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

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

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

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

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

**Why are we learning this?**

**Fitness Planning with a Purpose** 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 and nutrition behaviors