </li> <li>• <b>Build routines</b> and follow routines.                             <ul style="list-style-type: none"> <li>⇒ For many people, weekdays look similar to each other and weekends tend to be more flexible. Think about your weekday routine and try to build a weekend routine that can be flexible if you need it to be.</li> </ul> </li> <li>• <b>Think</b> about what you enjoy.                             <ul style="list-style-type: none"> <li>⇒ You'll stick with a fitness and nutrition plan if you build in activities and foods that you enjoy. You may need to substitute healthy alternatives for empty-calorie treats. However, finding nutritious food choices can be a fun adventure for your taste buds.</li> </ul> </li> <li>• <b>Be flexible</b>, adventurous, and modify as needed.                             <ul style="list-style-type: none"> <li>⇒ When this plan is done, give it a try. If you decide that the activities that you selected are getting boring — try something new!</li> </ul> </li> </ul>	<p><b>5 Components of Health-Related Fitness:</b> Characteristics that contribute to a person's overall well-being.</p> <ul style="list-style-type: none"> <li>• <b>Muscular Strength:</b> Maximum force that a muscle can produce.</li> <li>• <b>Muscular Endurance:</b> The ability of a muscle to continue to perform without fatigue.</li> <li>• <b>Aerobic Capacity:</b> The ability of the body to take in, transport, and use oxygen during physical activity.</li> <li>• <b>Flexibility:</b> The ability of bone and attached muscles to move through the natural range of motion provided by a skeletal joint.</li> <li>• <b>Body Composition:</b> The ratio of lean tissue to fat tissue in the body.</li> </ul> <p><b>The FITT Principle:</b> Four elements needed for a comprehensive fitness plan.</p> <ul style="list-style-type: none"> <li>• <b>Frequency:</b> The rate that something is repeated over time. How often it happens.</li> <li>• <b>Intensity:</b> The amount of sustained effort used during physical activity.</li> <li>• <b>Time:</b> The duration of a single session of physical activity.</li> <li>• <b>Type:</b> The activity category associated with an activity (aerobic, strength, flexibility, mindfulness).</li> </ul> <p><b>5 Food Groups:</b> Categories of foods that are similar in the type of nutrition they provide.</p> <ul style="list-style-type: none"> <li>• <b>Fruits:</b> Sweet, edible parts of trees and plants.</li> <li>• <b>Vegetables:</b> Edible parts of plants which can include roots, leaves, and flowers.</li> <li>• <b>Grains:</b> Foods made with the harvested seeds of grass plants.</li> <li>• <b>Protein:</b> Foods that provide a significant source of protein such as meat, beans, eggs, soy, nuts, and some seeds. Some proteins also fit into the vegetable group.</li> <li>• <b>Dairy:</b> Foods, primarily made from milk products, that provide a significant source of calcium. Milk products that have little or no calcium are not in the Dairy Group.</li> </ul> <p><b>Water:</b> A colorless, transparent liquid that forms the basis of the fluids that are required for life. Water is not a food group but is important to consider when looking at a person's nutritional needs.</p>



## FITNESS & NUTRITION THINK SHEET

BUILDING A VISION GREATNESS. GO BE GREAT!

**How do you feel?** It's time to think about our physical activity, fitness, and nutrition habits so we can set a meaning GREAT Goal. Answer all of the questions below before moving on to the Great Goal worksheet.

Fitness Questions							
How many days per week are you physically active in a way that benefits your health and well-being? (Frequency)							
When you are physically active, do you work to a point that you start to breathe heavy and sweat? (Intensity)							
Are your physical activity sessions longer than 30 minutes per session? (Time)							
What are 3 health-enhancing physical activities that you enjoy? (Type)							
Rate the way you feel about each component of fitness.							
Muscular Strength	<input type="checkbox"/> Great! I want to maintain my strength. <input type="checkbox"/> Okay. I want to improve my strength.						
Why did you give this rating?							
Muscular Endurance	<input type="checkbox"/> Great! I want to maintain my muscular endurance. <input type="checkbox"/> Okay. I want to improve my muscular endurance.						
Why did you give this rating?							
Aerobic Capacity	<input type="checkbox"/> Great! I want to maintain my aerobic capacity. <input type="checkbox"/> Okay. I want to improve my aerobic capacity.						
Why did you give this rating?							
Flexibility	<input type="checkbox"/> Great! I want to maintain my flexibility. <input type="checkbox"/> Okay. I want to improve my flexibility.						
Why did you give this rating?							
Nutrition Questions							
How many meals per day do you eat food from all 5 food groups?							
Choose the food groups that you can focus on as a way to most improve your eating habits.	<table border="0"> <tr> <td><input type="checkbox"/> Fruits</td> <td><input type="checkbox"/> Vegetables</td> </tr> <tr> <td><input type="checkbox"/> Grains</td> <td><input type="checkbox"/> Protein</td> </tr> <tr> <td><input type="checkbox"/> Dairy</td> <td></td> </tr> </table>	<input type="checkbox"/> Fruits	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Grains	<input type="checkbox"/> Protein	<input type="checkbox"/> Dairy	
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## FITNESS / NUTRITION GREAT GOAL

BUILDING A VISION GREATNESS. GO BE GREAT!

**It's time to set a GREAT goal!** People who do great things are people who set goals and then work toward achieving those goals. This GREAT Goal Planner will walk you through the process of creating a goal for the next 10-weeks.

Use your responses on the Fitness & Nutrition Think Sheet to create a meaningful goal. Some goals will take longer than 10 weeks to achieve. That's okay! If you need more time, make the adjustments by updating your efforts and timeline. Let's get started! Enter your goal information into the blank white spaces in the chart below.

<b>G R E A T</b>	<b>Goal's Name</b> Describe your goal in 5 words or less. Congratulations! This new, simple statement is now your goal's name.
	<b>Reason for your Goal</b> Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?
	<b>Efforts Required</b> How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.
	<b>Accountability Partner</b> When you tell someone about your goal, it becomes real. List 1 person you will share your goal with. Ask them to help you.
	<b>Timeline for your Goal</b> Today is your starting point. The finish line is 10 weeks from today. Place your efforts (see E above) in order on the timeline.

<b>Goal's Name:</b>		<b>Reason for your Goal:</b>		
<b>Effort Required</b>				<b>Accountability Partner</b>
<b>Today</b>	<b>Tomorrow</b>	<b>Next Week</b>	<b>Beyond Next Week</b>	
<b>Great Goal Timeline</b>				
<b>Today</b>	<b>Tomorrow</b>	<b>Next Week</b>	<b>Beyond</b>	<b>Finish Line</b>
<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Effort</b>	<b>Effort</b>	<b>Effort</b>	<b>Effort</b>	<b>Effort</b>

# Fitness mind, muscle, & health.



Complete each blank space in the chart and check the boxes that apply. Then, answer the questions at the bottom of the page.

DAILY FITNESS PLANNER					DAILY NUTRITION PLANNER		
Activity Name	Time Spent	Type of Activity	Activity Intensity	Component of Fitness	Meal Name	Food Planner	Food Groups
The name of your planned physical activity.	The time you plan to spend.	Check all that apply. You want at least 1 from each category per week.	Check the intensity level of each activity listed.	Check all that apply. You want at least 1 from the 4 check boxes available. All activity choices can have an impact on your overall body composition.		Create a list of tentative food that you could eat at each meal. Work to build a balanced meal with as many food groups as possible.	Check all that apply. You want as many groups as possible at each meal.
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What will be the targeted health benefits of your physical activity and nutrition choices?

Health benefits of physical activity choices...

Health benefits of nutrition choices...

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SUNDAY		<ul style="list-style-type: none"> <li>Aerobic</li> <li>Strength</li> <li>Flexibility</li> <li>Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>Light</li> <li>Medium</li> <li>Heavy</li> </ul>	<ul style="list-style-type: none"> <li>Muscular Strength</li> <li>Muscular Endurance</li> <li>Aerobic Capacity</li> <li>Flexibility</li> <li>Body Composition</li> </ul>	Breakfast		<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables</li> <li>Grains</li> <li>Protein</li> <li>Dairy</li> <li>Water</li> </ul>	
					Lunch		<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables</li> <li>Grains</li> <li>Protein</li> <li>Dairy</li> <li>Water</li> </ul>	
			<ul style="list-style-type: none"> <li>Aerobic</li> <li>Strength</li> <li>Flexibility</li> <li>Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>Light</li> <li>Medium</li> <li>Heavy</li> </ul>	<ul style="list-style-type: none"> <li>Muscular Strength</li> <li>Muscular Endurance</li> <li>Aerobic Capacity</li> <li>Flexibility</li> <li>Body Composition</li> </ul>	Dinner		<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables</li> <li>Grains</li> <li>Protein</li> <li>Dairy</li> <li>Water</li> </ul>
						Snacks		<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables</li> <li>Grains</li> <li>Protein</li> <li>Dairy</li> <li>Water</li> </ul>

What will be the targeted health benefits of your physical activity and nutrition choices?

Health benefits of physical activity choices...

Health benefits of nutrition choices...

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